

SPRING/SUMMER 2019



Beartooth Billings Clinic
Summit
NEWSLETTER



LOCAL PEOPLE, REAL STORIES



SERVICES TO MEET THE NEEDS OF THE COMMUNITY AND BEYOND

Therapy at Beartooth Billings Clinic

Don't travel miles and miles for high-quality therapy. Tell your doctor you'd like to have it right here at home at Beartooth Billings Clinic.

We offer extended appointment hours, Monday through Friday, from 7am to 6pm at Beartooth Physical Therapy. Joliet Physical Therapy is open Monday, Wednesday, and Thursday. To schedule an appointment, please call **406-446-0630** for Red Lodge and **406-962-9860** for the Joliet Physical Therapy.

Recovering from an illness or an injury, or working on improvements to your quality of life takes time, energy, and commitment. The rehabilitation department at Beartooth Billings Clinic offers all that and more on your recovery journey.

Physical therapy, occupational therapy, speech language pathology, cardiac rehab, wound care, and nutritional support are all services offered by the team at Beartooth Billings Clinic. Whether you're recovering from surgery or need assistance learning how to communicate, highly qualified rehabilitation specialists offer a full range of therapies for getting you back on your feet and on the road to recovery.



AMY HUMMEL

PHYSICAL THERAPY

Physical therapy helps patients recover from an injury, surgery, or hospital stay. Although most people associate physical therapy with post-surgical recovery, in some cases, it can prevent the need for surgery altogether.

“Depending on the condition, many individuals may have only used a medication approach to treat their symptoms,” says Amy Hummel, PT, MS Lead Physical Therapist—Joliet Physical Therapy. “Physical therapy provides multi-faceted conservative approaches that can address and help an individual’s limitations. It allows a patient to ensure they have exhausted their options before considering surgery.”



TONY CHRISTENSON

The physical therapists at Beartooth Billings Clinic bring expertise and enthusiasm to the job every day. “We are here to make you better,” says Tony Christenson, Physical Therapist at Beartooth Billings Clinic. “We work with patients and their providers to come

up with the absolute best game plan for them. It’s a very rewarding position to be in.”



STEVE FUGERE

OCCUPATIONAL THERAPY

Occupational therapy helps people live independently and carry out the activities of daily living as easily as possible. Occupational therapy can help anyone, from a patient with

developmental delays to the elderly. “Patients benefit the most from occupational therapy when we can start working with them as soon as possible,” says Steve Fugere, Occupational Therapist at Beartooth Billings Clinic. “Our program meets patients where they are to help them achieve the most independence possible.”

MEDICAL NUTRITION

Nutrition counseling is a great addition to other therapies provided at Beartooth Billings Clinic. When one’s body is nourished properly, other rehab programs can be more effective. Although nutrition counseling is a great “add on” for patients in rehab, anyone is able to receive counseling if they are referred by a provider. Our dietitian works closely with the individual’s provider, rehab team and anyone else who is part of their treatment. This team approach helps heal the whole person, not just a condition.



HEIDI HUNSPERGER

CARDIAC REHAB

Cardiac rehabilitation is designed to help you improve your health and help you recover from a heart attack, other forms of heart disease or surgery to treat heart disease. For individuals with chronic heart conditions, cardiac rehab

can make a major difference. “We work with patients in a variety of ways to help them achieve their heart’s fullest potential,” says Heidi Hunsperger, RN, Cardiac Rehab Nurse. “We offer one-on-one exercise regimens, advice for heart healthy eating and reducing stress.”



KYLE ARCHBOLD

SPEECH THERAPY

Speech therapy is for all ages of people who have problems with speech, language, hearing, thinking, and swallowing. Speech language pathologists (SLPs) work with a variety of patients, from individuals that are

in the hospitals to those that live independently at home and come to the therapy center for treatment. “Speech therapy is a very broad field,” says Kyle Archbold, SLP at Beartooth Billings Clinic. “Areas of cognition, like memory and attention, can frequently be worked on in therapy.”

A common misconception about speech therapy, says Kyle, is that speech therapy is just for children. In fact, says Kyle, “It’s for all ages: We work with premature babies less than 24 hours old to determine if they can safely eat, with 52 year-olds that have undergone treatment for cancer and are having difficulty swallowing, to 102 year-olds that have suffered strokes and are having difficulty finding their words in conversation.”

What makes speech therapy at Beartooth Billings Clinic special, says Kyle, is its experience working with patients of all ages, as well as audiometry equipment to examine hearing and staff specially trained with voice and swallowing therapy.

WOUND CARE

When a wound just won’t heal, the wound care team at Beartooth Billings Clinic can help. Healing wounds requires an accurate diagnosis and a complete assessment of the patient’s health history. Inactivity, age, poor nutrition, and illness such as diabetes are factors when it comes to whether or not a wound will heal.



Spring INTO HEALTH

As we defrost from another winter, we hope you're looking forward to the same things we are: Snow-free roads, more time spent outdoors, and the chance to break free from sedentary winter habits. Here are our top tips for welcoming a happy, healthy spring.

FIND A DOCTOR

If you haven't been to the doctor in a while, spring is the perfect time to get back on track. He or she will make sure you're being screened for conditions, talk with you about your health history, and confirm that you are up-to-date with vaccines and tests.

PROTECT YOUR SKIN

Make sure you're protecting your skin from harmful ultraviolet (UV) rays by wearing a wide-brimmed hat and broad-spectrum sunscreen with an SPF of 30 or higher. Ask your primary care provider about getting regular skin cancer screenings to detect any suspicious lesions or suspected melanomas.

GET MOVING

You no longer have the ice and the cold as an excuse. Return to the gym, or better yet, get outside and let long hikes lead you to the glories of spring in bloom. Check with your primary care provider to make sure your body is ready to move again. He or she can recommend the best exercise program for you.

EAT HEALTHY FOODS

Establish fresh new habits! Adding fruits and vegetables to a delicious smoothie in the morning helps bump up those much-needed nutrients. Beartooth Billings Clinic's Registered Dietitian also offers specialized nutrition plans based on each person's unique needs. Talk with your primary care provider if you'd like to start eating healthier.

KEEP ALLERGIES IN CHECK

This time of year, trees, grasses, and weeds release pollen into the air to fertilize other plants. When they get into the nose of someone who's allergic, this can cause sniffing, sneezing, coughing, and general congestion. If over-the-counter antihistamines aren't working as well as they should, or if you're suffering longer than normal, it may be time to schedule an appointment with a primary care provider. He or she can determine the best course of treatment and rule out more chronic conditions, such as sinus infections or other ailments of the ear, nose, and throat.



THE PROCEDURE THAT COULD SAVE YOUR LIFE

Colorectal cancer is scary. It's the second leading cause of cancer death in the United States. But there's good news: Having a colonoscopy is the best way to prevent and detect colon cancer. Since colon cancer symptoms often don't show until it's too late, it's essential to have this lifesaving screening when your primary care provider says it's time. Beartooth Billings Clinic's team of expert surgeons are trained to perform colonoscopies as well as specialized gastroenterology surgery so you can have peace of mind before, during, and after your procedure.

If you're ready to make a great decision for your health, call **406-446-2345** to schedule an office visit to discuss your colon cancer screening options today.

*The American Cancer Society now recommends individuals start getting screened at age 45. Your insurance plan may or may not cover colorectal cancer screenings before age 50. Therefore, it's a good idea to contact your insurance provider to review your coverage before scheduling a colonoscopy.

Meeting the Needs of the Whole Family

TRANSITIONAL CARE AT BEARTOOTH BILLINGS CLINIC

After an illness, injury, or procedure that requires a stay in the hospital, most patients just want to go home. Sometimes, however, that's not always the safest option. You may need some extra time to get used to being up, mobile, and caring for yourself.

That's why transitional care, also known as "swing bed," is at Beartooth Billings Clinic. It's a Medicare covered hospital-based program for patients who no longer need inpatient care but are not ready to go home and need some rehabilitation and/or nursing care. Beartooth Billings Clinic is the perfect place to recover and relearn the essential things you need to thrive at home.

The transitional care program brings peace of mind to both patients and their families. Alan Schubert recently had a stay in the swing bed program following a serious fall. It ended up being a godsend for both him and his son.

"Having my father recover at Beartooth was the best thing to ever happen to us," says Alan's son Mark. "Previous to my father's stay here, I was spending over three hours a week driving to Billings to see him and manage his care."

During a stay in transitional care, explains Jode Moncur, Physical Therapist at Beartooth Billings Clinic, patients have access to physical therapist-supervised rehabilitation and training. "Therapy is focused on helping the patient achieve the highest level of strength, endurance, and skill to facilitate independence in activities of daily living," he says. "The entire rehab process is designed to



PICTURED: L-R STEVE, MARK (HOLDING BETSEY THE DOG), AND ALAN SCHUBERT

help the patient successfully return to their desired living situation."

Not only was the care at Beartooth Billings Clinic excellent, the additional services were ideal for Alan, who, at 88 years old, was used to being active. A hospice volunteer for over 30 years, Alan was certainly not used to being the one being cared for.

Alan's son says the freedom and independence his father enjoyed while in the transitional care program, combined with the beautiful setting, were essential to his success there.

"He was able to live his life actively and safely while recovering. My father needed to be able to walk outside and enjoy nature. The park like campus at Beartooth allowed him to do that easily with safe, easy one floor access."

The staff, says Alan's son, went above and beyond to make sure his father was comfortable and content, something he doesn't think his father would have gotten at a different facility. "When the physical therapy staff had a lower case load they were able to spend extra time with him, increasing his strength and decreasing his recovery time. It was a significant benefit to my father and his participation in his care to have the same four nurses each week, remembering his likes and dislikes," he says, adding that the whole family felt as if they were being cared for.

"The team at Beartooth managed to not only care for my father but to care for the needs of the whole family," he says. "That is a service that simply does not happen in any other facility."

For more information about the Transitional Care Program, call a Patient Care Navigator at **406-446-2345**, or tell your doctor or surgeon you'd like to recover at Beartooth Billings Clinic.

In memory of Alan Schubert, whose determination was admirable. We are grateful to Alan's family for generously allowing us to share his story.

Doing It All

FINDING THE RIGHT BALANCE FOR A FULFILLING LIFE

The pun may be cringe-worthy, but it's true: Medicine is in Erin Oley's blood. The doctor of nursing practice (DNP) knew that she was going to go into medicine since her childhood in Akron, Ohio.



In any situation, I try to listen to patients and really hear what they need to meet their goals.

"My dad is a family physician," she says. "I loved rounding on his patients with him in the hospital on the weekends."

In high school, as soon as she was old enough, Erin got a job as a phlebotomist at a local hospital. "I loved every moment of it," she says.

Now, as a DNP, Erin continues to love her job. "My favorite thing about being a DNP is being able to take

care of the variety of patients we have," she says. This makes her job all the more interesting. She says, "I love that behind every door, there is a different and unique story. I love that I have the privilege and opportunity to take care of people of every age group and their families."

Erin loves the variety of conditions and diversity of patients so much, it's hard for her to settle on just one area of medical interest. "I love pediatrics, adolescent health, women's health, and sports medicine," says Erin. "I have enjoyed urgent care over the last couple years as well. In any situation, I try to listen to patients and really hear what they need to meet their goals."

The balance of different conditions and patients is one that Erin appreciates. It also mirrors the balance of activities she participates in with her personal life. Although she acknowledges that it's a work in progress, Erin is proud of the balance among work, exercise, family, studies, and community that she's achieved in her life.

However, "balance" certainly does not mean keeping work and family



separate for Erin. There's no "pause button" for life, and Erin is well aware of that: While continuing to practice medicine and studying for her doctorate, Erin welcomed her third child into the world.

Erin and her husband moved to Red Lodge in 2003. Since then, their family has grown to include three children and two dogs. Erin enjoys running, skiing, hiking, and yoga. "I love to spend time doing sports and any activities my kids want to get involved in," she says. "I would love to read more, and as my kids get older, I am slowly getting more time for that."

The Sound of Silence

THE QUIET WORK OF A HOSPICE VOLUNTEER

Glenda Baird was an enthusiastic participant in Beartooth Billings Clinic's hospice volunteer program even before the program started.

"I'm just very happy that they got started," Glenda says. "The timing was right."

The timing was right not only for the program, but for Glenda as well. "My husband James and I are both retired and the kids are grown. I think it would have been a lot harder to serve as a hospice volunteer had the kids been younger," she says. "A lot of the volunteers are retired, so we're freer."

"It taught me patience," she says, of the program. "It taught me that silence and listening went hand in hand. In my mother's last weeks, she wanted to talk about when she was younger. A lot of hospice patients, older ones especially, prefer to talk about their past. I knew this from volunteering, so I had the patience and understanding to sit and let my mother talk."

Sometimes, however, patients enjoy the company of a hospice volunteer while still appreciating silence. "In our training, we learn to make patients feel at ease, to not feel like they have to talk to us or entertain us," she says.

Glenda volunteers whenever she can.

She is always ready to help at a moment's notice and can see the same patient for weeks or months at a time or simply sit with a patient for a few hours while their spouse or family has stepped out.

“

In our training, we learn to make patients feel at ease.

Like many volunteers, Glenda became interested in helping with the program because of her own family. "My mother was 73 at the time," she says. "I wanted to be prepared for her. I wanted to know what to expect and how I could help her when the time came."

Glenda's mother lived for almost twenty more years after Glenda was trained and working as a hospice volunteer, and Glenda is glad to have gotten involved when she did.

Hospice volunteering is sacred to Glenda. "You are stepping into a very private time of a person's life," she says. "It's a very special time you're being called into, so you have to treat it that way."

That said, Glenda says the situations aren't always so solemn. "People don't lose their sense of humor by that point. They still need and use humor, and it's great that they can do that," she says.

Glenda feels blessed to do the work she does. "I love the opportunity to do this," she says. "It has been wonderful, and I've met truly wonderful people."



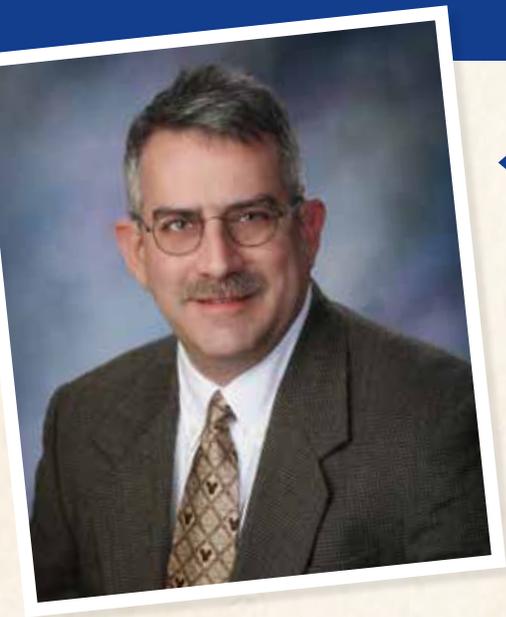


Beartooth Billings Clinic

2525 N. Broadway | PO Box 590

Red Lodge, MT 59068

UPCOMING EVENTS



◀ WELCOME RECEPTION FOR DR. JOSÉ ORTIZ, PRIMARY CARE PROVIDER

Thursday, May 16 | 5:30 – 7:30pm

Pollard Pub, 2 North Broadway, Red Lodge

Refreshments and light snacks provided

All ages welcome!

WELLNESS TRAIL DEDICATION ▶

Thursday, June 27th | 5:30 pm

Wellness Trailhead (rear parking area)

Beartooth Billings Clinic

2525 N. Broadway

Champagne and light snacks provided

