

West Mont Times

1st Biannual Newsletter 2023

Editor: Janelle Egli

A Message from the President: Celebrating Our Super Nurses

"I loved my years of working with clients as a group home manager and that experience is what led me to ultimately become a nurse. When this position opened up it felt like the perfect opportunity to get back to the root of my passion for taking care of people." That was the response from Jessica Spaulding, who has been a West Mont Nurse Manager for almost a year now, when asked, "What made you want to come and be a nurse at West Mont?"



National Nurses Week is approaching. The annual event begins on May 6 and ends on May 12, the birthday of Florence Nightingale, who is considered the founder of modern nursing. This year, West Mont is celebrating National Nurses Week with the theme, "Super Nurse!"

All nurses have important roles to play in the healthcare system, but West Mont nurses are in a unique role. They create long-term relationships with those they serve—often people who cannot express themselves with words. Super Nurse is an apt description.

Jessica's responses revealed some recurring themes: she loves her job, she loves the people she supports, and she loves being part of the West Mont team. (I feel as though love should be written as LOVE—that's how strong the sentiment was.) In her words, she loves "spending time with the clients, getting to know their routines and the things they like and dislike so that [she] can build relationships with them while also being useful when the staff need an extra set of hands." When asked how working at West Mont compares with other places she's worked, she responded: "It's night and day compared to working for a larger company where you are just one of thousands. It's nice to be part of a smaller team where your contributions are valued, and you get to see the benefit of your work in real time."

Building strong, long-term relationships with people is high on Jessica's list of the best things about being a nurse; but it's not always easy. "The hardest part of my job has been bringing in new staff, it's been a long road with lots of shifts on the floor and long weeks, but it feels like we are on an upswing right now. I'm optimistic it's going to be getting better, I've been lucky to bring on three great new nurses in the last few months who seem to really enjoy their job so far." Jessica, our Nurse Manager, is responsible for training all new nursing staff, providing support as needed, and even taking time out of her busy schedule to work with our local college nursing staff for clinicals.

The breadth and depth of their relationships makes nurses better advocates, allowing them to give other providers a complete picture of the person in their care if they're hospitalized or require other types of medical treatment. Jessica stated, "Advocacy—whether that is in recognizing the need for a further care or assessment or attending an appointment to ensure that their needs are heard and clearly communicated," is one of the most beneficial services we can offer our clients.

Become a West Mont nurse if you want to use a vast array of abilities and knowledge daily, develop critical thinking skills, and build relationships with the individuals you serve. And if you want to work for a company that is constantly growing to better serve the community and the individuals they serve, then West Mont is the right place for you.

We thank our nurses on staff for all of their continued hard work, we couldn't do it without them!



Join West Mont for Greater Helena's 2023 Giving Moment

Greater Helena Gives kicks off Wednesday, May 3rd at 8PM and runs through Thursday, May 4th at 8PM. This year West Mont is seeking to raise \$5,700 through the annual campaign to purchase various supplies needed to provide clients at our farm and flower shop with unique vocational opportunities. Items we hope to purchase after fundraising include tomato, flower, and pumpkin seeds; gardening gloves; gardening tools; floral kits; fertilizer; and soil. You can give any amount you wish, and every dollar makes a difference in the lives of clients with disabilities participating in our work/day support programs.

Your support makes our vocational enterprises sustainable and impactful and allows us to continue providing approximately 100 individuals in the greater Helena area with meaningful work that accommodates their abilities.

Will you give during this giving moment to help us reach our goal and make a difference in the lives of Montanans with disabilities? Your gift helps our nonprofit fill significant funding gaps and also gives us the opportunity to "win" several sponsored cash prizes.

To learn more about our goal, the campaign, how to give and/or become a fund-raiser, and how to help us get cool prizes as a participating nonprofit, visit greaterhelenagives.org/organizations/west-mont-helena

We Have Big News and It Involves Big Scissors!

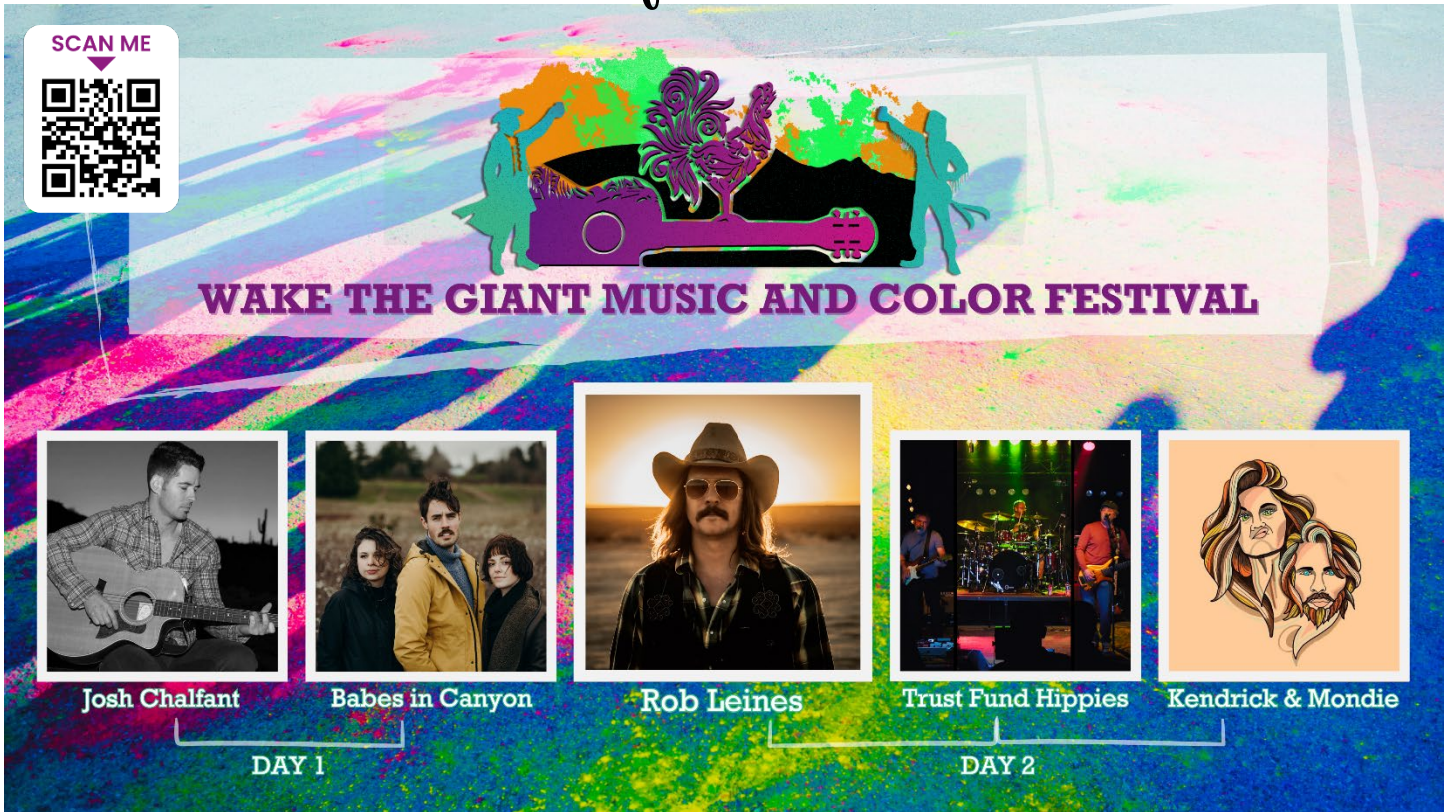
Come on out to the farm (3240 York Rd) on Thursday, May 11th at 12PM to celebrate our newest addition to West Mont: the Flynn Pavilion.

Flynn Pavilion—in honor of Arlene Flynn, a long-time West Mont advocate, supporter, and former employee—is the centerpiece of Morgan's Orchard, which is a memorial to the late, great Dick Morgan. The pavilion, and the orchard by extension, will provide our residential and vocational clients with a functional and beautiful space for recreating and working, as well as provide the Helena community with a special place for gathering and holding events.


The conceptualization and materialization of the pavilion have been in the making for a few years now, and we are pleased to announce the completion of this special project, culminating in our ribbon cutting ceremony. We're serving up coffee, water, pop, meat, cheese, and cookies for our guests, so come ready to mix, mingle, and munch.



Most colorful summer ever!



SCAN ME



WAKE THE GIANT MUSIC AND COLOR FESTIVAL

DAY 1

DAY 2

Josh Chalfant

Babes in Canyon

Rob Leines

Trust Fund Hippies

Kendrick & Mondie

Wake the Giant Music and Color Festival

West Mont and the Lewis & Clark Brewery are coming together to throw a giant and colorful party this summer to benefit the West Mont Foundation, and you are officially invited!

In keeping with tradition, we'll have hayrides, animal encounters, giant yard games, craft beer, a Montana market, and food vendors, in addition to amazing music (our lineup this year spans multiple genres including country, folk, rock, indie, and pop).

New this year...

- The festival will take place over two days: Friday, August 25th (Day 1) and Saturday, August 26th (Day 2).
- The festival will be held at two venues—the Lewis & Clark Tap Room (1535 Dodge Ave) on Day 1 and our 34-acre West Mont Farm & Gardens venue (3240 York Rd) on Day 2.
- Day 2 of the festival will feature a color throw to ceremoniously closeout summer (colors will be available for purchase onsite).

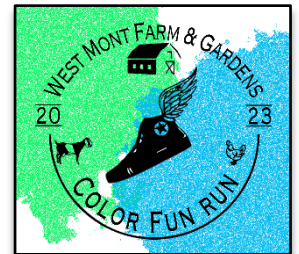
- We have a student rate! This discounted rate is available to college and high school students online through August 24th.

Visit our website, wtghelena.com, to sample some tunes by our amazing artists before grabbing your tickets. We have a limited number of 1- and 2-day passes ranging from \$10 to \$35, so don't wait!

Color Fun Run at the Farm

We are excited to announce West Mont's first Color Fun Run. Join us Saturday, July 15th 4PM at the farm (3240 York Rd) for a 1-mile dash. All ages and abilities welcome. Registration is \$15 and includes one 70-gram color package (additional color packages will be available for purchase onsite; t-shirts are available for an additional fee during online registration).

Sign up and get more information at runsignup.com/Race/MT/Helena/WMCFR.



VOLUNTEERS Needed

Planning for our second annual, luau-themed Field Day June 3rd and 4th is underway, and we need help! If you would like to give us a hand and make a positive impact in the lives of our clients with disabilities, please call or email us by May 18!

406-447-3100
events@westmont.org

Calling All Volunteers!

Do you want to meet new friends, grow in service, and have some fun? Then volunteer with West Mont! Whether you're interested in providing friendship and connection to an individual in our care or giving us a day or a weekend to lend a hand with an event, we want you!

Call 406-447-3100 or email events@westmont.org with your area/s of interest, and we'll help get you started.

Field Day

We're planning our 2nd annual field day, which is scheduled for Saturday, June 3rd and Sunday, June 4th. Our event will give our clients an opportunity to enjoy some sunshine and be active with peers, and with a luau theme, it's sure to be heaps of fun!

We need the following for our luau, and if you can help us out, hit us up! All donations, cash and goods, are tax-deductible and greatly appreciated.

- Cash Sponsorships (all amounts)
- Gift Cards to Local Grocery Stores
- Food Donations
 - Hawaiian Rolls - 150
 - Boneless Chicken - 20 breasts

- Boneless Ham - 3 hams (not picnic)
- Fruit for Fruit Salad
- Coleslaw
- Jell-O - 12 big boxes
- Mini Marshmallows
- Cookies - 150
- Luau Decor

Gifts can be dropped off at the West Mont administrative office 2708 Bozeman Avenue in Helena on or before Thursday, May 18th. Questions can be directed to Janelle Popp 406-447-3100, jpoppp@westmont.org.

Coach Callahan Tells All: Carroll College Women's Basketball

Assistant Coach Callahan of Carroll College's women's basketball team has had a busy season supporting the fighting Saints. She tells all in an interview with our events crew.

Q: How did you get involved with Carroll College as the assistant coach?

A: I did some interim assistant coaching back in 2015 with Rachelle Sayers... And then that's how I got started with basketball with West Mont Dragons... But then I started, and I decided to resign in November 2022 and become an assistant coach for Carroll women's basketball on November 17th of 2022.

Q: How was your past season?

A: We ended up 27 and 6 overall... 14 and 1 in conference. We won the first few games in Great Falls... And then we got to the regional tournament, and we won that whole entire thing.

Q: What is the greatest thing you've taken away from being a part of the team?

A: Friendship and everything, because I really got to be good friends with... the daughter of Rachelle Sayers. And I got to be really good friends with her. And she's actually on the assistant coaching staff with me. She's also a player as well. And a lot of respect. They respect me and everything, which is awesome.



Q: What does a typical game look like? What is your involvement and routine?

A: A lot of physicality, a lot of physicality, a lot of stuff, a lot of fouling and everything. And we're trying to limit that and everything. I am in charge of the pointers.... like pointers on what they need to improve on.

Q: Do you have a coaching philosophy - something that you try to come back to in order to be a good coach?

A: Not really. I just want it to be... more fun and everything. I started managing over at Helena High from 2002 to 2009, and that's how I got my experience. Go Saints women's basketball team!

We Have Careers!

Are you looking for meaningful work? Do you know someone looking? Please consider applying or making a referral for a position at West Mont. To view openings, visit westmonthelena.com/careers.



Save the Date! Friday, September 15th

Join Us in Remembering Our Friends, Dan and Robbie



Dan
Buckley,
1953-
2023,
Lewis &
Clark

Vernon
"Robbie"
Ransier,
1965-2022,
Ron's Place



"Unable are the loved to die, for love is immortality." –Emily Dickinson



West Mont's 2023 Charitable Raffle

In a world where we can frequently feel disconnected from ourselves and others, caught up in the "hustle and bustle," and lost in the daily grind, it's important to take opportunities, big and small, to reconnect. To be present. To breathe deeply. To see deeply. To stop moving through the motions of life and to really live it.

For this year's charitable raffle, we want to give you the gift of reconnection and recreation. The winner of our raffle will receive \$800 in spending cash, four Lights Festival tickets, and Lights Festival merchandise. And what's really great about this prize is the winner gets to design the experience to fit their schedule and budget. Once you win, you pick your date and destination.

Take a look at this season's schedule of Lights Festival events, thelightsfest.com, to get a head start on planning your sky lantern experience. We're drawing and announcing our winner on September 1st, so get those raffle tickets by August 31st!

A special thanks to our friends at the Lights Festival for kindly donating tickets and merchandise to West Mont! And thanks to you for supporting us!

**Mail Order Form
for Lights Festival Experience**

Please fill out and send this form, along with payment, to West Mont 2708 Bozeman Ave Helena, MT 59601 to enter our charitable raffle

Name: _____

Address: _____

City/State: _____

Zip: _____

Phone: _____

Email: _____

Select Your Donation Amount:

<input type="checkbox"/> (1) Ticket \$5	<input type="checkbox"/> Check
<input type="checkbox"/> (5) Tickets \$20	<input type="checkbox"/> Money Order
<input type="checkbox"/> (15) Tickets \$50	<input type="checkbox"/> Cash
<input type="checkbox"/> Other \$_____	



To purchase tickets online, visit wtghelena.com/raffle or scan the QR code above.



A Special Thanks to Our Sponsors, Partners, and Supporters!



Welcome to our newest sponsors, TDS Telecom, SMA Architecture + Design, the Base Camp Helena, The Lights Festival, and Helena Design + Print