



Winter 2018

West Mont Times



Editor: Arlene Flynn

West Mont Client Holiday 'Wish List'

As the holiday season begins, West Mont has once again set up Christmas Wish List Tree at our main office. There are "ornaments" that you can take that have items that our clients are wishing for. You can stop by our main office at 2708 Bozeman Ave. in Helena, Monday - Friday, 8:00 a.m. - 4:30 p.m. and help make someone's wish come true. If you can not make it by, the following items are always popular and/or needed:

- | | |
|------------------------------|--------------------|
| Coffee Shop Gift Cards | Puzzles |
| Poster Frames | Music CD's |
| Haircut Gift Cards | Warm Hats & Gloves |
| Heavy Duty Blankets | Cetaphil Lotion |
| Blank Greeting Cards | Cetaphil Body Wash |
| Men's & Women's Socks | Denture Cleaner |
| Men's White Briefs all sizes | DVD Movies |
| Movie Theater passes | Shaving Cream |

- Unscented deodorant/antiperspirant
- Men's Sweat Pants & sweatshirts - med., lg, XL
- Twin size Bed Sheets
- Fragrance-Free Shampoo and Conditioner
- Great Northern Carousel Passes
- Arts & Crafts Supplies
- Unscented Body Wash - men's & women's
- Men's T-Shirts: med., lg., XL
- Women's Sweat Pants & colored T-shirts all sizes
- Women's Sports Bras all sizes
- Women's Colored T-Shirts all sizes
- Scrapbooking Supplies
- Toothpaste & Soft Toothbrushes

Our West Mont residents have little disposable income so your gift will be *greatly* appreciated. Please contact our main office (406)447-3100 if you have questions. Thank you for your support!

Other Ways That You Can Help West Mont and Make a Difference....

From now until 12/31/18, **The Becky Eiker Studio** is donating to West Mont all of the proceeds from the sale of each **Bob Morgan "Read All About It"** print sold at the **Ghost Art Gallery**. Only 250 of this popular signed and numbered print were made. A few are still available for \$100. For every print sold, **Becky and Bill Eiker** will match it with an *additional* \$100 donation to West Mont!

Additionally, for each **Becky Eiker Bronze** purchased from the **Ghost Art Gallery** during this time, the Eiker's will donate **33%** of the sales price to West Mont. *Great gift ideas and just in time for Christmas!*



The **Ghost Art Gallery** is located at 21 S. Last Chance Gulch. West Mont would like to thank **Bill & Becky Eiker** and **Dave Kettman**, owner of the Ghost Art Gallery for their

generosity and support of West Mont.

Lastly, as with many nonprofits, West Mont is struggling to maintain services with less money. We have looked for ways to supplement our government funding which has not kept up with increased expenses and/or cost of living increases. We are proactively expanding our flower business, commercial shredding, and ice business. To add to our funding challenges, every year major appliances have to be replaced at one or more of our 17-locations. This can include everything from washers & dryers to dishwashers & refrigerators.

During this season of giving, West Mont and our clients would appreciate your consideration of a donation to help fund critical needs at our residences. Any and all donations are appreciated. No donation is too small. **Thank you to all of our supporters and advocates. We wish you a Happy Holiday Season and New Year!**



A Message from the President

A Job People Love.

Tell me what's hard about the job.

I asked that question many times while trying to produce a realistic job description for recruitment of new direct support staff (DSSs). But that question was the most difficult one to have answered.



**Ashleigh
Heimbach**

DSSs are at the heart of West Mont's work. DSSs provide the day-in, day-out assistance to help people stay healthy, happy and active in their communities.

Sounds nice, right? But direct support also sometimes involves tasks that aren't as engaging. Depending upon the level of personal need, direct support may involve cleaning and scrubbing kitchens and bathrooms, and helping people with things as intimate as using the toilet and shower or changing undergarments and clothing several times a day.

Successful DSSs must also develop great people skills. On the job, they learn to redirect people's negative behaviors (such as hitting themselves or others) toward positive behaviors. They learn to answer questions in ways that don't cause unnecessary anxiety. They manage a multitude of different behaviors in ways that would amaze you.

They also often mean the world to someone who relies on them. A DSS's familiar face and trusted voice can bring smiles that no one else can prompt. They can inspire the confidence that brings change to a person's life. DSS's can be more than they ever knew they could because someone truly needs them. Not only does that someone need them, but we find that our DSS's look at our clients as their family, with a love and compassion that is immeasurable.

It's not an easy job. But for people who know it's their life's work, it's the only job.

When I asked DSSs about the difficult aspects, they deflected the question like skilled politicians and chose, instead, to talk about what they love.

People. Specifically, people with developmental disabilities.

Eventually I did find people who would answer the questions and talk about what I classify as difficult parts of the job. But more than that, I found inspiration. Even when talking about those aspects of the job, they still made it sound like great work.

I often think we find what we look for. Successful DSSs look for ways to make a difference. They find them. In doing so, they also find happiness and satisfaction.

West Mont Receives \$5000 Grant from First Interstate Bank

West Mont would like to extend a huge thank you to **First Interstate Bank** for their recent **\$5000 Grant** for our Farm project. Specifically, these funds will pay for new ADA exterior doors as well as a portion of the interior doors which will be widened to meet ADA specifications. We appreciate your support First Interstate Bank!



Our Board & Committee Members

A HUGE thank you!

This past year has been eventful for West Mont. Our year started with a new Executive Director and a cut to our waiver funding. We then learned the sad news of Helena Industries closing and as a result we had an influx of new clients. With these new clients, the need for more staff became apparent. Then began our recruitment and retention efforts that will continue into the next year. All these events have kept our Board of Directors busy! We just want to take a moment to thank them all for what they have done for us and continue to do, year in and year out. Thanks also to our Development Committee members who helped make our Harvest Days event a success. We have a wonderful group of professionals from all walks of life that offer guidance, support, and leadership to West Mont, and for that we are grateful.

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 First Interstate Bank The Floor Show Red Chair Café & Bar Bozeman

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First Security Bank Helena Dermatology & Laser Clinic Ghost Art Gallery
 Sexton Group Construction Rocky Mountain Title & Insured Closing Services, LLC Wells Fargo Advisors

Bronze Level

Action Print Crowley Fleck Home Depot Opportunity Bank Party Plus/A1 Rentals
 Pepsi SMA Architects Stockman Bank Tri-County Disposal Randall & Hurley Van's Thriftway

WEST MONT LOCATIONS

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406-227-7565
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406-447-3123
www.westmontflowers.org

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VASTT: 406-443-1554
For more information,
please contact our
Main Office: 406-447-3100
or email
wmoffice@westmont.org

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Proud partner agency of: 

Creating Opportunities that Promote Respect and Quality of Life for People with Disabilities

West Mont
dignity • ability • choice

Main Office
2708 Bozeman Ave.
Helena, MT 59601

Non-Profit Org.
U.S. Postage
PAID
Helena, MT 59601
Permit No. 226

6th Annual Winterfest

Saturday, December 1, 2018

10:00 am - 2:00 pm



3150 Mitchell Blvd (behind Speiker Sprinkler

Phone: 447-3123

Shop for *fresh* Holiday Wreaths & Swags
Poinsettias ~ Floral Arrangements
and Unique Gifts

Enjoy complimentary refreshments while you shop

Visit Santa from 10:30 am - 1:30 pm



Entertaining for the Holidays?

Need extra seating for the holidays or for a special event? West Mont has tables and folding chairs available for rent.

Rental Costs:
Chairs: \$1.25 ea.
Tables: \$6.00 ea.



Call West Mont
Flower & Trading Co.

406-447-3123