



SHERIDAN  
MEMORIAL  
HOSPITAL

# COMMUNITY RESOURCES

1401 West Street  
Sheridan, WY 82801  
**sheridanhospital.org**  
307.672.1000

## Emergency Services

|                                            |                |
|--------------------------------------------|----------------|
| <b>Emergency</b> .....                     | <b>911</b>     |
| Police Department .....                    | 672-2413       |
| Sheriff's Office .....                     | 672-3455       |
| National Suicide Prevention Lifeline ..... | 988            |
| National Domestic Violence Hotline .....   | 1-800-799-7233 |
| Sexual Assault Hotline .....               | 1-800-656-4673 |

## Health Care

|                                                      |              |
|------------------------------------------------------|--------------|
| Sheridan Memorial Hospital .....                     | 672-1000     |
| Urgent Care at Sheridan Memorial Hospital .....      | 675-5850     |
| Veterans Administration Medical Center .....         | 672-3473     |
| Sheridan County Community Health .....               | 672-5169     |
| One Health (Free Clinic) .....                       | 674-6995     |
| (Age 19-64, uninsured, and Sheridan County resident) |              |
| Reproductive Healthcare of the Big Horns .....       | 672-7054     |
| Sugarland Walk-in Clinic .....                       | 675-7777     |
| Cedars Health .....                                  | 673-5501     |
| Advanced Care Hospital of Montana .....              | 406-373-8000 |

## Physical Therapy

|                                                        |              |
|--------------------------------------------------------|--------------|
| Wyoming Rehab .....                                    | 674-1632     |
| Sheridan Memorial Wound Care .....                     | 672-1161     |
| Sheridan Physical Therapy .....                        | 672-2092     |
| Core Physical Therapy .....                            | 672-5000     |
| Advance Therapy .....                                  | 683-0123     |
| Back Country Physical Therapy .....                    | 461-9669     |
| Active Balance Physical Therapy .....                  | 655-2509     |
| Purpose Physical Therapy-Marta Ostler, Mobile PT. .... | 752-8354     |
| Buffalo Physical Therapy .....                         | 307-684-8623 |
| Giddyup Wellness .....                                 | 461-9891     |
| Johnson Cty Healthcare Rehab. Services .....           | 307-684-6172 |
| Purpose Physical Therapy .....                         | 307-429-0672 |
| Fly Speech Therapy .....                               | 763-7234     |

## Home Care Services /Hospice

|                                            |              |
|--------------------------------------------|--------------|
| Sheridan Memorial Home Care/ Hospice ..... | 672-1083     |
| Sheridan County Public Health .....        | 672-5169     |
| Senior Center/The Hub on Smith .....       | 672-2240     |
| Devoted to Home .....                      | 461-9055     |
| Compassionate Home Care .....              | 751-9363     |
| Help At Home .....                         | 675-1978     |
| Mel's Helping Hands .....                  | 307-262-4891 |
| Synergy HomeCare .....                     | 307-274-3177 |

## Home Care Equipment/Supplies

|                                       |              |
|---------------------------------------|--------------|
| Lincare .....                         | 672-0073     |
| Community Home Oxygen .....           | 672-9021     |
| Hospital Pharmacy (Main Street) ..... | 672-2426     |
| Hospital Pharmacy West .....          | 673-3188     |
| Bellkins Paps .....                   | 307-288-1038 |
| Senior Center/The Hub on Smith .....  | 672-2240     |
| Life Link of Sheridan County .....    | 751-9348     |

## Food Services/Nutrition/Weight Management

|                                            |          |
|--------------------------------------------|----------|
| Senior Center & Home Delivered Meals ..... | 672-2240 |
| Food Stamps (DFS) .....                    | 672-2404 |
| Women/ Infants/Children (WIC) .....        | 672-5174 |
| Salvation Army .....                       | 672-2444 |
| People Assistance Food Bank .....          | 674-1509 |
| Lunch Together .....                       | 672-2668 |
| Tailored Nutrition(Georgia Boley) .....    | 752-8213 |

## Health Food Stores

|                                    |          |
|------------------------------------|----------|
| Good Health Market .....           | 674-5715 |
| Health Nut & Wellness Center ..... | 673-9355 |

## Sheridan Memorial Clinics

|                                                                                                                                                                                                                  |          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Addiction & Internal Medicine Clinic - Dr. Jason Ackerman,<br>KC McKenzie PA-C .....                                                                                                                             | 675-2674 |
| Big Horn Surgical - Dr. Corey Jost, Dr. Barry Mangus, Dr. Sara Maguire,<br>Dr. Josh Scott, Dr. Daniel Holst .....                                                                                                | 673-3181 |
| Ear, Nose & Throat - Dr. Cheryl Varner, Dr. Pattie Visscher. ....                                                                                                                                                | 675-4646 |
| Heart Center - Dr. Michael Brennan, Dr. Joseph Garcia, Jennifer Graslie PA-C,<br>Amanda McIntire FNP-C, Tanja Sloan, PA-C .....                                                                                  | 675-4610 |
| Internal Medicine - Dr. Juli Ackerman, Dr. Hannah Hall, Dr. David Walker,<br>Dr. Derek Redinger, Dr. Allison Dawson, Jason Otto PA-C, Erin Strahan, PA-C .....                                                   | 675-2650 |
| Primary Care - Dr. Kris Schamber, Dr. Christopher Prior, Dr. Erica Rinker,<br>Dr. Emily Denney, Dr. Erin Henderson, Diana Charlson, FNP-BC,<br>Rebekah Montgomery FNP-C, DNP, Jeffery Shideman, FNP-C, DNP ..... | 675-2690 |
| Rheumatology - Dr. Benjamin Widener. ....                                                                                                                                                                        | 675-4474 |
| Urgent Care - Dr. David Nickerson, Laura Bainbridge FNP-C,<br>Wyatt Gardner, PA-C, Melanie Kawulok, FNP-BC .....                                                                                                 | 675-5850 |
| Women's Clinic- Dr. Rebecca Franklund, Dr. Lindsay Capron,<br>Dr. Rebecca Krzyminski, Dr. Elisabeth Scalva,<br>Becky Olson WHNP, Tracy Jons PA-C, Krista Frank, FNP-C .....                                      | 672-2522 |
| Wound Care Clinic - Jessica Neau, PA-C .....                                                                                                                                                                     | 672-1161 |

## Pediatricians

|                                                                                       |          |
|---------------------------------------------------------------------------------------|----------|
| Goose Creek Pediatrics - Dr. Mary Bowers .....                                        | 672-7700 |
| Northeast Wyoming Pediatric Associates -<br>Dr. Suzanne Oss, Dr. Mike Sanderson ..... | 675-5555 |

## Government Services

|                                        |                |
|----------------------------------------|----------------|
| Medicare Information .....             | 1-800-633-4227 |
| Social Security Admin .....            | 1-866-530-7798 |
| Workers Compensation .....             | 672-7849       |
| Wyoming Independent Living .....       | 655-8260       |
| Department of Family Services .....    | 672-2404       |
| Department of Workforce Services ..... | 672-9775       |
| Wyoming Commission on Aging .....      | 1-800-442-2766 |
| Mental Health & Substance Abuse .....  | 1-800-535-4006 |

## Senior Housing

|                                       |          |
|---------------------------------------|----------|
| Willow Creek Communities .....        | 672-1881 |
| Sugarland Ridge .....                 | 674-5575 |
| Heritage Towers .....                 | 674-8825 |
| Sheridan Square .....                 | 672-8283 |
| Westview .....                        | 672-9789 |
| Sheridan Manor (Big Horn Rehab) ..... | 674-4416 |
| Greenhouse Living .....               | 672-0600 |

## Support Groups

|                                                                                                    |          |
|----------------------------------------------------------------------------------------------------|----------|
| Caregiver Support - Sheridan Senior Center ...                                                     | 672-2240 |
| Welch Cancer Center, Lori Karajanis ....                                                           | 675-2629 |
| Al-Anon Rex .....                                                                                  | 751-0847 |
| Mary .....                                                                                         | 672-3101 |
| Northern Wyoming Mental Health Center -- provides<br>a variety of support/educational groups ..... | 674-4405 |

## National Service Organizations

|                                     |                |
|-------------------------------------|----------------|
| American Cancer Society of WY ..... | 1-800-227-2345 |
| American Diabetes Association ..... | 1-800-342-2383 |
| Alzheimer's Association .....       | 1-800-272-3900 |
| Leading Aging (Aging) .....         | 1-202-783-2242 |
| Make-A-Wish Foundation of WY .....  | 1-888-996-9474 |
| Legal Aid of WY, Inc. ....          | 1-307-432-0807 |

## Disabled Services

|                                                |          |
|------------------------------------------------|----------|
| Rehabilitation Enterprises of WY (RENEW) ..... | 672-7481 |
| Eagle Ridge .....                              | 673-0299 |
| Easter Seals .....                             | 672-2816 |

## **Counseling Services /Mental Health/Depression**

|                                                                                                                                                |                              |
|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| Timothy Blaney PsyD .....                                                                                                                      | 307-684-9360                 |
| Wyoming Counseling .....                                                                                                                       | 674-1520                     |
| Sharyn Siler MSW LCSW, Joan Adsit, MSW LCSW, Janette Mydland MS, Victor Ashear PhD                                                             |                              |
| Northern Wyoming Mental Health Center/Volunteers of America .....                                                                              | 674-4405                     |
| Mountains Edge Counseling, Jennifer Jones MS LPC LAT .....                                                                                     | 751-4268                     |
| Clay Pot Counseling, Dawn Sopron LCSW (telehealth visits) .....                                                                                | 752-7016                     |
| Rising Sun Wellness Center .....                                                                                                               | 674-1668                     |
| Brenda Jacob, Licensed Addiction Therapist                                                                                                     |                              |
| Colleen Sidhu LCSW .....                                                                                                                       | 751-5563                     |
| Counseling Associates, Servio Carroll EdS, NCSP .....                                                                                          | 752-6251, 673-3386, 751-3769 |
| Life Strategy Center .....                                                                                                                     | 674-8686                     |
| Roxy Hart MS LPC, Charles Shipley MA LPC, Jim Wyssmann PhD, Deanne Wyssmann LPC,<br>Dee Smidt, MS PPC, David Pearson LAT LPC, Kim Ripley, LCSW |                              |
| Kelly White Counseling LPC .....                                                                                                               | 655-9626                     |
| Piedmont Psychological Practice, Drs. Askins, Busch, Ziegler .....                                                                             | 672-2468                     |
| Rhonda Money MSW LLC .....                                                                                                                     | 307-217-0159                 |
| Celebrate Recovery, Cornerstone Church .....                                                                                                   | 672-8126                     |
| Big Horn Psychological Services, Dr. Jeff Clark/ Alicia Clark, Kevin Woodrow, LCP .....                                                        | 675-1805                     |
| Lauren Q. Gilkerson, MS, LPC, NCC: Child, Adolescent, Adult & Family Counseling .....                                                          | 763-2363                     |
| Willow Creek Counseling .....                                                                                                                  | 675-8160                     |
| Sheridan Counseling Services, Beth Lenz .....                                                                                                  | 461-0818                     |
| Fortis Therapy, Andi Bell LCSW .....                                                                                                           | 675-1275                     |
| Alpine Roots Counseling, Rachel Payne, LPC .....                                                                                               | 307-227-6305                 |
| Summit Psychological Services .....                                                                                                            | 307-429-0672                 |
| Katie Christopherson, LCP .....                                                                                                                | 763-2830                     |
| Resonance Therapy, Diana Cline, LCSW .....                                                                                                     | 751-7916                     |
| Samantha Stachell, Braided Hands LLC .....                                                                                                     | 719-822-7254                 |
| Wolf Creek Counseling, Samuel McCune, LPC, CBT .....                                                                                           | 307-763-8121                 |
| Online options: <a href="http://www.betterhelp.com">www.betterhelp.com</a> or <a href="http://www.talkspace.com">www.talkspace.com</a>         |                              |

## **Substance Abuse**

|                                                                                                                                            |              |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Alcoholics Anonymous .....                                                                                                                 | 307-429-0672 |
| Al-Anon websites: <a href="http://www.AlAnon.org">www.AlAnon.org</a> or <a href="http://www.WyomingAl-Anon.org">www.WyomingAl-Anon.org</a> |              |
| Northern Wyoming Mental Health Center                                                                                                      |              |
| provides a variety of support/educational programs .....                                                                                   |              |
| Volunteers of America: WYSTAR .....                                                                                                        | 672-2044     |
| Mountains Edge Counseling .....                                                                                                            | 751-4268     |
| Addiction & Internal Medicine Clinic (SMH) .....                                                                                           | 675-2674     |

## **Maternity/Parenting Services**

|                                                                   |          |
|-------------------------------------------------------------------|----------|
| Child Development Center .....                                    | 672-6610 |
| Child Advocacy Services of the Big Horns .....                    | 675-2272 |
| Legacy Pregnancy Center .....                                     | 673-4757 |
| Sheridan County Public Health-Maternal Child Health program ..... | 672-5169 |

## **Breast Feeding**

|                                                 |          |
|-------------------------------------------------|----------|
| WIC .....                                       | 672-5174 |
| Sheridan County Public Health-CLC program ..... | 672-5169 |

## **Sheridan County Public Health** .....

|                                                           |  |
|-----------------------------------------------------------|--|
| Adult Programs Available                                  |  |
| • Diabetes and nutritional counseling                     |  |
| • Medication Donation Program                             |  |
| • Medicaid Waiver Program Nursing Assessments (LT101)     |  |
| • Mental Health counseling with Psychologists via webinar |  |
| • Two complete binders for additional outside references  |  |

## **The Hub on Smith** (formerly the Senior Center) .....

|                                                                      |  |
|----------------------------------------------------------------------|--|
| Adult Programs Available:                                            |  |
| • In home services-Home making, personal care and respite care ..... |  |
| • Daybreak- Adult Day Care Medical Equipment                         |  |
| • Transportation .....                                               |  |
| • Caregiver Support .....                                            |  |

## **Transportation**

|                                    |                 |
|------------------------------------|-----------------|
| Goose Creek Transit .....          | 675-7433        |
| Sheridan Transportation Taxi ..... | 674-6814        |
| Wyo Rides .....                    | 675-TAXI (8294) |

## **Smoking Cessation**

[www.helpline.quitlogix.org](http://www.helpline.quitlogix.org)  
Wyoming Tobacco Quitline:  
1-800-QUIT-NOW  
(1-800-784-8669)

11/21/2023



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## **Dentists**

|                                                        |              |
|--------------------------------------------------------|--------------|
| Goose Creek Dental .....                               | 307-655-8661 |
| Michelle Meehan, DDS .....                             | 307-674-9713 |
| Grinnell St. Dental .....                              | 307-672-7567 |
| Family Dental .....                                    | 307-674-9661 |
| Coffeen Plaza Dental .....                             | 307-674-6330 |
| Watt Dental Clinic .....                               | 307-672-2421 |
| Sheridan WYO Dental .....                              | 307-672-7439 |
| Whitney Plaza Dental .....                             | 307-675-1905 |
| Billings Oral Surgery &<br>Dental Implant Center ..... |              |
| 307-673-4452                                           |              |

## **Vision**

|                                 |              |
|---------------------------------|--------------|
| Eye Care of the Big Horns ..... | 307-674-0444 |
| WyoVision .....                 | 307-673-5177 |
| Sheridan Eyecare Center .....   | 307-675-2020 |
| Wyoming Eye Surgeons .....      | 307-429-0430 |

## **Local Service Organizations**

|                                    |          |
|------------------------------------|----------|
| Advocacy and Resource Center ..... | 672-7471 |
| Salvation Army .....               | 672-2444 |
| Sheridan County Library .....      | 674-8585 |

## **Exercise**

|                                 |          |
|---------------------------------|----------|
| Sheridan County YMCA .....      | 674-7488 |
| Pure Energy .....               | 655-5891 |
| Body Shop/ Taylor Gym .....     | 672-8663 |
| Cloud Peak CrossFit .....       | 752-4350 |
| Night Vision Body Works .....   | 673-0115 |
| Downtown YOGA and Fitness ..... | 675-1998 |
| Kula Space Yoga .....           | 461-1960 |
| 307 Fitness .....               | 752-1128 |
| Core Pilates .....              | 672-5000 |
| A Place of Wholeness Yoga ..... | 752-5026 |

## **Acupuncture**

|                                                                 |              |
|-----------------------------------------------------------------|--------------|
| Bubbling Springs Acupuncture .....                              | 674-6821     |
| Monique Mueller .....                                           | 910-200-1220 |
| Dr. Corey Jones, Big Horn Chiropractic<br>and Acupuncture ..... |              |
| 307-288-2628                                                    |              |
| Kas Mueller .....                                               | 910-200-7861 |

## **Chiropractors**

|                                        |          |
|----------------------------------------|----------|
| Atlas Chiropractic .....               | 672-6000 |
| Buchanan Chiropractic .....            | 673-1222 |
| David Harbour, DC .....                | 672-0007 |
| Deines Chiropractic .....              | 673-5075 |
| Winklemann Chiropractic .....          | 763-4141 |
| Sheridan Spine & Sports Medicine ..... | 763-4556 |
| Wyoming Clinic of Chiropractic .....   | 655-8775 |

## **Sheridan Memorial Hospital**

|                                                                |          |
|----------------------------------------------------------------|----------|
| Diabetes Education .....                                       | 675-2640 |
| Medication Assistance Program<br>and Donation Assistance ..... |          |
| 673-2400                                                       |          |
| Patient Financial Assistance .....                             | 675-4620 |