

Some women are born leaders. Clare Lemke, RN, Coordinator of the Park County Tobacco Use Prevention Program, is definitely one of them. In recognition of this, Clare has been selected as the Montana Woman of Achievement for 2009 by the Montana Business and Professional Women's Association (BPW).

This award is given to a woman who is a demonstrated leader, has fostered positive change in her community, and has been a role model for women. Clare was chosen "because of her total involvement as a community leader," explained Joyce Hrouda, Chair for the Woman of Achievement for Montana BPW. "[She is] an advocate for healthy living issues and [is] personally involved with community development and improvement."

Clare is a 20-year employee of Livingston HealthCare. In her current role, she strives to minimize the toll of tobacco by working with healthcare providers, schools, and businesses. She has brought a spirit of cooperation to the community and has helped to create smoke-free work places, tobacco-free play areas in parks, and tobacco-free school campuses. In addition, she is responsible for helping create tobacco-free environments in 17 hospitals and medical facilities in Montana.

Committed to her community, Clare also volunteers her time in a variety of



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capacities. She is involved with planning and fundraising for the Northside Park in Livingston, she creates and donates quilts to women with breast cancer and an orphanage in Nigeria, and she coordinated a quilted art display on view at the Tri-County Network Against Domestic & Sexual Violence that pays tribute to women.

"I am honored to receive this recognition," said Clare. "I am a firm believer that through our words and actions, we can have a positive impact in the lives of others. When people work together to improve their community, everyone benefits."

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OUTREACH CLINICS

Did you know that Livingston HealthCare has outreach clinics in Gardiner, White Sulphur Springs, Big Timber, and Bozeman? You may be able to access orthopedic, OB/Gyn, pediatric, and physical therapy services closer to home. Find out more at www.livingstonhealthcare.org.