

MOVING TO THE

NATIONAL INSTITUTES OF HEALTH

Rocky Mountain Laboratories

A Guide to Help You Move to **Hamilton, MT**

Revised January 2022

This document is intended for informational purposes only and does not constitute advice. These materials do not provide an inclusive list of all companies and/or services available. Inclusion of companies and/or services in this list does not imply approval, endorsement or support of these companies and/or services by the National Institutes of Health, the Department of Health and Human Services or the United States Government. There are many links here to other Internet sites, and these are provided strictly for the convenience of site visitors. OITE is not responsible for the availability or content of these external sites, nor does OITE endorse, warrant or guarantee the products, services, or information described or offered at these other Internet sites. During your visit to this guide, your browser may produce pop-up advertisements. These advertisements were most likely produced by other Web sites you visited or by third party software installed on your computer. OITE does not endorse or recommend products or services that may appear as pop-up advertisements on your computer screen while visiting our site.



Table of Contents

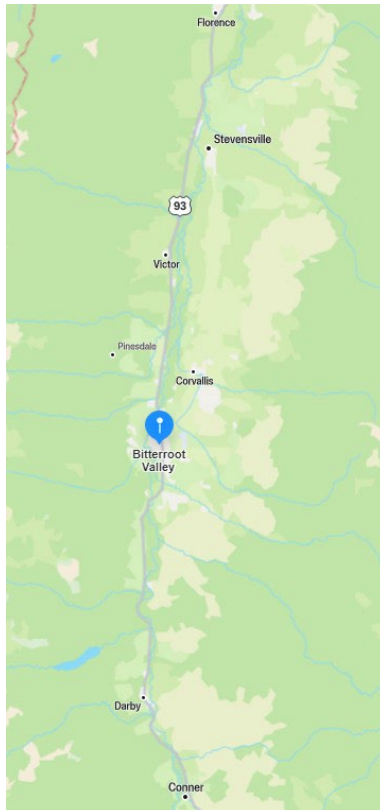
INTRODUCTION.....	3
HAMILTON MT MAP.....	3
SPECIFIC INFORMATION.....	4
AIRPORTS.....	4
BANKING.....	5
CHILD CARE.....	5
EMPLOYMENT.....	5
GROCERY STORES.....	5
HEALTH CARE AND HOSPITALS.....	5
HOUSING.....	6
NEWSPAPERS.....	6
POST OFFICES.....	6
RECREATION AND TOURISM.....	7
RML RESOURCES.....	7
SOCIAL SECURITY NUMBER.....	7
STATISTICS.....	7
TAXES.....	7
TELECOMMUNICATION SERVICES.....	7
TRANSPORTATION.....	8
UTILITIES & SERVICES.....	8
VEHICLE RENTALS, REGISTRATION & DRIVER’S LICENSES.....	8

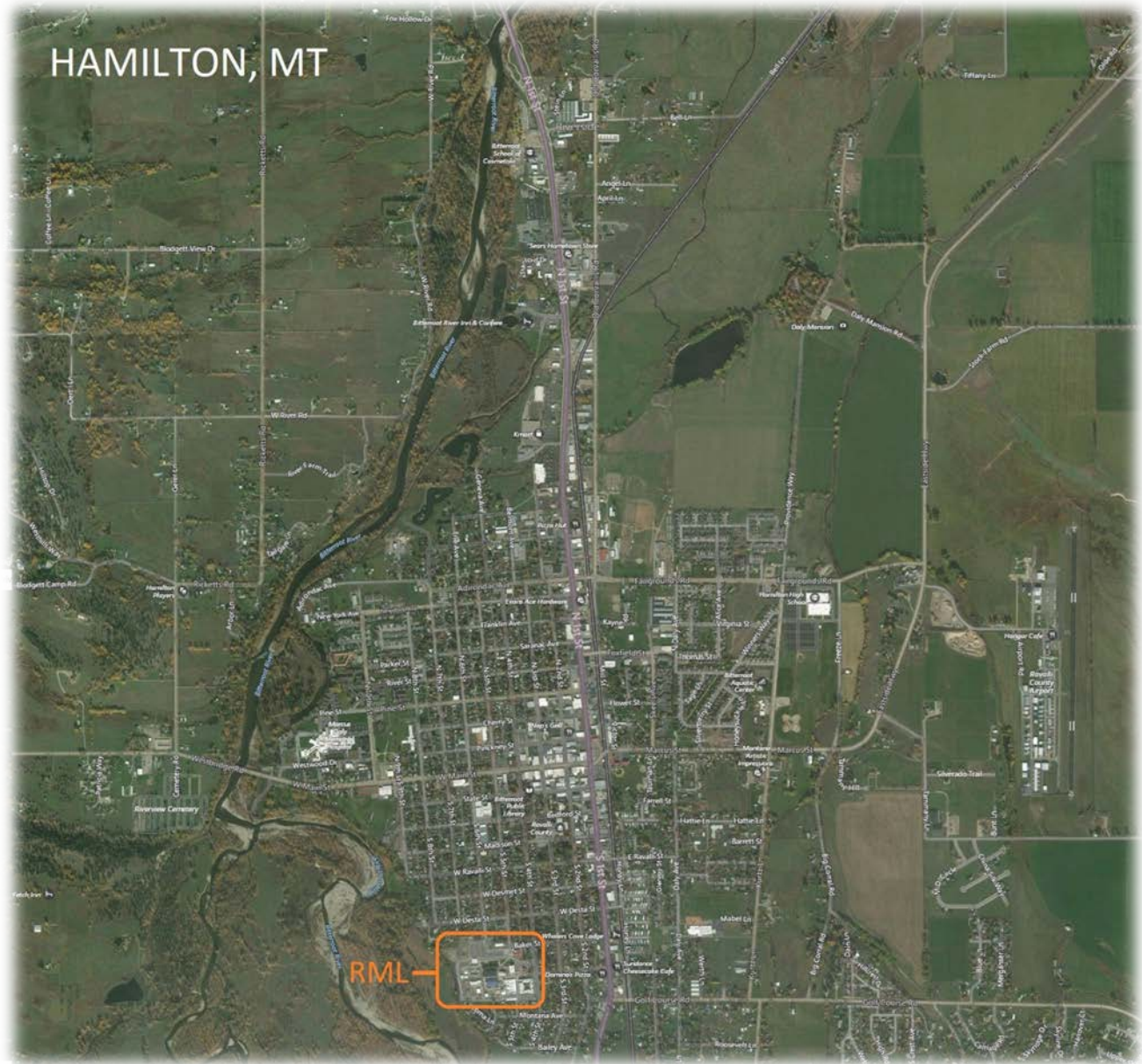
INTRODUCTION

Welcome to the NIH, Rocky Mountain Laboratories (RML)! This Hamilton Montana campus is located 48 miles south of Missoula Montana, between the Bitterroot and Sapphire Mountains. The RML, is home to more than 450 employees. You will be part of a large community of researchers, fellows, and employees whose mission is the pursuit of fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to extend healthy life and reduce illness and disability. The main NIH campus is located in Bethesda, Maryland with more than 18,000 employees. NIH also has facilities in Baltimore and Frederick, MD; Research Triangle Park, NC (NIEHS). Small groups of investigators are located in Phoenix, AZ; Detroit, MI; and Framingham, MA.

The purpose of this document is to help make your transition to the NIH as easy and stress-free as possible. We cannot anticipate meeting every demand you might have, but we hope this guide will help you through the major adjustments you will need to make on relocating to the area.

We are delighted that you are joining the NIH and hope that your time with us will be productive, educational, and enjoyable!





AIRPORTS

Missoula International Airport

- [Parking and Transportation](#)
- [Rental Car Center](#)
- [Taxis and Shuttles](#)
- [Public Transportation](#) (Missoula Area only, does not extend to Hamilton)
- [Ride Share \(Uber, Lyft\)](#)
- [Maps and Directions](#)

BANKING

- [Bitterroot Community Federal Credit Union](#)
- [Farmers State Bank](#)
- [First Interstate Bank](#)
- [First Security Bank](#)
- [Opportunity Bank](#)
- [Ravalli County Federal Credit Union](#) (Only ATM on Campus)
- [Rocky Mountain Bank](#)
- [Trail West Bank](#)
- [US Bank](#)

CHILD CARE

- [Licensed Childcare Providers in Montana](#)

EMPLOYMENT

You or your family members may be searching for employment in your new location. Many websites provide job listings for different types of employment. They include:

- [Career Builder](#)
- [Craigslist](#)
- [Indeed.com](#)
- [MedZilla](#)
- [Monster.com](#)
- [USAJOBS](#)

The [U.S. Department of Labor](#) provides information on career fields, average salaries, and job projections for the next several years. The [Occupational Outlook Handbook](#) also provides information on different jobs. Information on local and federal government jobs can be found at:

- [GovJobs](#)
- [Job Service](#)
- [State of Montana Employment](#)

Other Staffing Opportunities at Rocky Mountain Laboratory

- [Axle Informatics](#)– logistics, various scientific and administrative positions
- [Cape Fox](#) – purchasing, glassware maintenance, guard for facilities
- [Charles River](#)– animal care unit
- [Diversified Services Group](#)– janitorial
- [Medical Science and Computing](#) – various scientific and administrative positions

GROCERY STORES

- [Albertsons](#)
- [Burnt Fork Market](#)
- [Gary and Leo's](#)
- [Hamilton's Marketplace](#)
- [Heritage Market](#)
- [People's Market](#)
- [Rainbow's End Natural Foods](#)
- [Safeway](#)
- [Super 1 Foods](#)
- [Victor Merc and Deli](#)

HEALTH CARE AND HOSPITALS

- [Bitterroot Health](#)
- [Health Clinics in the Bitterroot Valley](#)

HOUSING

The NIH is unable to provide housing for trainees. The following housing resources are for informational purposes only. They are partial listings of rental resources in the Rocky Mountain Laboratories campus commuting area. No investigation is made of the renter or landlord. Neither the Federal Government nor the National Institutes of Health guarantees the availability, price, suitability, or quality of the listings or agents; nor do they endorse any private rental agency, lessor, or firm. All listings must be available without regard to race, color, sex, religion, or national origin and be in compliance with all state and county housing codes and requirements. All complaints against landlords or tenants should be reported to the local county Office of Landlord and Tenant Affairs.

Respond quickly to posted ads. Rentals, especially through property management companies, reportedly receive six to ten applications per available property. Property management companies state that often properties are not posted to websites if qualified applicants have applied to the company awaiting a rental.

Employ due diligence in reviewing and securing properties. Due to the low vacancy rate, properties may not have routine maintenance. Thoroughly review the contract and the property for damages. Photos are highly encouraged for documentation purposes.

Understand Montana and Federal Housing Rights, Responsibilities and Resources. [Montana Attorney General's Office](#) provides general information for tenants to understand and confirm prior to moving in, rights and responsibilities for landlords and tenants, and provides a list of illegal actions by landlords. The website also links to resources, such as [Montana's Residential Landlord and Tenant Act](#), [Fair Housing Act](#) (federal law), [Montana Fair Housing](#) (suspected discrimination), [Montana Legal Services Association](#) (legal assistance), [Montana Law Help](#) (legal information), [Montana Public Interest Research Group](#) (legal information).

- [Airbnb](#)
- [Apartments.com](#)
- [Bitterroot Property Management](#)
- [Bitterroot Valley MT Property Management](#)
- [Bitterroot Valley Properties](#)
- [Caras Property Management](#)
- [Cardinal Properties](#)
- [Craigslist](#)
- [Greener Montana Properties](#)
- [Highland Property Management Company](#)
- [Mountain View Apartments](#)
- [Real Property Management](#)
- [Sweet Sage Montana Property Management](#)
- [Rentdigs.com](#)
- [Trulia.com](#)
- [Zillow Rentals](#)

- Furniture and Household items:
 - [The Bitterroot Valley Online Yard Sale!!](#)
 - [Bitterroot Valley, Online Yard Sale](#)
 - [Goodwill](#)
 - [Habitat for Humanity](#)
 - [JUST SELL IT \(Salmon ~ Bitterroot ~ Missoula\)](#)
 - Little Hope Thrift Shop – (304 N. 1st Steet, Hamilton, MT 59840)
 - SAFE Thrift Store (153 Old Corvallis Rd, Hamilton, MT 59840)
 - Ravalli Services Thrift Store (950 N 1st St, Hamilton, MT 59840)
 - Check with Club RML for potential options – taylor.robinson@nih.gov

NEWSPAPERS

- [Ravalli Republic](#)
- [Bitterroot Star](#)
- [Missoulian](#)

POST OFFICES

- [Corvallis](#)
- [Darby](#)
- [Florence](#)
- [Hamilton](#)
- [Stevensville](#)
- [Victor](#)

RECREATION AND TOURISM

- [Tourism Attractions - Bitterroot Valley](#)
- [Tourism Attractions - Missoula](#)

RML RESOURCES

- [Division of International Services \(DIS\)](#)
- **Club RML** is a facet of the NIH R&W Association and is ran by a volunteer board consisted of federal staff, contractors, and fellows available to all RML staff. Connect via [MS Teams](#), [Facebook](#), and [Instagram](#). Services include wellness challenges, campus gym access, use of community garden, yellow bike, outdoor gear equipment, focused interest groups, and more. Email [Cindi Schwartz](#) to sign up for the monthly newsletter.
- Rocky Mountain Laboratories [RML Website](#)
- Students Organization email [RML IRTA Fellows Organization](#)
- [U.S. Citizenship and Immigration Services \(USCIS\)](#)
- Visa assistance - Spousal & applying for an [Employment Authorization](#) Document (EAD) Please contact DIS (link above) for questions about your individual visa status/situation

Resources for Trainees: [OITE link](#)

- [NIH Office of Intramural Training and Education \(OITE\)](#) - (301)-496-2427
- [NIH Employee Assistance Program](#) - (301)-496-3164 Confidential services:
 - Monday - Thursday: 6:00 AM - 3:00 PM MST
 - Friday: 6:00 AM - 2:00 PM MST
- [NIH Civil Program](#) - (301)-402-4845 Promotes civil behavior and prevents violence
- [NIH Ombudsman](#) - (301)-594-7231 Confidential resolution of professional disagreements

SOCIAL SECURITY NUMBER

- [Social Security Office](#) - 3701 American Way, Missoula, MT 59808

STATISTICS

- [Hamilton](#)
- [Missoula](#)

TAXES

- [Federal Taxes - Internal Revenue Service \(IRS\)](#)
- [State Taxes - Montana](#)
- For tax advice always contact a tax professional ([Tax Professionals Hamilton MT](#))

TELECOMMUNICATION SERVICES

- [Century Link](#)
- [Grizzly Broadband](#)
- [HughesNet](#)
- [Rocky Mountain Internet](#)
- [Spectrum](#)
- [Verizon Wireless](#)

TRANSPORTATION

- [BitterRoot Bus](#)
- [Huckleberry Express Taxi](#)
- [IRIDE VanPool](#)
- [UBER](#)

Bike to Work: If you are interested in riding your bike to work or around town, the Yellow bikes are for anyone at RML to enjoy. Take one out for a spin to grab some groceries or to have lunch downtown.

UTILITIES & SERVICES

- [Alpha Propane](#)
- [Bitterroot Disposal](#)
- [City of Hamilton](#) Water and Sewer District
- Corvallis Sewer District - 406-961-4136
- [Town of Darby](#) Water and Sewer District
- [Energy Partners](#)
- [Northwestern Energy](#)
- Pinesdale Sewer District - 406-961-5285
- [Ravalli Electric](#)
- [Town of Stevensville](#) Water and Sewer District

VEHICLE RENTALS, REGISTRATION & DRIVER'S LICENSES

- Driver's License – 102 Main Street Stevensville, 866-450-8034
<https://ravalli.us/195/Drivers-License-Exam-Locations>
- Rental car agencies in Hamilton:
 - Enterprise
 - U-Haul
- Vehicle Registration – Ravalli County Motor Vehicle Registration, 215 S. 4th Street, Ste. H, Hamilton <https://ravalli.us/194/Motor-Vehicles>