



Senior ER Resources Guide

This resource guide was developed by the Mercy Hospital Grayling Case Management and Social Work teams in coordination with community agencies. If you have any additional or updated information, please contact Case Management at Mercy Hospital Grayling at (989) 344-5636.

Index

Adult Day Care Services	2	Legal	20
Care Management	2	Medical Services	20
Counseling	2	Nursing Homes	22
Crisis Intervention	4	Pharmacies	23
Domestic Violence	5	Mental Health	26
Durable Medical Equipment	6	Rehab & Mobility	28
Education	7	Respite	30
Elder Abuse & Neglect	8	Senior Centers	30
Emergency Alert Systems	9	Social Recreational	31
End of Life/Hospice	9	Substance Abuse	31
Family Support Services/Caregiver Education	9	Support Groups	34
Financial	11	Transportation	35
Fitness	11	Veterans	36
Food & Nutrition	12	Vision & Hearing	37
Home Care Services	14	Vocational	38
Housing	16	Volunteer Opportunities	39
Insurance	19		

Adult Day Care Services

Ogemaw County Commission on Aging (COA)

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

Services offered: Adult day care will begin sometime in 2011.

Otsego Haus Adult Day Services

(989) 732-1122
95 Livingston Boulevard
Gaylord, MI 49735

Services offered: Adult day care services Monday-Friday, 8 a.m.-4 p.m., offered by Otsego COA. Breakfast and lunch daily.

Care Management

Care Management - NEMCSA

(989) 345-1975
630 Progress Street
West Branch, MI 48661

Services offered: Care coordination for MI My-Choice Waiver program, which provides in-home help for qualifying disabled persons.

For Crawford, Roscommon, Ogemaw, Oscoda and Otsego counties.

Mercy Hospital Case Management

(989) 344-5636
1100 E. Michigan Avenue
Grayling, MI 49738

Services offered: Community resource information.

Otsego Memorial Case Management

(989) 731-2190
825 N. Center Street
Gaylord, MI 49735

Services offered: Community resource information.

West Branch Regional Medical Center - Case Management

(989) 345-3660
2463 S. M-30
West Branch, MI 48661

Services offered: Community resource information.

Counseling

Northern Lakes Community Mental Health

(800) 492-5742

24-hour crisis line for Crawford and Roscommon counties.

ADMINISTRATIVE OFFICE

(231) 922-4850
105 Hall Street
Traverse City, MI 49684

CRAWFORD COUNTY

(989) 348-8522
204 Meadows Drive
Grayling, MI 49738

ROSCOMMON COUNTY

(989) 366-8550
2715 Townline Road
Houghton Lake, MI 48629

AuSable Valley Community Mental Health

(800) 442-7315

24-hour crisis line for Ogemaw and Oscoda counties.

ADMINISTRATION OFFICE

(989) 362-8636
1199 W. Harris Avenue
PO Box 310
Tawas City, MI 49764

OGEMAW COUNTY

(989) 345-5571
511 Griffin
West Branch, MI 48661

OSCODA COUNTY

(989) 826-3208
42 N. Mt. Tom Road
PO Box 148
Mio, MI 48647

**North Country Community
Mental Health**

(800) 442-7315

24-hour crisis line for Otsego county.

ADMINISTRATION OFFICE

(231) 347-7890
One MacDonald Drive, Suite A
Petosky, MI 49770

OTSEGO COUNTY

(989) 732-7558
800 Livingston Boulevard
Gaylord, MI 49735

Counseling, Crawford County

Catholic Human Services - Central

(989) 348-3149
707 Spruce Street
Grayling, MI 49738

For all scheduling of appointments, call Gaylord office at 989-732-6761.

Clinical Psychology

(989) 348-7193
306 E. Michigan Avenue
Grayling, MI 49738

Grace Center

(989) 348-2544
6459 W. M-72
Grayling, MI 49738

Mary Pratt, MS, Psychology

(989) 348-1100
2405 S. I-75 Business Loop
Grayling, MI 49738

Counseling, Roscommon County

Catholic Human Services - Central

(989) 422-2127
735 Lake Street
Roscommon, MI 48653

For all scheduling of appointments, call Gaylord office at 989-732-6761.

Catholic Human Services - Central

(989) 275-5183
9249A W. Lake City Road
Houghton Lake, MI 48629

For all scheduling of appointments, call Gaylord office at 989-732-6761.

MidMichigan Health Park, Psychology

(989) 422-5122
9249 W. Lake City Road
Houghton Lake, MI 48629

Ruth McDonald, PhD

(989) 275-5986
709 Lake Street #6
Roscommon, MI 48653

Counseling, Ogemaw County

Catholic Human Services - Eastern

(989) 356-6385
511 Griffin
West Branch, MI 48661

Counseling, Oscoda County

Catholic Human Services - Eastern

(989) 826-9984
209 W. 8th Street
Mio, MI 48647

Tanya Blackmer, LMSW

(989) 785-4444

Services offered: In-home counseling.

Counseling, Otsego County

Catholic Human Services - Central

(989) 732-6761
2090 W. M-32, Suite B
Gaylord, MI 49735

Dr. Jones and Dr. Reppuhn, Psychology

(989) 732-9890
651 N. Otsego Avenue
Gaylord, MI 49735

Tanya Blackmer, LMSW

(989) 785-4444
Services offered: In-home counseling.

Crisis Intervention

**Northern Lakes Community
Mental Health**

(800) 442-7315
24-hour crisis line for Crawford and
Roscommon counties.

ADMINISTRATIVE OFFICE

(231) 922-4850
105 Hall Street
Traverse City, MI 49684

CRAWFORD COUNTY

(989) 348-8522
204 Meadows Drive
Grayling, MI 49738

ROSCOMMON COUNTY

(989) 366-8550
2715 Townline Road
Houghton Lake, MI 48629

**AuSable Valley Community
Mental Health**

(800) 442-7315
24-hour crisis line for Ogemaw and Oscoda
counties.

ADMINISTRATION OFFICE

(989) 362-8636
1199 W. Harris Avenue
PO Box 310
Tawas City, MI 49764

OGEMAW COUNTY

(989) 345-5571
511 Griffin
West Branch, MI 48661

OSCODA COUNTY

(989) 826-3208
42 N. Mt. Tom Road
PO Box 148
Mio, MI 48647

**North Country Community
Mental Health**

(800) 442-7315
24-hour crisis line for Otsego county.

ADMINISTRATION OFFICE

(231) 347-7890
One MacDonald Drive, Suite A
Petosky, MI 49770

OTSEGO COUNTY

(989) 732-7558
800 Livingston Boulevard
Gaylord, MI 49735

Friendship Shelter

(989) 732-5960
PO Box 2048
7163 Old 27 South
Gaylord, MI 49734

Services offered: Homeless shelter, accepts men.

Northern Family Intervention Services

(989) 732-6448
PO Box 398
Gaylord, MI 49734

Services offered: In-home family counseling,
referral by CMH/DHS *only*.

Poison Control

(800) 222-1222

Runaway Services

(800) 292-4517

Riverhouse Shelter

(888) 554-3169

(989) 348-3169

PO Box 661

Grayling, MI 49738

Services offered: Domestic violence/homeless shelter, counseling, Alternative to Abuse program for batterers.

Suicide Prevention

Community Mental Health: (800) 492-5742

After hours: (800) 442-7315

St. Vincent DePaul - Prudenville

(989) 366-7613

329 West Branch Road

PO Box 644

Prudenville, MI 48651

Services offered: Emergency assistance, clothing and household items.

St. Vincent DePaul - Roscommon

(989) 275-3036

821 Lake Street

PO Box 37

Roscommon, MI 48653

Services offered: Emergency assistance, clothing and household items.

St. Vincent DePaul - West Branch

(989) 345-0779

723 W. Houghton Avenue

West Branch, MI 48661

Services offered: Emergency assistance, clothing and household items.

Salvation Army - Houghton Lake

(989) 422-5622

United Methodist Church

759 W. Houghton Lake Drive

Houghton Lake, MI 48629

Services offered: Emergency assistance for food, gas, eviction notices, and utility shut-offs.

Vulnerable Adult Help-line

(800) NO-ABUSE

(800) 996-6228

Services offered: Information and referrals for adult protective services.

VA Suicide Prevention Line

(800) 273-8255

Domestic Violence**Riverhouse Shelter**

(888) 554-3169

(989) 348-3169

PO Box 661

Grayling, MI 49738

Services offered: Domestic violence/homeless shelter, counseling, Alternative to Abuse program for batterers.

Vulnerable Adult Helpline

(800) NO-ABUSE

(800) 996-6228

Services offered: Information and referrals for adult protective services.

DHS/Family Independence Agency

(989) 348-7691

230 Huron

Grayling, MI 49738

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 275-5107
111 Union
PO Box 179
Roscommon, MI 48653

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 345-5135
444 E. Houghton Avenue
West Branch, MI 48661

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 826-4000
200 W. Fifth Street
Mio, MI 48647

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 732-1702
1999 Walden Drive
Gaylord, MI 49735

Services offered: Emergency assistance, adult and child protective services.

Durable Medical Equipment (DME)

ABC Medical (DME)

(800) 638-6715, Fax: (989) 345-7430
Atlanta: (989) 785-2296, Fax: (989) 785-5076

Serves nationwide.

Airway (Oxygen)

(800) 828-6160, Fax: (231) 775-6251

Counties served: Big Rapids, Clare, Crawford, Lake, Osceola, Roscommon and Wexford.

Alpine Medical

(877) 755-6670, Fax: (231) 258-8204

Counties served: Kalkaska and Sault Ste Marie.

Ambulatory Infusion Care (Infusion)

Gaylord: (989) 732-4879, Fax: (989) 731-0707
Mount Pleasant: (800) 367-4879,
Fax: (989) 773-5233

Serves the entire State of Michigan.

Apria (Oxygen and DME)

(800) 962-4941, Fax: (989) 344-9955
(989) 344-9922

Serves nationwide.

CareLinc

(800) 521-1150, Fax: (989) 345-7192

Counties served: Arenac, Gladwin, Iosco, Ogemaw, Roscommon and Southern Crawford.

IV Onyx (Infusion)

(888) 415-3265, Fax: (231) 929-8702

Serves northern Michigan.

Lincare (Oxygen)

(989) 366-0100, Fax: (989) 366-0181

Counties served: Nationwide, except Upper Peninsula. Call national at (800) 642-9884.
10L concentrators available in Saginaw.

Medical Mercantile (wheelchair ramps)

West Branch: (989) 345-0009

Munson DME

(989) 731-9501, Fax: (989) 731-9505

Serves northern Michigan.

My Oxygen (Oxygen Only)

Bay City: (989) 233-0119
Midland: (989) 839-9137

Passport Homecare Inc. (Oxygen, Respiratory and Diabetes Equipment)

West Branch: (800) 213-3517
Fax: (800) 707-1471, (248) 338-1108

Counties served: Lapeer, Swartz Creek (Flint, Lansing and Saginaw area), Sylvan Lake (Detroit area) and West Branch (Grayling, Cadillac and Tawas areas).

Shared Care (DME)

Gaylord Fax: (989) 732-7576
West Branch: (800) 292-9299
Fax: (989) 345-1575

Serves within half hour of Gaylord.

Sheldon Medical

(800) 922-5101, Fax: (866) 303-2221
(989) 422-6544, Fax: (989) 422-6500

Vital Care (DME)

(800) 748-0103, Fax: (231) 627-5641

Counties served: Antrim, Charlevoix, Chippewa, Montmorency, Otsego and Presque Isle.

Wright & Filippis (Prosthetics, Orthotics, HME, Women's Care, Respiratory, Lifts, Elevators and Ramps)

Alpena: (800) 482-0222, (989) 356-2108
Saginaw Fax: (989) 799-4294
Gaylord: (989) 732-4521, Fax: (989) 732-3719

Serves entire State of Michigan, Ohio and Indiana. Call national at (800) 484-0222.
Retirees of GM, Ford, DCX, with MSR prefix.

Commission on Aging (COA)

Services offered: Medical equipment loan closet.

CRAWFORD COUNTY COA

(989) 348-7123
308 Lawndale Street
Grayling, MI 49738

ROSCOMMON COUNTY COA

(989) 366-0205
Houghton Lake Community Center
2625 S.Townline Road
Houghton Lake, MI 48653

OGEMAW COUNTY COA

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

OSCODA COUNTY COA

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

OTSEGO COUNTY COA

(989) 732-1122
120 Grandview Boulevard
Gaylord, MI 49735

Education

NEMCSA: Long Term Care Ombudsman Program

(989) 356-3474

Services provided: Information and education to families and individuals about long term care facilities and services, residents' rights, guardianship, volunteer advocacy and long term care public benefits.

Crawford County Community Education

(989) 344-3535

Houghton Lake Adult & Community Education

(989) 422-6161

R.O.O.C., Inc

(989) 275-9542
11051 N. Cut Road
PO Box 827
Roscommon, MI 48653

A non-profit organization providing employment and skill training for persons with disabilities.

Services offered:

Employee Development Services (EDS) is a short-term program designed to assess and develop or reestablish pre-vocational and vocational skills and work behaviors in order for the individual to achieve a positive employment outcome.

Organizational Employment Services (OES) provide paid work opportunities for individuals within the organization-base employment center.

Community Employment Services (CES) provide individuals the opportunity to obtain and retain employment of their choice in the community.

Personal, Social and Community Support Services (PSC) is a non-work program designed to enhance

the basic self care, advanced daily living, and educational skills required by individuals in coping, adjusting, and accessing their communities as independently as possible.

Respite Services for the caregivers of children and adults with disabilities through Community Mental Health.

Crawford AuSable Literacy Network

(989) 344-3535
403 Michigan Avenue
Grayling, MI 49738

Services offered: Assist in improving reading and writing skills.

Roscommon Literacy Council

(989) 275-4506
606 Lake Street
Roscommon, MI 48653

Services offered: Assist in improving reading and writing skills.

Ogemaw County Literacy Council

(989) 345-3033
119 Fourth Street
West Branch, MI 48661

Services offered: Assist in improving reading and writing skills.

Otsego County Literacy Council

(989) 732-5841
700 S. Otsego Avenue
Gaylord, MI 49735

Services offered: Assist in improving reading and writing skills.

Kirtland Community College

(989) 275-5121

COOR ISD (Career Tech Center - KCC)

(989) 275-9521

COOR ISD (Main Office)

(989) 275-9555

Services offered: Special education programs and services, along with occupational and physical therapy, vocational education.

Elder Abuse & Neglect

Department of Consumer & Industry Services

(800) 882-6006, Fax: (517) 241-0093
PO Box 30664
Lansing, MI 48909

Services offered: Report abuse, neglect and exploitation of adult residents of nursing homes.

Vulnerable Adult Help-line

(800) NO-ABUSE
(800) 996-6228

Services offered: Information and referrals for adult protective services.

DHS/Family Independence Agency

(989) 348-7691
230 Huron
Grayling, MI 49738

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 275-5107
111 Union
PO Box 179
Roscommon, MI 48653

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 345-5135
444 E. Houghton Avenue
West Branch, MI 48661

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 826-4000
200 W. Fifth Street
Mio, MI 48647

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 732-1702
1999 Walden Drive
Gaylord, MI 49735

Services offered: Emergency assistance, adult and child protective services.

Emergency Medical Alert Systems

Apria Alert

(888) 982-7742

Alert I

(866) 581-4540

Life Alarm

(800) 780-5433

Lincare

(877) 366-0160

Philips Lifeline

(800) 959-6989

Senior Safety

(888) 473-2800

End of Life/Hospice

Heartland Hospice

(989) 345-1797

Serves Crawford, Montmorency, Ogemaw, Oscoda, Roscommon and more.

Hospice of Helping Hands

(800) 992-6592

Serves Ogemaw, Oscoda, Roscommon and more.

Hospice of Michigan

(989) 732-2151

Serves Crawford, Kalkaska, Montmorency, Otsego, Roscommon (partial) and more.

Mercy Hospice

(989) 348-4383

Serves Crawford, Kalkaska, Montmorency, Ogemaw, Oscoda, Otsego, Roscommon and more.

MidMichigan Hospice

(800) 862-5002

Serves Ogemaw, Roscommon and more.

Munson Hospice

(800) 252-2065

Serves Kalkaska, Otsego and more.

St. Joseph Hospice

(800) 866-4611

Serves Ogemaw, Oscoda, Roscommon and more.

Family Support Services/ Caregiver Education

NEMCSA - Northeast Michigan Community Services Agency, Inc.

(989) 356-3474

The purpose of the Area Agency on Aging is to plan, coordinate and develop a comprehensive service delivery system for the elderly within its planning and service area. www.NEMCSA.org

Programs offered:

National Family Caregiver Support provides information and services to family caregivers caring for someone older than age 60, or caregivers over the age of 60 caring for a child age 18 or under.

Long Term Care Ombudsman Program provides information and education to families and individuals about long term care facilities and services, residents' rights, guardianship, volunteer advocacy and long term care public benefits.

Creating Confident Caregivers

(989) 348-4383
Grayling Nature Center
I-75 Business Loop
Grayling, MI 49738

Services offered: Workshops for caregivers of people with memory loss.

Creating Confident Caregivers

(989) 826-2115
Oscoda County MSU Extension
101 S. Court Street
Mio, MI 48647

Services offered: Workshops for caregivers of people with memory loss.

Creating Confident Caregivers

(989) 732-1122
Otsego Memorial Hospital
825 N. Center Avenue
Gaylord, MI 49735

Services offered: Workshops for caregivers of people with memory loss.

Creating Confident Caregivers

For all other counties, please call NEMSCA Coordinator to find out class availability.
Services offered: Workshops for caregivers of people with memory loss.

DHS/Family Independence Agency

(989) 348-7691
230 Huron
Grayling, MI 49738

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 275-5107
111 Union
PO Box 179
Roscommon, MI 48653

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 345-5135
444 E. Houghton Avenue
West Branch, MI 48661

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 826-4000
200 W. Fifth Street
Mio, MI 48647

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 732-1702
1999 Walden Drive
Gaylord, MI 49735

Services offered: Emergency assistance, adult and child protective services.

MSU Extension Office - Crawford

(989) 344-3264

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

MSU Extension Office - Ogemaw

(989) 345-0692

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

MSU Extension Office - Oscoda

(989) 826-1160

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

MSU Extension Office - Roscommon

(989) 275-5043

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

Financial

DHS/Family Independence Agency

(989) 348-7691
230 Huron
Grayling, MI 49738

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 275-5107
111 Union
PO Box 179
Roscommon, MI 48653

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 345-5135
444 E. Houghton Avenue
West Branch, MI 48661

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 826-4000
200 W. Fifth Street
Mio, MI 48647

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 732-1702
1999 Walden Drive
Gaylord, MI 49735

Services offered: Emergency assistance, adult and child protective services.

Commission on Aging (COA)

Services offered: Tax assistance.

CRAWFORD COUNTY COA
(989) 348-7123
308 Lawndale Street
Grayling, MI 49738

ROSCOMMON COUNTY COA

(989) 366-0205
Houghton Lake Community Center
2625 S. Townline Road
Houghton Lake, MI 48653

OGEMAW COUNTY COA

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

OSCODA COUNTY COA

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

OTSEGO COUNTY COA

(989) 732-1122
120 Grandview Boulevard
Gaylord, MI 49735

Fitness

Fitness, Crawford County

Hard Bodyz Health & Fitness

(989) 348-7199
2323 Dupont Road
Grayling, MI 49738

Curves

(989) 348-1055
1155 I-75 Business Loop
Grayling, MI 49738

Snap Fitness

(989) 348-3900
8307 W. M-72
Grayling, MI 49738

Fitness, Roscommon County

Club Fit

(989) 275-4150
101 Lake Street
Roscommon, MI 48653

Craf Center

(989) 275-4975
 606 Lake Street
 Roscommon, MI 48653

Body & Soul Health Club

(989) 366-9468
 2865 W. Houghton Lake Drive
 Houghton Lake, MI 48629

Curves

(989) 366-1710
 1840 W. Houghton Lake Drive
 Houghton Lake, MI 48629

Houghton Lake Fitness Center

(989) 366-6925
 3053 W. Houghton Lake Drive
 Houghton Lake, MI 48629

*Fitness, Ogemaw County***Curves**

(989) 343-4444
 3468 M-55
 West Branch, MI 48661

*Fitness, Otsego County***Powerhouse Gym**

(989) 732-0744
 1044 W. Main Street
 Gaylord, MI 49735

Snap Fitness Center

(989) 705-7627
 780 Edelweiss Village
 Gaylord, MI 49735

Food & Nutrition**NEMCSA: Emergency Food Assistance Program (TEFAP)**

(989) 358-4700

Services offered: Serves individuals less than 60 years of age that have income at or below 130% of Federal Poverty Guidelines. Individuals 60 years of age or older must have income at or below 160%. Recipients must be certified annually.

*Food & Nutrition, Crawford County***Crawford Food Pantry**

(989) 348-6046

Open Monday, Wednesday and Friday,
 11 a.m.-3 p.m.

DHS/Family Independence Agency

(989) 348-7691

230 Huron
 Grayling, MI 49738

Services offered: Emergency assistance, adult and child protective services, food stamps and EBT cards.

MSU Extension Office - Grayling

(989) 344-3264

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

*Food & Nutrition, Roscommon County***DHS/Family Independence Agency**

(989) 275-5107

111 Union
 PO Box 179
 Roscommon, MI 48653

Services offered: Emergency assistance, adult and child protective services, food stamps and EBT cards.

MSU Extension Office - Roscommon

(989) 275-5043

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

Project Hope

(989) 366-5120

Old Denton Township Hall Basement
PO Box 464
Prudenville, MI 48651

Services offered: Free food for any qualifying family in need.

Roscommon Food Pantry

(989) 275-5055

First Congregational Church
109 Main Street
Roscommon, MI 48653

Services offered: Free food every Friday.

Salvation Army - Houghton Lake

(989) 422-5622

United Methodist Church
759 W. Houghton Lake Drive
Houghton Lake, MI 48629

Services offered: Emergency assistance for food, gas, eviction notices and utility shut-offs.

Salvation Army - Roscommon/St. Helen

(989) 275-1702

United Methodist Church
759 W. Houghton Lake Drive
Houghton Lake, MI 48629

Food pantry: Wednesday, noon-1 p.m.

Food & Nutrition, Ogemaw County

DHS/Family Independence Agency

(989) 345-5135

444 E. Houghton Avenue
West Branch, MI 48661

Services offered: Emergency assistance, adult and child protective services, food stamps and EBT cards.

MSU Extension Office - Ogemaw

(989) 345-0692

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

Salvation Army - West Branch

(989) 345-4690

Trinity Episcopal Church
100 E. Houghton Avenue
West Branch, MI 48661

Food pantry: Wednesday, 10 a.m.-noon. For emergency food assistance, call (989) 345-0493.

Side Door Food Pantry

(989) 345-2260

Ogemaw Hills Church
3480 W. M-76
West Branch, MI 48661

Food pantry: Thursday, 10 a.m.-3 p.m.

Food & Nutrition, Oscoda County

DHS/Family Independence Agency

(989) 826-4000

200 W. Fifth Street
Mio, MI 48647

Services offered: Emergency assistance, adult and child protective services, food stamps and EBT cards.

MSU Extension Office - Mio

(989) 826-1160

Services offered: Information on 4-H programs, family living, homemaking, farming and family nutrition.

Together We Can Food Pantry

(989) 848-5293

413 S. Smith Lake Road
Mio, MI 48647

Services offered: Food pantry open third Thursday of every month.

Food & Nutrition, Otsego County

DHS/Family Independence Agency

(989) 732-1702
1999 Walden Drive
Gaylord, MI 49735

Services offered: Emergency assistance, adult and child protective services, food stamps and EBT cards.

Otsego County Food Pantry/United Way

(989) 732-8929
116 5th Street
Gaylord, MI 49735

Services offered: Food pantry available Monday-Friday, noon-2 p.m.

Home Care Services

Medical Home Health Care

Medical services typically covered under client's medical insurance if order from physician for new diagnosis or exacerbation of an ongoing condition. Home care services provide short term care for patients not able to leave home.

Mercy Homecare/Hospice Grayling

(800) 424-1457, Fax: (866) 381-4551
(989) 348-4383
Cadillac: (231) 779-9550
(800) 822-8318

Counties served: Clare (eastern half), Crawford, Gladwin (northwestern quarter), Kalkaska, Montmorency (southern half), Ogemaw, Oscoda, Otsego (southern half) and Roscommon.

Alpena General Hospital Home Care

(989) 356-8004, Fax: (989) 356-8034
Counties served: Alpena, Arenac, Iosco, Montmorency and Presque Isle.

Central Michigan Home Care (No DME)

Mount Pleasant: (989) 772-6785
(800) 356-7321, Fax: (989) 772-1181

Counties served: Arenac, Clare, Gladwin, Gratiot, Isabella and Mecosta.

District Health Dept #2 (No DME)

West Branch: (989) 343-1820
(989) 343-1808, Fax: (989) 343-1897

Linda Rich, Director
Counties served: Alcona, Iosco, Ogemaw, Oscoda and Roscommon (St. Helen and Prudenville only.)

District Health Dept #4 (No DME)

(989) 354-4230, Fax: (989) 356-8090

Counties served: Alpena, Cheboygan, Montmorency and Presque Isle.

Heartland Home Health Care, Hospice and Infusion

West Branch Homecare:
(989) 345-1797, Fax: (989) 345-0964
Hospice: (989) 345-0651, Fax: (989) 345-0962
(888) 427-7713
MSW: 915-0006

Counties served: Alcona, Alpena, Arenac, Crawford, Gladwin, Iosco, Montmorency, Ogemaw, Oscoda, Presque Isle and Roscommon.

Hospice of Helping Hands

West Branch: (800) 992-6592
(989) 345-4700, Fax: (989) 345-2991

Counties served: Arenac, Gladwin, Iosco, Ogemaw, Oscoda and Roscommon.

Hospice of Michigan

(989) 732-2151, Fax: (989) 731-2897

Serves Northern Michigan.

MidMichigan Home/Hospice (No DME without nursing)

Gladwin: (800) 862-5002
Fax: (989) 633-1457 Fax H&P - discharge

Counties served: Arenac, Clare, Gladwin, Iosco, Isabella, Midland, Ogemaw and Roscommon (not Crawford).

**Munson Home Health/Hospice
(DME Traverse City area only)**

Gaylord or Traverse City: (800) 252-2065
Fax: (231) 935-8718

Counties served: Upper mid-Michigan to Northern Lower Peninsula. Hospice limited to Antrim, Kalkaska, Otsego, Reed City and Traverse City.

Michigan Premier Home Healthcare

(989) 345-0021, Cell: (989) 745-5190
Fax: (989) 345-0022

Counties served: Arenac, Crawford, Genesee, Gladwin, Iosco, Lapeer, Ogemaw, Oscoda, Otsego and Roscommon.

**St. Joseph Home Health/Hospice
Tawas City**

(800) 866-4611, Fax: (989) 362-8771

Counties served: Alcona, Arenac, Iosco, Ogemaw and Oscoda.

Vital Care

(800) 342-7711, Fax: (231) 627-4416

Counties served: Alpena, Cheboygan, Gaylord, Petoskey, Sault Ste. Marie and St. Ignace. Service area stretches from Waters to Sault Ste. Marie, from Lake Michigan to Lake Huron, including the Islands.

Unity Home Health

West Branch: (989) 345-1126
Fax: (989) 345-4752

Counties served: Arenac, Iosco, Ogemaw, Oscoda and Rosco.

Home Care Services, Private Duty

Medical services that a client pays for out of pocket.

Compassionate Care

(231) 929-5491, Central Intake: (877) 308-1212
Fax: (231) 929-5493
3134 Logan Valley Road
Traverse City, MI 49684

Contact: Jessica or Laura. Cost: \$16.50-25 per hour.

Leelin Home Health

(800) 274-0100
(989) 345-3138, Fax: (989) 345-3591
352 E. Houghton
West Branch, MI 48661

Contact: Lisa Stein or Lucinda Morrison.
Cost: \$17-22 per hour.

Dobson Healthcare

(989) 345-7501, Fax: (989) 345-7508
PO Box 648
West Branch, MI 48661

Contact: Julie Hodgood. HHA cost: \$18.50-21.50 per hour. Nursing cost: \$34 and up per hour. Skilled nursing: \$110 and up per visit.

District Health Department #2

(800) 822-0264
(989) 345-5020, Fax: (989) 348-1897
630 Progress Street
West Branch, MI 48661

Contact: Linda Rich, Director, at (989) 343-1808. HHA cost: \$22 per hour. Nursing cost: \$43 per hour. Skilled nursing: \$150 per visit.

Munson Home Health

(800) 252-2065
1105 6th Street
Traverse City, MI 49684

Cost: Case by case, depending on level of care and location.

Caring Touch

(989) 275-8000
Roscommon

Contact: Gail or Pam. Cost: \$17 per hour.

Vital Care

(800) 342-7711
(231) 627-7157, Fax: (231) 627-4416
Cheboygan

Contact: Leanna or Lisa.

Integrity

(231) 946-3000, Fax: (231) 946-3611
1501 Cass Street, Suite C
Traverse City, MI 49684

Contact: Tammy or Teresa. HHA cost: \$18 per hour (2 hour minimum). Nursing cost: \$45-60 per hour (1 hour minimum).

Home Care Services, Non Medical Home Services

Commission on Aging (COA)

Meals on Wheels: home delivered meals for those who are unable to prepare meals themselves. In-home services also include housekeeping, personal care and respite for caregivers.

CRAWFORD COUNTY COA

(989) 348-7123
308 Lawndale Street
Grayling, MI 49738

ROSCOMMON COUNTY COA

(989) 366-0205
Houghton Lake Community Center
2625 S.Townline Road
Houghton Lake, MI 48629

OGEMAW COUNTY COA

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

OSCODA COUNTY COA

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

OTSEGO COUNTY COA

(989) 732-1122
120 Grandview Boulevard
Gaylord, MI 49735

Home Helpers

(989) 202-2348

Services offered: Shopping, companionship, in-home aids and transportation.

NEMCSA In-Home Services

(989) 356-3474

Services offered: Homemaking, personal care, home delivered meals and respite care. Recipients must meet the 60 years of age requirement or be the spouse of someone 60 years of age or older. Persons requesting one or more of these services must possess a need for assistance with certain activities of daily living. There are no income guidelines to receive services; however, donations and cost sharing are encouraged to help maintain the program.

Seniors-Helping-Seniors

(989) 448-8323

Provides in-home services for seniors by other seniors who are matched with the client. This is a fee-based program. Services offered: Companionship, light housekeeping, meal preparation, transportation, shopping, yard work, house maintenance and small repairs, 24-hour care/overnight stays, personal grooming and dress, mobility assistance, and pet care.

Housing

Senior Apartments/Communities, Crawford County

Riverview Senior Apartments

(800) 225-7982
306 Knight Street
Grayling, MI 49738

Whispering Pines

(989) 344-0020
595 Meadows Drive
Grayling, MI 49738

Senior Apartments/Communities, Roscommon County

Country Village

(989) 821-8091
4321 Country Village Lane
Roscommon, MI 48653

Maple Grove Apartments

(989) 202-2135
50 Maple Grove Avenue
Prudenville, MI 48651

Senior Apartments/Communities, Ogemaw County

Maplewood Manor Apartments

(989) 345-0860
200 W. Valley Street
West Branch, MI 48661

Senior Apartments/Communities, Oscoda County

AuSable Valley Community

(989) 848-2241
1441 Maple Drive
Fairview, MI 48621

Senior Apartments/Communities, Otsego County

Horsell Manor

(989) 983-2050
920 E. Main Street
Vanderbilt, MI 49795

Sheldon Place Apartments

(989) 732-6237
910 W. Sheldon Street
Gaylord, MI 49735

Housing, Assisted Living Apartments

Provide assistance in household chores, activities of daily living, medication administration and meals. Typically, person has to be a one-person assist or less to qualify for assisted living.

The Brook

ADMINISTRATIVE OFFICE

(989) 745-6500

503 ROSE STREET, GRAYLING

(989) 348-8900

195 STATE STREET, ROSCOMMON

(989) 275-4000

8815 KNAPP ROAD, HOUGHTON LAKE

(989) 422-7200

646 COURT ST, WEST BRANCH

(989) 343-1400

1201 CEDAR AVENUE, GLADWIN

(989) 426-8700

11965 TOWNLINE ROAD, CHEBOYGAN

(989) 745-6500

Harlin Assisted Living

(989) 345-4663
1825 S. Gray Road
West Branch, MI 48661

Horizon Senior Living

10059 E. AIRPORT ROAD, ST. HELEN

(989) 389-4900

613 PROGRESS STREET, WEST BRANCH

(989) 343-9404

1324 VINEWOOD AVENUE, CLARE

(989) 386-4900

Aspen Ridge

(989) 705-2500
1231 Village Parkway
Gaylord, MI 49735

Meadows Manor

(989) 915-0311
10066 E. Forestway
Roscommon, MI 48653

Extended Care Facilities:

Medicaid helps cover the financial cost of these facilities. 24-hour nursing supervision is available. There are typically no limitations in the amount of assistance required for persons to be eligible for admission into a facility. (See list under nursing homes.)

Housing Services

DHS/Family Independence Agency

(989) 348-7691
230 Huron
Grayling, MI 49738

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 275-5107

111 Union

PO Box 179

Roscommon, MI 48653

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 345-5135

444 E. Houghton Avenue

West Branch, MI 48661

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 826-4000

200 W. Fifth Street

Mio, MI 48647

Services offered: Emergency assistance, adult and child protective services.

DHS/Family Independence Agency

(989) 732-1702

1999 Walden Drive

Gaylord, MI 49735

Services offered: Emergency assistance, adult and child protective services.

NEMCSA HOUSING PROGRAMS

SUPPORTIVE HOUSING PROGRAM

(866) 484-7077 ext. 278

Assistance and supportive services to homeless persons transitioning from streets and shelters to permanent housing. Services include first month's rent, security deposit, household goods and case management to ensure long-term success.

LOW INCOME WEATHERIZATION PROGRAM

(989) 358-4700

Services offered for low-income persons: water heater insulation, pipe wrap, ceiling and attic insulation and ventilation, wall, floor and perimeter insulation, caulking, weather-stripping and other measures to prevent air infiltration.

UTILITY ASSISTANCE PROGRAM

(989) 358-4713

Services offered: Emergency heat and utility, shut-offs with electricity, natural gas, and water service for low income individuals, and who cannot find sufficient assistance elsewhere.

Crawford County Housing Commission

(989) 344-3284

200 W. Michigan Avenue

Grayling, MI 49738

Services for low to moderate income families: Emergency home repairs, home rehabilitation, rent-to-own program, home replacement program, landlord rental remodels and homeless prevention.

Grayling Housing Commission

(989) 348-9314, Fax: (989) 344-0944

308 Lawndale

Grayling, MI 49738

Services offered: HUD Section 8 Rental Subsidy for low-income people and Section 8 Subsidy for homeownership.

MSHDA Housing Agency

(989) 275-7265

Services offered: Section 8 Rental Subsidy for low-income people of Cheboygan, Crawford, Gladwin, Ogemaw, Otsego and Roscommon counties.

Northeast Michigan Community Services Agency

(800) 219-2273

Services offered: Emergency funding for food and heating, home weatherization, head start and literacy programs.

Northwest Michigan Human Services Agency

(800) 443-5518

Services offered: Home weatherization, heat bank programs and MI Public Services Commission heating assistance.

Ogemaw County Habitat for Humanity

(989) 345-7085
PO Box 579
West Branch, MI 48661

Services offered: Building safe, decent, affordable housing with low-income families/individuals through a self-help program that is funded through donations, grants and individuals.

Ogemaw County Housing Commission

(989) 345-5390
806 W. Houghton Avenue
West Branch, MI 48661

Services for low to moderate income families: Emergency home repairs, home rehabilitation, rent-to-own program, home replacement program, landlord rental remodels and homeless prevention.

Oscoda County Housing Commission

(989) 826-1167
PO Box 399
311 Morenci Street
Mio, MI 48647

Services for low to moderate income families: Emergency home repairs, home rehabilitation, rent-to-own program, home replacement program, landlord rental remodels and homeless prevention.

Otsego County Housing Commission

(989) 731-7570
County Building, Room 213
225 W. Main Street
Gaylord, MI 49738

Services for low to moderate income families: Emergency home repairs, home rehabilitation, home replacement program, landlord rental remodels, homeless prevention and veteran counselor office.

USDA Rural Development

(989) 345-5470
240 W. Wright Street
West Branch, MI 48661

Assists in low interest housing loans.

Roscommon County Habitat for Humanity

(989) 366-6993
1861 W. Houghton Lake Drive
Prudenville, MI 48651

Services offered: Building safe, decent, affordable housing with low-income families/individuals through a self-help program that is funded through donations, grants, and individuals.

Roscommon County Housing Commission

(989) 275-8306
PO Box 420
Roscommon, MI 48653

Services offered: For low to moderate income families; emergency home repairs, home rehabilitation, rent-to-own program, home replacement program, landlord rental remodels, homeless prevention, utility shut-offs, eviction notices, and foreclosure prevention.

Salvation Army - Houghton Lake

(989) 422-5622
United Methodist Church
759 W. Houghton Lake Drive
Houghton Lake, MI 48629

Services offered: Emergency assistance for food, gas, eviction notices and utility shut-offs.

Insurance

NEMCSA: Medicaid/Medicare Assistance Program (MMAP)

(800) 803-7174

Services offered: Assistance with understanding Medicare and Medicaid eligibility, enrollment questions, coverage, medical bills, and supplemental and long-term care insurance.

PRESCRIPTION INFORMATION AND ASSISTANCE

(989) 356-3474

MEDICAID HELPLINE

(800) 642-3195

MEDICAID DENTAL CLINICS NORTH
(877) 321-7070

Commission on Aging (COA)

Services offered: Medicaid/Medicare Assistance Program (MMAP) offers specially trained individuals to assist in deciding best options for health insurance and other health information.

CRAWFORD COUNTY COA
(989) 348-7123

308 Lawndale Street
Grayling, MI 49738

ROSCOMMON COUNTY COA
(989) 366-0205

Houghton Lake Community Center
2625 S. Townline Road
Houghton Lake, MI 48629

OGEMAW COUNTY COA
(989) 345-5300

205 S. 8th Street
West Branch, MI 48661

OSCODA COUNTY COA
(989) 826-3025

429 N. Mount Tom Road
Mio, MI 48647

OTSEGO COUNTY COA
(989) 732-1122

120 Grandview Boulevard
Gaylord, MI 49735

County Health Departments

Services offered: Family planning, immunizations, health education, county health plans, public health and environmental services.

**CENTRAL MICHIGAN DISTRICT
HEALTH DEPARTMENT**

(989) 366-9166
1015 Short Drive
PO Box 739
Prudenville, MI 48651

DISTRICT HEALTH DEPARTMENT #10
(989) 348-7800

202 Meadows Drive
Grayling, MI 49738

DISTRICT HEALTH DEPARTMENT #2
(989) 345-5020

630 Progress Street
West Branch, MI 48661

DISTRICT HEALTH DEPARTMENT #2
(989) 826-3970

393 S. Mount Tom Road
Mio, MI 48647

**HEALTH DEPARTMENT OF
NORTHWEST MICHIGAN**

(989) 732-1794
95 Livingston Boulevard
Gaylord, MI 49735

Legal

Elder Law of Michigan

(800) 347-5297

Services offered: Free basic legal advice and information over the phone.

Jordan-Balkema Elder Law Center

(231) 935-4646

Services offered: Medicaid, estate planning and probate.

Legal Services of Northern Michigan

(888) 645-9993

Services offered: Free legal information and services.

Medical Services

Acute Care Hospitals

Mercy Hospital Grayling

(989) 348-5461
1100 Michigan Avenue
Grayling, MI 49738

Otsego Memorial

(989) 731-2100
825 N. Center Avenue
Gaylord, MI 49735

West Branch Regional Medical Center

(989) 345-3660
2463 S. M-30
West Branch, MI 48661

County Health Departments

Services offered: Family planning, immunizations, health education, county health plans, public health and environmental services.

CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT

(989) 366-9166
1015 Short Drive
PO Box 739
Prudenville, MI 48651

DISTRICT HEALTH DEPARTMENT #10

(989) 348-7800
202 Meadows Drive
Grayling, MI 49738

DISTRICT HEALTH DEPARTMENT #2

(989) 345-5020
630 Progress Street
West Branch, MI 48661

DISTRICT HEALTH DEPARTMENT #2

(989) 826-3970
393 S. Mount Tom Road
Mio, MI 48647

HEALTH DEPARTMENT OF NORTHWEST MICHIGAN

(989) 732-1794
95 Livingston Boulevard
Gaylord, MI 49735
Medicaid Helpline: (800) 642-3195
Medicaid Dental Clinics North: (877) 321-7070

Community Health Clinics

Mercy Community Health Center - Grayling

(989) 348-0550
1250 E. Michigan Avenue
Grayling, MI 49738

Services offered: Family practice, internal medicine, surgery, ob/gyn, orthopedics, pediatrics, endocrinology, physical therapy, x-ray and lab.

Mercy Community Health Center - Prudenville

(989) 366-2900
2585 W. Houghton Lake Drive
Prudenville, MI 48651

Services offered: Family practice, internal medicine, surgery, ob/gyn, orthopedics, walk-in clinic, physical therapy, x-ray and lab.

Mercy Community Health Center - Roscommon

(989) 275-1200
234 Lake Street
Roscommon, MI 48653

Services offered: Family practice, walk-in clinic, physical therapy, x-ray and lab.

MidMichigan Health Park

(989) 422-5122
9249 W. Lake City
Houghton Lake, MI 48629

Services offered: Sliding scale fees available. Clinicians specialize in family practice, internal medicine, pediatrics and psychology. Services for urgent care, physical therapy, radiology and lab. Visiting specialties include hematology, cardiology, general surgery, orthopedics, neurology, urology and pulmonary sleep disorders.

Evergreen Clinic

(989) 345-7000
611 Court Street
West Branch, MI 48661

Services offered: Primary care, urgent care, ENT, sleep medicine, cardiology, podiatry, laboratory and radiology.

Court Street Clinic

(989) 345-0100
621 Court Street, Suite 102
West Branch, MI 48661

Services offered: Primary care, urgent care, ENT, sleep medicine, cardiology, podiatry, laboratory and radiology.

Gaylord VA Clinic

(989) 732-7525
806 S. Otsego Avenue
Gaylord, MI 49738

Services offered: Community outpatient clinic for veterans.

Primary Care Physicians

Can be found in the local phonebook.

Nursing Homes

NEMCSA Long Term Care Ombudsman Program

(989) 356-3474

Provides information and education to families and individuals about long term care facilities and services. The Ombudsman investigates concerns and helps facility residents, families and friends to resolve problems dealing with quality care, residents' rights and state regulating services. The Ombudsman and Ombudsman Volunteers act as a liaison between residents, care providers and state regulatory agencies. The Ombudsman provides educational programs and training in residents' rights, guardianship, volunteer advocacy and long term care public benefits.

AuSable Valley Community

(989) 848-2241, Fax: (989) 848-5526
After Hours Fax: (989) 848-2921
PO Box 9
Fairview, MI 48621

Contact: Carolynne Wegmeyer, Social Services Manager; Pam, Admissions; and Denise Johnson, Associate Director, Hospitality Services.

Bortz Healthcare of Rose City

(989) 685-2442, Fax: (989) 685-3340
517 W. Page
PO Box 529
Rose City, MI 48654

Contact: Glenda Brick, Admissions.

Bortz Healthcare of West Branch

(989) 345-3600, Fax: (989) 345-1441
445 South Valley
West Branch, MI 48661

Contact: Debbie Kennedy, Admissions.

Grayling Nursing and Rehabilitation Community

(989) 348-2801, Fax: (989) 348-9201
331 Meadows Drive
Grayling, MI 49738

Contact: Judy Baker, D.O.N.; Marilyn Heard, and Deanna, Social Work.

Hilltop Manor

(989) 275-8936, Fax: (989) 275-9036
1290 E. Michigan Highway
Roscommon, MI 48653

Contact cell for weekend admissions: Jerri at (989) 705-0071; and Sandy at (989) 302-6388.

King Nursing and Rehabilitation Community

(989) 422-5153, Fax: (989) 422-4490
2280 Tower Hill Road
Houghton Lake, MI 49628

Contact: Jennifer, Admissions, Social Worker; and Cindy Butson, D.O.N.

Mercy Manor

80317
Hospital: (989) 348-5461, Fax: 80529
1100 E. Michigan Avenue
Grayling, MI 49738

Contact: Sandy Altman, Social Work, at 80416.

Tendercare Gaylord (has ventilator unit)

(989) 732-3508, Fax: (989) 731-5260
508 Random Lane
Gaylord, MI 49735

Contact: Gina Almaza, Admissions.

Autumnwood of McBain

(231) 825-2990, Fax: (231) 825-2679
220 Hughston Street
McBain, MI 49657

Contact: Erica Foster, Admissions.

Kalkaska Memorial Eden Center

(231) 258-7574, Fax: (231) 258-7555

Contact: Pam, Admissions. Admit only
Monday–Friday by noon.

McReynolds Hall ECF (Extended Care Facility)

(989) 731-2131, Fax: (989) 731-2133
825 N. Center Road
Gaylord, MI 49735

Contact: Anne Agren at (989) 731-7838; and
Mary Steel, D.O.N., at (989) 731-2134.

Medilodge of Hillman

(989) 742-4581, Fax: (989) 742-3710
631 Caring Street
Hillman, MI 49746

Contact: Vicki Klein, Director of Admissions;
Joanne Schalk, SW; and JoDee Reinbold,
Director of Nursing.

Munson Rehab - Acute IP Rehab

57341, Fax: 57344
Pager: (231) 318-8535

Contact: Diane.

MidMichigan Gladwin Pines

(989) 426-3430, Fax: (989) 246-6331
449 Quarter Street
Gladwin, MI 48624

Contact: Gayle, Admissions, at (989) 246-6334.

Tendercare Birchwood

(231) 947-0506, Fax: (231) 947-0744
2950 Lafranier Road
Traverse City, MI 49686

Contact: Linda, Admissions.

Tendercare Traverse City

(231) 947-9511, Fax: (231) 947-1250
2585 Lafranier Road
Traverse City, MI 49686

Contact: Eddie, Admissions.

Pharmacies

Pharmacies, Crawford County

Mercy Hospital Pharmacy

(989) 348-0836
1100 E. Michigan Avenue
Grayling, MI 49738

Open Monday–Sunday, 9:30 a.m.–8:30 p.m.

Glen's Pharmacy

(989) 348-5335
2470 S. I-75 Business Loop
Grayling, MI 49738

Open Monday–Saturday, 9 a.m.–6 p.m.
Sunday closed.

The Medicine Shoppe

(989) 348-2000
500 N. James Street
Grayling, MI 49738

Open Monday–Friday, 9:30 a.m.–6 p.m.
Saturday, 9:30 a.m.–1 p.m. Sunday closed.

Special services: Some ostomy supplies,
catheters, leg bags, some DME, compression
stockings, compound prescriptions, counseling,
diabetes supplies, aids and support, and monthly
healthcare screens. Equipment available to
borrow if needed.

Rite Aid - Grayling

(989) 348-1350
312 S. James Street
Grayling, MI 49738

Open Monday–Friday, 9 a.m.–9 p.m.
Saturday, 9 a.m.–6 p.m. Sunday, 10 a.m.–6 p.m.

Special services: Blood glucose testing supplies,
canes and crutches, and compression stockings
by order only.

Walgreen's - Grayling

(989) 344-0374
2045 S. I-75 Business Loop
Grayling, MI 49738

Open Monday-Friday, 9 a.m.-9 p.m.
Saturday-Sunday, 10 a.m.-6 p.m.

Special services: Nebulizers, diabetes supplies, walkers, wheelchairs, crutches, canes, compression stockings and catheters.

Pharmacies, Roscommon County

Houghton Lake

Kmart - Houghton Lake

(989) 422-6445
8171 W. Houghton Lake Drive
Houghton Lake, MI 48629

Open Monday-Friday, 8 a.m.-8 p.m.
Saturday, 9 a.m.-7 p.m. Sunday, 10 a.m.-6 p.m.

Kronner Pharmacy - Houghton Lake

(989) 366-7611
778 W. Houghton Lake Drive
Prudenville, MI 48651

Open Monday-Friday, 9 a.m.-7 p.m.
Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-4 p.m.

Rite Aid - Houghton Lake

(989) 366-9212
4562 W. Houghton Lake Drive
Houghton Lake, MI 48629

Open Monday-Friday, 9 a.m.-9 p.m.
Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-6 p.m.

Walgreen's - Houghton Lake

(989) 366-5324
729 W. Houghton Lake Drive
Prudenville, MI 48651

Open Monday-Friday, 9 a.m.-9 p.m.
Saturday-Sunday, 10 a.m.-6 p.m.

Walmart - Houghton Lake

(989) 366-6533
3451 W. Houghton Lake Drive
Houghton Lake, MI 48629

Open Monday-Friday, 9 a.m.-7 p.m.
Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-6 p.m.

Roscommon

Pioneer - Roscommon

(989) 275-5600
412 N. 5th Street
Roscommon, MI 48653

Open Monday-Friday, 9 a.m.-6 p.m.
Saturday, 9 a.m.-3 p.m. Sunday closed.

Rite Aid - Roscommon

(989) 275-5161
425 N. 5th Street
Roscommon, MI 48653

Open Monday-Friday, 9 a.m.-9 p.m.
Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-6 p.m.

St. Helen

Pioneer - St. Helen

(989) 389-7252
2100 N. St. Helen Road
St. Helen, MI 48656

Open Monday-Friday, 9 a.m.-6 p.m.
Saturday, 9 a.m.-3 p.m. Sunday closed.

Rite Aid - St. Helen

(989) 389-4965
2010 N. St. Helen Road
St. Helen, MI 48656

Open Monday-Friday, 9 a.m.-9 p.m.
Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-6 p.m.

Pharmacies, Ogemaw County

Rose City

Rose City Drugs

(989) 685-2141
2640 M-33
Rose City, MI 48654

Open Monday–Friday, 9 a.m.–6 p.m.
Saturday, 9 a.m.–4 p.m. Sunday closed.

West Branch

Kmart - West Branch

(989) 345-4884
2110 S. M-76
West Branch, MI 48661

Open Monday–Friday, 8 a.m.–8 p.m.
Saturday, 9 a.m.–7 p.m. Sunday, 10 a.m.–6 p.m.

Pioneer (inside Glen’s)

(989) 345-5610
2206 S. M-76
West Branch, MI 48661

Open Monday–Friday, 8 a.m.–7 p.m.
Saturday, 8 a.m.–3 p.m. Sunday closed.

Rite Aid - West Branch

(989) 345-0080
501 E. Houghton Avenue
West Branch, MI 48661

Open Monday–Friday, 9 a.m.–9 p.m.
Saturday, 9 a.m.–6 p.m. Sunday, 10 a.m.–6 p.m.

Walgreen’s - West Branch

(989) 343-6921
2480 E. Houghton Avenue
West Branch, MI 48661

Open Monday–Friday, 9 a.m.–9 p.m.
Saturday–Sunday, 10 a.m.–6 p.m.

Pharmacies, Oscoda County

Pioneer - Mio

(989) 826-8989
114 S. Morenci Avenue
Mio, MI 48647

Open Monday–Friday, 9 a.m.–6 p.m.
Saturday, 9 a.m.–3 p.m. Sunday closed.

Rite Aid - Mio

(989) 826-3737
101 S. Morenci Avenue
Mio, MI 48647

Open Monday–Friday, 9 a.m.–9 p.m.
Saturday, 9 a.m.–6 p.m. Sunday, 10 a.m.–6 p.m.

Pharmacies, Otsego County

Gaylord

Glen’s Pharmacy

(989) 731-3223
829 W. Main Street #C
Gaylord, MI 49735

Open Monday–Friday, 9 a.m.–8 p.m.
Saturday–Sunday, 9 a.m.–5 p.m.

Kmart - Gaylord

(989) 732-8990
1151 S. Otsego
Gaylord, MI 49735

Open Monday–Friday, 8 a.m.–8 p.m.
Saturday, 9 a.m.–7 p.m. Sunday, 10 a.m.–6 p.m.

Meijer Pharmacy

(989) 731-9600
250 Meijer Drive
Gaylord, MI 49735

Open Monday–Friday, 9 a.m.–9 p.m.
Saturday, 9 a.m.–7 p.m. Sunday, 10 a.m.–6 p.m.

Rite Aid - Gaylord

(989) 732-5220
 419 W. Main Street
 Gaylord, MI 49735

Open Monday-Friday, 9 a.m.-9 p.m.
 Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-6 p.m.

Walgreen's - Gaylord

(989) 732-0578
 1290 W. Main Street
 Gaylord, MI 49735

Open Monday-Friday, 9 a.m.-9 p.m.
 Saturday-Sunday, 10 a.m.-6 p.m.

Walmart - Gaylord

(989) 732-8998
 950 Edelweiss Parkway
 Gaylord, MI 49735

Open Monday-Friday, 9 a.m.-9 p.m.
 Saturday, 9 a.m.-7 p.m. Sunday, 10 a.m.-6 p.m.

Lewiston

Rite Aid - Lewiston

(989) 786-2239
 2855 County Road 489
 Lewiston, MI 49756

Open Monday-Friday, 9 a.m.-9 p.m.
 Saturday, 9 a.m.-6 p.m. Sunday, 10 a.m.-6 p.m.

Mental Health

Psychological Services/Outpatient Services

**Northern Lakes Community
Mental Health**

(800) 492-5742

24-hour crisis line for Crawford and
 Roscommon counties.

ADMINISTRATIVE OFFICE

(231) 922-4850
 105 Hall Street
 Traverse City, MI 49684

CRAWFORD COUNTY

(989) 348-8522
 204 Meadows Drive
 Grayling, MI 49738

ROSCOMMON COUNTY

(989) 366-8550
 2715 Townline Road
 Houghton Lake, MI 48629

**AuSable Valley Community
Mental Health**

(800) 442-7315

24-hour crisis line for Ogemaw and Oscoda
 counties.

ADMINISTRATION OFFICE

(989) 362-8636
 1199 W. Harris Avenue
 PO Box 310
 Tawas City, MI 49764

OGEMAW COUNTY

(989) 345-5571
 511 Griffin
 West Branch, MI 48661

OSCODA COUNTY

(989) 826-3208
 42 N. Mt. Tom Road
 PO Box 148
 Mio, MI 48647

**North Country Community
Mental Health**

(800) 442-7315

24-hour crisis line for Otsego county.

ADMINISTRATION OFFICE

(231) 347-7890
 One MacDonald Drive, Suite A
 Petosky, MI 49770

OTSEGO COUNTY

(989) 732-7558
 800 Livingston Boulevard
 Gaylord, MI 49735

VA - Battle Creek Psychiatric Hospital

(269) 966-5600, Fax: (269) 223-5678
5500 Armstrong Road
Battle Creek, MI 49037

VA - Ann Arbor Hospital

(734) 769-7100
2215 Fuller
Ann Arbor, MI 48105

War Memorial Hospital Behavior Health Center

(906) 635-2969
16523 S. Water Tower Drive
Kincheloe, MI 49788

*Peer Support Services (Drop-in Centers)***Kandu Island/CVM, Inc.**

(231) 932-1590
3003 B Garfield Avenue North
Traverse City, MI 49686

New Beginnings Drop-In Center, Inc.

(989) 366-4476
404 W. Houghton Lake Road
PO Box 824
Prudenville, MI 45651

*Inpatient Psychiatric Hospital Services***Alpena General Hospital**

(989) 356-7258, Fax: (989) 356-7770
1501 W. Chisom
Alpena, MI 49707

Bay Regional Medical Center

(989) 894-3911, Fax: (989) 894-6132
1900 Columbus Avenue
Bay City, MI 48708

Carson City Hospital

(989) 584-3971 x169, Fax: (989) 584-1221
406 E. Elm Street
Carson City, MI 48811

Forest View Psychiatric Hospital

(800) 949-8439
(616) 942-9610, Fax: (616) 957-9645
1055 Medical Park Drive SE
Grand Rapids, MI 49546

Gratiot Hospital

(989) 466-3304
(989) 466-7170, Fax: (989) 466-7175
300 Warwick
Alma, MI 48801

Havenwyck Mental Health System

(248) 373-9200, Fax: (248) 373-6426
1525 University Drive
Auburn Hills, MI 48326

Hurley Medical Center

(810) 257-9000, Fax: (810) 262-6683
1 Hurley Plaza
Flint, MI 48504

McLaren Behavior Health

(810) 342-2076, Fax: (810) 342-3701
401 S. Ballenger Highway
Flint, MI 48532

Memorial Medical Center of West Michigan - Hadley Center for Psychiatric Care

(231) 845-2261, Fax: (231) 845-2165
One Atkinson Drive
Ludington, MI 49431

MidMichigan Medical Center

(989) 839-3690, Fax: (989) 839-1391
4005 Orchard Drive
Midland, MI 48670

Munson Medical Center - Center One

(231) 935-6210, Fax: (231) 935-7130
1105 Sixth Street
Traverse City, MI 49684

Pine Rest Christian Mental Health Services

(800) 678-5500
(616) 455-9200, Fax: (616) 455-5960
300 68th Street SE
PO Box 165
Grand Rapids, MI 49501

Saint Mary's Health Care - Pine Rest Geriatric Psychiatric

(616) 685-6611, Fax: (616) 732-3034
200 Jefferson SE
Grand Rapids, MI 49503

Sparrow Hospital - St. Lawrence

(517) 364-7650, Fax: (517) 364-7669
1210 W. Saginaw Highway
Lansing, MI 48915

University of Michigan Psychiatric Hospital - Psychiatric Emergency Room

(800) 525-5188
After hours: (734) 936-5900
Ann Arbor

VA - Battle Creek Psychiatric Hospital

(269) 966-5600, Fax: (269) 223-5678
5500 Armstrong Road
Battle Creek, MI 49037

War Memorial Hospital Behavior Health Center

(906) 495-4357, Fax: (906) 495-1093
16523 S. Water Tower Drive
Kincheloe, MI 49788

White Pines

(800) 662-6848
(989) 790-7745, Fax: (989) 790-7747
3340 Hospital Road
Saginaw, MI 48608

Rehab & Mobility

In-home Rehab

Physical therapy, occupational therapy and speech therapy provided by a home health care agency for homebound people. (For a list of agencies that provide in-home physical therapy, see Home Health Care providers.)

Inpatient Rehab

Physical therapy, occupational therapy and speech therapy provided by a skilled nursing facility. Provides highly supervised therapy for those after a hospitalization. (For a list of agencies that provide inpatient physical therapy, see Nursing Homes.)

Outpatient Rehab

Physical therapy, occupational therapy and speech therapy provided by an outpatient facility. Ideal for those who have transportation to and from a rehab facility.

Outpatient Rehab, Crawford County

Dynamic Physical Therapy

(989) 348-3027
1107 E. Michigan Avenue
Grayling, MI 49738

Mercy Rehabilitation Services

(989) 348-0314
1250 E. Michigan Avenue
Grayling, MI 49738

Outpatient Rehab, Roscommon County

Northsport Physical Therapy

(989) 275-9955
606 Lake Street
Roscommon, MI 48653

Mercy Rehabilitation Services

(989) 275-1200
234 Lake Street
Roscommon, MI 48653

Mercy Rehabilitation Services

(989) 366-2900
2585 W. Houghton Lake Drive
Prudenville, MI 48651

MidMichigan Health

(989) 422-5122
9249 W. Lake City Road
Houghton Lake, MI 48629

St. Helen Community Rehab

(989) 389-7333
2430 N. St. Helen Road
St. Helen, MI 48656

Outpatient Rehab, Ogemaw County

Advanced Downtime Aquatic Physical Therapy (ADAPT)

(989) 343-9755
105 W. Houghton Avenue
West Branch, MI 48661

Community Physical Therapy

(989) 343-1099
2388 W. M-55
West Branch, MI 48661

Pinnacle Rehabilitation

(989) 343-3000
621 Court Street
West Branch, MI 48661

Progress Physical Therapy

(989) 345-4300
565 Progress Street #C
West Branch, MI 48661

Wright Rehabilitation

(989) 345-7151
214 W. Houghton Avenue
West Branch, MI 48661

Community Physical Therapy

(989) 685-3836
119 W. Main Street
Rose City, MI 48654

Community Rehabilitation Services, PC

(989) 685-8821
600 Bennett Street
Rose City, MI 48654

Pentacle Rehabilitation

(989) 685-2500
120 W. Main Street
Rose City, MI 48654

Outpatient Rehab, Oscoda County

American Physical Therapy

(989) 826-6830
124 S. Morenci Avenue
Mio, MI 48647

St. Joseph Physical Therapy

(989) 848-2723
1392 Maple Drive
Fairview, MI 48621

Outpatient Rehab, Otsego County

Aspen Physical Therapy

(989) 705-2700
1325 S. Otsego Avenue
Gaylord, MI 49735

Dynamic Physical Therapy

(989) 732-0001
2147 Professional Drive #2
Gaylord, MI 49735

Northsport Physical Therapy

(989) 731-1777
1622 Dickerson Road
Gaylord, MI 49735

Otsego Memorial Hospital

(989) 731-2341
825 N. Center
Gaylord, MI 49735

Vance Rehab

(989) 732-4753
609 N. Court
Gaylord, MI 4973

Respite Services

Nursing Homes

Most local nursing homes offer inpatient respite services for elderly or disabled. They provide 24-hour care and supervision. Cost varies depending on nursing home fee. (See list under Nursing Homes.)

Eldercare Locator

(800) 677-1116

The Brook

(989) 745-6500

Services offered: Assisted living apartments pre-furnished by The Brook. Receive all assisted living accommodations including meals three (3) times per day, assistance with daily activities and entertainment.

Locations include: Cheboygan, Gladwin, Grayling, Houghton Lake, Roscommon and West Branch. Location based on apartment availability at time of respite services.

R.O.O.C., Inc

(989) 275-9542

11051 N. Cut Road
PO Box 827
Roscommon, MI 48653

A non-profit organization providing employment and skill training for persons with disabilities. Respite services for the caregivers of children and adults with disabilities through Community Mental Health.

Commission on Aging (COA)

Services offered: In-home respite for caregivers.

CRAWFORD COUNTY COA

(989) 348-7123
308 Lawndale Street
Grayling, MI 49738

ROSCOMMON COUNTY COA

(989) 366-0205
Houghton Lake Community Center
2625 S. Townline Road
Houghton Lake, MI 48629

OGEMAW COUNTY COA

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

OSCODA COUNTY COA

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

OTSEGO COUNTY COA

(989) 732-1122
120 Grandview Boulevard
Gaylord, MI 49735

Senior Centers

Crawford County COA

(989) 348-7123
308 Lawndale Street
Grayling, MI 49738

Roscommon Community Center

(989) 275-8421
510 South Street
Roscommon, MI 48653

Houghton Lake Community Center

(989) 366-0205
2625 S. Townline Road
Houghton Lake, MI 48629

Ogemaw County COA

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

Oscoda County COA

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

Otsego County COA

(989) 732-1122
120 Grandview Boulevard
Gaylord, MI 49735

Social Recreational

Commission on Aging (COA) Senior Centers

Services offered: Variety of recreational activities, games, events and congregational meals.

CRAWFORD COUNTY COA

(989) 348-7123
308 Lawndale Street
Grayling, MI 49738

ROSCOMMON COMMUNITY CENTER

(989) 275-8421
510 South Street
Roscommon, MI 48653

HOUGHTON LAKE COMMUNITY CENTER

(989) 366-0205
2625 S. Townline Road
Houghton Lake, MI 48629

OGEMAW COUNTY COA

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

OSCODA COUNTY COA

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

OTSEGO COUNTY COA

(989) 732-1122
120 Grandview Boulevard
Gaylord, MI 49735

Substance Abuse

Northern Michigan Substance Abuse Services

(800) 686-0749
2090 W. M-32, Suite C
Gaylord, MI 49735

Coordinates provision of substance abuse services. Specifically: Outpatient counseling, inpatient treatment, pharmacological supports, screening, assessment, referral and follow-up, and residential treatment.

Subacute Detox Services

Person is actively withdrawing, but does not have any other medical conditions that would stipulate inpatient hospitalization.

Addiction Treatment Services, Inc.

(231) 922-4810
116 E. 8th Street
Traverse City, MI 49686

Services offered: Short term residential rehab and detox.

Brighton Hospital

(888) 215-2700
12851 Grand River Avenue
Brighton, MI 48116

Services offered: Short term and long term residential rehab, detox and outpatient rehab.

DOT Caring Center Inc.

(989) 790-3366
6840 Midland Road
Freeland, MI 48623

Services offered: Short term and long term residential rehab and detox.

East Side Substance Abuse Clinic

(231) 739-4359
445 E. Sherman Boulevard
Muskegon Heights, MI 49444

Services offered: Methadone.

Eastern Clinic

(616) 243-6262
1555 Eastern Street SE
Grand Rapids, MI 49548

Services offered: Methadone.

Harbor Hall

(231) 347-5511
704 Emmet Street
Petoskey, MI 49770

Services offered: Long term residential rehab and detox.

Michigan Therapeutic Consultants

(989) 953-4357
4273 Corporate Way
Mount Pleasant, MI 48858

Services offered: Methadone.

Michigan Therapeutic Consultants

(517) 272-4357
913 W. Holmes #189
Lansing, MI 48910

Services offered: Methadone.

Sparrow Hospital - St. Lawrence

(517) 364-7740
1210 W. Saginaw Highway
Lansing, MI 48915

Services offered: Detox.

Sunrise Centre

(877) 205-5217
630 Walnut Street
Alpena, MI 49707

Services offered: Short term and long term residential rehab and detox.

Ten Sixteen Recovery Network

(989) 775-0604
2885 Health Parkway, Suite 2
Mount Pleasant, MI 48858

Services offered: Detox.

VA - Battle Creek

(269) 966-5600
5500 Armstrong Road
Battle Creek, MI 49037

Services offered: Short term and long term residential rehab and detox.

Residential Rehab Services

*Person has already withdrawn from substances of abuse.
Can be short term, less than 30 days; or long term, greater than 30 days.*

Addiction Treatment Services, Inc.

(231) 922-4810
116 E. 8th Street
Traverse City, MI 49686

Services offered: Short term residential rehab and detox.

Brighton Hospital

(888) 215-2700
12851 Grand River Avenue
Brighton, MI 48116

Services offered: Short term and long term residential rehab, detox and outpatient rehab.

DOT Caring Center Inc.

(989) 790-3366
6840 Midland Road
Freeland, MI 48623

Services offered: Short term and long term residential rehab and detox.

Great Lake Recovery Centers

(888) 457-2732
201 Rublein Street
Marquette, MI 49855

Services offered: Long term residential rehab for men, women and adolescents.

Harbor Hall

(231) 347-5511
704 Emmet Street
Petoskey, MI 49770

Services offered: Long term residential rehab and detox.

Kairos Healthcare

(989) 777-4357
6379 Dixie Highway
Bridgeport, MI 48722

Services offered: Short and long term residential rehab – accepts adolescents and women with children.

Sunrise Centre

(877) 205-5217
630 Walnut Street
Alpena, MI 49707

Services offered: Short term and long term residential rehab and detox.

Ten Sixteen Recovery Network

(989) 835-3466
1016 Eastman Avenue
Midland, MI 48640

Services offered: Short term residential.

VA - Battle Creek

(269) 966-5600
5500 Armstrong Road
Battle Creek, MI 49037

Services offered: Short term and long term residential rehab and detox.

*Outpatient Rehab Services***Addiction Treatment Services, Inc.
(office)**

(231) 922-4810
940 E. 8th Street
Traverse City, MI 49686

Services offered: Outpatient rehab and gambling rehab.

Catholic Human Services - Central

(989) 348-3149
707 Spruce Street
Grayling, MI 49738

Services offered: Outpatient rehab.

Catholic Human Services - Central

(989) 275-5183
606 Lake Street
Roscommon, MI 48653

Services offered: Outpatient rehab.

Catholic Human Services - Central

(800) 506-3602
206 Health Parkway
Houghton Lake, MI 48629

Services offered: Outpatient rehab.

Catholic Human Services - Eastern

(989) 826-9984
209 W. 8th Street
Mio, MI 48647

Services offered: Outpatient rehab.

Catholic Human Services - Eastern

(989) 356-6385
511 Griffin
West Branch, MI 48661

Services offered: Outpatient rehab.

Catholic Human Services - Central

(989) 732-6761
2090 W. M-32, Suite B
Gaylord, MI 49735

Services offered: Outpatient rehab and gambling rehab.

Grace Center

(989) 348-2544
6459 W. M-72
Grayling, MI 49738

Services offered: Outpatient rehab, gambling rehab and substance abuse.

Munson Alcohol and Drug Treatment Center

(231) 935-6382
1105 Sixth Street
Traverse City, MI 49684

Services offered: Outpatient rehab with 14-day housing program and gambling rehab.

VA - Ann Arbor

(734) 769-7100

Services offered: Outpatient rehab.

VA - Iron Mountain

(906) 774-3300

Services offered: Outpatient rehab.

Support Groups**AIDS Hotline**

(800) 872-AIDS

American Kidney Fund

(800) 638-8299

Healthy Relationships for Women

(989) 348-3169

River House Shelter, Grayling

Meets Tuesday, 3-4:30 pm.

Multiple Sclerosis

(800) 243-5767

National Kidney Foundation

(800) 482-1455

TOPS Weight Loss Class

(989) 348-1398

St. John Lutheran Church, Grayling

Meets Thursday, 4:30-6 p.m.

Support Groups, Alcoholics Anonymous

For list of meeting times and places, call main number for each county.

AA - Crawford

(866) 336-9588

AA - Roscommon

(866) 277-0015

AA - Ogemaw

(866) 227-0015

AA - Oscoda

(866) 227-0015

AA - Otsego

(866) 336-9588

Support Groups, Al-anon**Alano Club**

2397 S. Otsego Avenue

Gaylord, MI 49735

Meets Friday at 7 p.m.

Houghton Lake United Methodist Church

7059 W. Houghton Lake Drive

Houghton Lake, MI 48629

Meets Wednesday at 8 p.m.

Mercy Hospital - Crawford Room

1100 W. Michigan Avenue

Grayling, MI 49738

Meets Tuesday and Thursday at 8 p.m.

St. Francis Church

6441 W. M-72

Grayling, MI 49738

Meets Tuesday at 11 a.m. and Thursday at 8 p.m.

St. Mary's of Gaylord Diocese Center

640 North Street

Gaylord, MI 49735

Meets Tuesday at 8 p.m.

Strawberry Patch Store

131 Morenci Avenue

Mio, MI 48647

Meets Tuesday at 6 p.m.

Support Groups, Alzheimer's**Grayling Nature Center**

(989) 348-4383

100 S. James Street

Grayling, MI 49738

Meets 2nd Tuesday of month at 11 a.m.

Houghton Lake Senior Center

(989) 366-0205
2625 S. Townline Road
Houghton Lake, MI 48629

Meets 2nd Wednesday of month at 1 p.m.

West Branch Regional Medical Center

(877) 345-1975
2463 S. M-30
West Branch, MI 48661

Meets 1st Thursday of month at 2 p.m.
Contact Jill for more information.

Oscoda Commission on Aging

(989) 826-3025
429 N. Mount Tom Road
Mio, MI 48647

Meets 3rd Thursday of month at 1 p.m.

M-Tec Center

(989) 732-1122
80 Livingston Boulevard
Gaylord, MI 49735

Meets 3rd Saturday of month at 10:30 a.m.

Support Groups, Parkinson's

County Annex

(989) 345-5300
205 S. 8th Street
West Branch, MI 48661

Meets 2nd Thursday of month at noon. No meetings in August or January. Contact Carol for more information.

Meeting place will move in September 2011 to 1528 W. M-33, West Branch.

M-Tec Center

(989) 732-1122
80 Livingston Boulevard
Gaylord, MI 49735

Meets 4th Thursday of month at 2:30 p.m.

Transportation

Transportation, Public Transit

To connect to another county, call ahead to the transit office.

Crawford

(989) 348-5409

Dial-A-Ride: Runs until 6 p.m. Monday-Friday; travels to Traverse City Monday-Friday to the Beaderman Cancer Clinic around 11 a.m.

Roscommon

(989) 366-5309

Dial-A-Ride: Runs until 7 p.m. Monday-Friday and 9 a.m.-4 p.m. on Saturday; connects with Crawford at Glen's in Roscommon.

Ogemaw

(989) 345-5790

Ogemaw County Public Transit: Runs until 7 p.m. Monday-Friday and 8 a.m.-4 p.m. on Saturday; connects with Roscommon at the county line on West M-76.

Oscoda

(989) 826-5078

OCATS transportation provides medical transportation for seniors and disabled and may provide public medical, if available, in office Monday-Friday until 3 p.m.

Otsego

(989) 732-6224

Otsego County Public Transit: Runs until 6 p.m. Monday-Friday and 7 a.m.-6 p.m. on Saturday; connects with Crawford at the Hilltop or IGA in Waters.

Kalkaska

(231) 258-6808

Kalkaska City Bus: Runs until 6 p.m. Monday-Friday; connects with Crawford at the Eagles Club on M-72; travels to Traverse City Monday, Wednesday and Friday.

Transportation, Medicaid

For medical appointments only.

Crawford

(989) 344-5108

Available Tuesday and Thursday, 11 a.m.–2 p.m.

Roscommon

(989) 275-6801

Available Monday, Tuesday and Thursday.

Ogemaw

(989) 345-6559

Available Monday–Friday, 9 a.m.–2 p.m.

Oscoda

(989) 826-4007

Available Monday–Friday.

Otsego

(989) 732-1702

Please contact patient's DHS worker.

Molina HMO

(888) 229-2295

Health Plan HMO

(800) 821-9369

McLaren HMO

(888) 327-0671

Must request questionnaire to determine eligibility.

Transportation, Senior Medical Appointments

Crawford County Senior Citizens

(989) 348-7123

Oscoda OCATS

(989) 826-5078

Otsego County Senior Citizens

(989) 732-1122

Transportation, Taxis

Houghton Lake

Executive Taxi: (989) 302-0015

Gaylord

Chippewa Taxi: (989) 732-1328

Veterans

Inactive Military Records

(314) 801-0800

9700 Page Avenue

St. Louis, MO 63132

Otsego County Housing Committee

(989) 731-7570

County Building, Room 213

225 W. Main Street

Gaylord, MI 49735

Services offered: Veteran counselor office for Otsego County.

Veterans, Veteran's Administration (VA)

www.va.gov

Ann Arbor VA Hospital

(734) 769-7100

2215 Fuller Road

Ann Arbor, MI 48105

Saginaw VA Hospital

(800) 406-5143

1500 Weiss

Saginaw, MI 48602

Battle Creek VA Psychiatric Hospital

(269) 966-5600

5500 Armstrong Road

Battle Creek, MI 49037

Detroit VA Hospital

(313) 576-1000

4646 John R Street

Detroit, MI 48201

Gaylord Outpatient VA Clinic

(989) 732-7525
850 S. Otsego
Gaylord, MI 49735

VA Benefits and Disability Compensation

(800) 827-1000

VA Insurance

(800) 749-8387

VA Transportation for Rural Health

(800) 406-5143 x13125

Vision & Hearing

Commission for the Blind

(800) 292-4200

Vision & Hearing, Crawford County

Advantage Audiology & Hearing Center

(989) 745-6667
2375 I-75 Business Loop
Grayling, MI 49738

AuSable Eye Care

(989) 348-3211
904 E. Michigan Avenue
Grayling, MI 49738

Great Lakes Vision Center

(989) 348-2833
110 E. Michigan Avenue
Grayling, MI 49738

Miracle Ear

(989) 391-3235
1200 N. Down River Road
Grayling, MI 49738

Vision & Hearing, Roscommon County

Family Eye Care

(989) 275-4347
PO Box 286
503 Lake Street
Roscommon, MI 48653

Family Eye Care

(989) 422-5731
6525 W. Houghton Lake Drive, Suite A
Houghton Lake, MI 48629

Walmart Vision Center

(989) 366-6344
2129 W. Houghton Lake Drive
Houghton Lake, MI 48629

Vision & Hearing, Ogemaw County

Belltone Hearing Aid Center

(989) 343-0222
130 W. Houghton Avenue
West Branch, MI 48661

Hear USA

(989) 345-7550
621 Court Street, Suite 103
West Branch, MI 48661

SVS Vision

(989) 345-3680
511 E. Houghton Avenue, Suite E
West Branch, MI 48661

Thomas Westerfield, OD

(989) 345-1623
203 N. 5th Street
West Branch, MI 48661

West Branch Eye Care

(989) 345-2020
304 W. Houghton Avenue
West Branch, MI 48661

Vision & Hearing, Oscoda County

Thomas Westerfield, OD

(989) 826-3285
302 N. Morenci Avenue
Mio, MI 48647

Vision & Hearing, Otsego County

Alpine Eye Care

(989) 732-6455
350 W. North Street
Gaylord, MI 49735

Audicare Hearing Centers

(989) 705-2100
604 W. Main Street, Suite F
Gaylord, MI 49735

Gaylord Eye Center

(989) 732-6261
829 W. Main Street, Suite E
Gaylord, MI 49735

Kari Visser, OD/Julie Timp, OD

(989) 705-1255
713 S. Washington Avenue
Gaylord, MI 49735

Miracle Ear

(989) 391-3234
814 S. Otsego Avenue, Suite CDE
Gaylord, MI 48735

New Vision Optical

(989) 732-7518
PO Box 421
927 S. Otsego Avenue
Gaylord, MI 49735

Teter Orthotics and Prosthetics

(989) 732-1400
2147 Professional Drive, Suite C
Gaylord, MI 49735
Services offered: Hearing aids.

Vocational

Michigan Works! - Gaylord

(989) 732-3886
2927 D and M Drive
Gaylord, MI 49735

Services offered: Employment training, information, placement and referral services.

Michigan Works! - Grayling

(989) 348-8709
4595 Salling Drive
Grayling, MI 49738

Services offered: Employment training, information, placement and referral services.

Michigan Works! - Mio

(989) 826-3970
1329 S. Mount Tom Road
Mio, MI 48647

Services offered: Employment training, information, placement and referral services.

Michigan Works! - Prudenville

(989) 366-8660
1015 Short Drive, Suite 2
Prudenville, MI 48651

Services offered: Employment training, information, placement and referral services.

Michigan Works! - West Branch

(989) 345-1090
2389 S. M-76
West Branch, MI 48661

Services offered: Employment training, information, placement and referral services.

Houghton Lake Adult & Community Education

(989) 422-6161

Kirtland Community College

(989) 275-5121

COOR ISD (Career Tech Center - KCC)

(989) 275-9521

COOR ISD (Main Office)

(989) 275-9555

Services offered: Special education programs and services, along with occupational and physical therapy and vocational education.

R.O.O.C., Inc

(989) 275-9542

11051 N. Cut Road

PO Box 827

Roscommon, MI 48653

A non-profit organization providing employment and skill training for persons with disabilities.

Services offered:

Employee Development Services (EDS) is a short-term program designed to assess and develop or reestablish pre-vocational and vocational skills and work behaviors in order for the individual to achieve a positive employment outcome.

Organizational Employment Services (OES) provide paid work opportunities for individuals within the organization-base employment center.

Community Employment Services (CES) provide individuals the opportunity to obtain and retain employment of their choice in the community.

Personal, Social and Community Support Services (PSC) is a non-work program designed to enhance the basic self care, advanced daily living, and educational skills required by individuals in coping, adjusting, and accessing their communities as independently as possible.

Volunteer Opportunities

Commission on Aging (COA)

Services offered: Volunteer opportunities for senior center volunteers, board members, Medicaid/Medicare assistance program, home delivered meal drivers and senior companions.

CRAWFORD COUNTY COA

(989) 348-7123

308 Lawndale Street

Grayling, MI 49738

ROSCOMMON COUNTY COA

(989) 366-0205

Houghton Lake Community Center

2625 S. Townline Road

Houghton Lake, MI 48629

OGEMAW COUNTY COA

(989) 345-5300

205 S. 8th Street

West Branch, MI 48661

OSCODA COUNTY COA

(989) 826-3025

429 N. Mount Tom Road

Mio, MI 48647

OTSEGO COUNTY COA

(989) 732-1122

120 Grandview Boulevard

Gaylord, MI 49735

NEMCSA

Program-specific information can be obtained by calling (989) 356-3474.

Foster Grandparent Program (FGP) provides volunteer opportunities to income eligible senior citizens by establishing a consistent, one-on-one relationship with children in need of personal attention and special help. The program requires that individuals be 60 years of age or older, have income below 125% of Federal Poverty Guidelines, and have a doctor's physical. Recertification is required annually and continuing participants are permitted an additional 20% of income. Stipends earned within the program are not counted as income.

Senior Companion Program (SCP) operates with guidelines similar to the Foster Grandparent Program but the volunteers provide companionship and assistance to frail homebound elders and older persons with special needs. Both programs receive federal and state funds.

The SCP and FGP volunteer services area includes: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon counties.

Retired and Senior Volunteer Program (RSVP) is the third program within the National Senior Service Corps (NSSC), funded by the Corporation for National Service and the Michigan Office of Services to the Aging. The RSVP, like SCP and FGP, is part of the National Senior Service Corps and is governed by many of the same regulations; however, volunteers have more flexibility in their choice of volunteer service.

RSVP volunteers are all age 55 or older. Unlike Senior Companions and Foster Grandparents, RSVP volunteers do not have to meet an income requirement. The volunteers are able to choose the number of hours they want to volunteer and were they want to volunteer. You will see them involved in everything from tutoring, to delivering “meals on wheels,” to clerical work at a hospital, and everything in between.

RSVP volunteer services area includes: Crawford and Roscommon counties.

Our Mission

*We serve together at Mercy Hospital Grayling in Trinity Health,
In the spirit of the Gospel,
To heal body, mind and spirit,
To improve the health of our communities,
And to steward the resources entrusted to us.*

A MEMBER OF  TRINITY HEALTH



MERCY HOSPITAL GRAYLING

Knowledge to Heal, Compassion to Care