St. Clair County Senior Resource Guide

2017

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Lake Huron Medical Center

This publication was created by the Senior Outreach Services workgroup and may be freely copied and distributed.
The St. Clair County Senior Resource Guide was designed to help you find the information and resources you need. Many services and programs were identified to assist you in locating resources that address specific areas of need for senior citizens, their families, and caregivers. We encourage you to contact organizations directly for more detailed information.

This resource guide was made possible through the Senior Outreach Services workgroup. This group of dedicated professionals has been collaborating since 2001 to improve the lives of seniors within St. Clair County by sharing information and resources.

The St. Clair County Senior Resource Guide acknowledges no representation, guarantee, and/or responsibility for the businesses/professionals listed in this directory. Listings should not be considered an endorsement of any specific agency, service, or facility. Information is verified up to the date the resource guide was created. Revisions are made periodically but information may be outdated or change at any time. Updates, as well as information on any business or service not listed in this directory, should be emailed to: sccseniorguide@gmail.com
For Personalized Assistance

If you would like to speak with someone directly about available assistance for seniors in St. Clair County contact one of the agencies below and they will be able to provide additional information.

**Area Agency on Aging 1-B**
29100 Northwestern Highway, Suite 400, Southfield, MI 48034
Phone: 800-852-7795
Website: www.aaa1b.org

**Blue Water Center for Independent Living**
1042 Griswold Street #2, Port Huron, MI 48060
Phone: 810-987-9337
Website: www.bwcil.org

**Community First Health Centers** *(Formerly Downriver Community Services)*
**Algonac Facility**
555 St. Clair River Drive, Algonac, MI 48001
Phone: 810-794-4917

**Port Huron Facility**
1011 Military Street, Port Huron, MI 48060
Phone: 810-488-8000
Website: www.communityfirsthc.org

**The Council on Aging, Inc. Serving St. Clair County**
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061 or 800-297-0099
Website: www.thecouncilonaging.org

**St. Clair County Department of Health and Human Services**
220 Fort Street, Port Huron, MI 48060
Phone: 810-966-2000
Website: www.michigan.gov/dhhs

**United Way ~ 2-1-1 First Call for Help**
1723 Military Street, Port Huron, MI 48060
Phone: 810-985-8169 or Dial 2-1-1
Website: www.uwstclair.org
2-1-1 Website: www.211nemichigan.org
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# EMERGENCY PHONE NUMBERS

**EMERGENCY ONLY—Ambulance/Fire/Police** ........................................... 9-1-1

**AMBULANCE (Non-Emergency)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri-Hospital EMS</td>
<td>810-985-7115</td>
</tr>
</tbody>
</table>

**ELDER ABUSE** ................................................................. 855-444-3911

**FIRE DEPARTMENTS (Non-Emergency)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Algonac</td>
<td>810-794-9361</td>
</tr>
<tr>
<td>Burtchville</td>
<td>810-385-4443</td>
</tr>
<tr>
<td>Capac</td>
<td>810-395-4351</td>
</tr>
<tr>
<td>Clay</td>
<td>810-794-9345</td>
</tr>
<tr>
<td>Emmett</td>
<td>810-384-6991</td>
</tr>
<tr>
<td>Fort Gratiot</td>
<td>810-385-5666</td>
</tr>
<tr>
<td>Grant</td>
<td>810-327-1122</td>
</tr>
<tr>
<td>Greenwood</td>
<td>810-387-9009</td>
</tr>
<tr>
<td>Ira</td>
<td>586-725-7771</td>
</tr>
<tr>
<td>Kimball</td>
<td>810-982-9461</td>
</tr>
<tr>
<td>Marine City</td>
<td>810-765-8840</td>
</tr>
<tr>
<td>Marysville</td>
<td>810-364-6611</td>
</tr>
<tr>
<td>Memphis</td>
<td>810-392-2185</td>
</tr>
<tr>
<td>Port Huron City</td>
<td>810-984-9750</td>
</tr>
<tr>
<td>Port Huron Twp</td>
<td>810-982-3543</td>
</tr>
<tr>
<td>St. Clair</td>
<td>810-329-3360</td>
</tr>
<tr>
<td>Yale</td>
<td>810-387-3311</td>
</tr>
</tbody>
</table>

**POISON CONTROL** ......................................................... 800-222-1222

**POLICE DEPARTMENTS (Non-Emergency)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michigan State Police</td>
<td>800-495-4677</td>
</tr>
<tr>
<td>St. Clair County Sheriff Department</td>
<td>810-987-1700</td>
</tr>
<tr>
<td>Algonac</td>
<td>810-794-9722</td>
</tr>
<tr>
<td>Capac</td>
<td>810-395-4351</td>
</tr>
<tr>
<td>Clay</td>
<td>810-794-9381</td>
</tr>
<tr>
<td>Marine City</td>
<td>810-765-4040</td>
</tr>
<tr>
<td>Marysville</td>
<td>810-364-6300</td>
</tr>
<tr>
<td>Memphis</td>
<td>810-392-2144</td>
</tr>
<tr>
<td>Port Huron</td>
<td>810-984-8415</td>
</tr>
<tr>
<td>St. Clair</td>
<td>810-329-5710</td>
</tr>
<tr>
<td>Yale</td>
<td>810-387-4201</td>
</tr>
</tbody>
</table>

6
ST. CLAIR COUNTY HEALTH DEPARTMENT

Main .................................................................................................................. 810-987-5300
Environmental Health ...................................................................................... 810-987-5306
Flu Hotline ........................................................................................................ 810-966-4161
Immunizations .................................................................................................... 810-987-5729
Outreach ................................................................................................................ 810-987-5300

SUICIDE PREVENTION ...................................................................................... 800-273-8255

UNITED STATES COAST GUARD
Search & Rescue (Non-Emergency) .................................................................. 810-984-2603

UTILITIES

DTE Energy ........................................................................................................... 800-477-4747
SEMCO Energy—Gas Leaks/Emergency .............................................................. 888-427-1427
Water Department—Port Huron ......................................................................... 810-984-9770
ADULT DAY CARE

Adult day care services are community-based programs designed to serve adults who are physically impaired or mentally confused that may require supervision, socialization and/or assistance with personal care or other daily living activities.

ADULT DAY CARE LOCAL RESOURCES

The Council on Aging, Inc. serving St. Clair County
Starpath Senior Day Care Center
600 Grand River Avenue, Port Huron, MI 48060
Phone:  810-984-8970
Website:  www.thecouncilonagaing.org

Visiting Nurse Association and Blue Water Hospice, Specialized Adult Day Care (Specializes in Alzheimer’s/Dementia care)
1430 Military Street, Port Huron, MI 48060
Phone: 810-984-4131
Website: www.vnabwh.com
ALCOHOL & SUBSTANCE ABUSE

Substance abuse and misuse among the elderly primarily involve alcohol and prescription over the counter drugs. A number of medical problems found commonly in older adults can be adversely influenced by alcohol or substance abuse.

Emergency Hotline Numbers (24 hours/7 days)
Access Line – 888-225-4447
Alcohol Treatment Referral Hotline – 800-ALCOHOL
Cocaine Hotline – 800-COCAINE
Mobile Crisis Unit – 810-966-2575
National Drug and Alcohol Treatment Referral Service - 800-662-HELP
National Council on Alcoholism and Drug Dependence Hopeline – 800-622-2255

ALCOHOL & SUBSTANCE ABUSE LOCAL RESOURCES

Alcoholics Anonymous of St. Clair County – District 23
Phone: 810-987-8884 or 866-327-8884
Website: www.aadistrict23.org

Catholic Charities of Southeast Michigan - Port Huron office
2601 13th Street, Port Huron, MI 48060
Phone: 810-987-9100
Website: www.ccsem.org

Center for Human Resources (CHR) - IMPACT
1001 Military Street, Port Huron, MI 48060
Phone: IMPACT – 810-985-5437 CHR – 810-985-1568
Website: www.impactph.org

Clearview Women’s Treatment Center
1406 8th Street, Port Huron, MI 48060
Phone: 810-987-1258
Website: www.sacredheartcenter.com

Community First Health Centers
(Formerly Downriver Community Services)
Algonac: 555 St. Clair River Drive, Algonac, MI 48001
Phone: 810-794-4917
Port Huron: 1011 Military Street, Port Huron, MI 48060
Phone: 810-488-8000
Website: www.communityfirsthc.org
**ALCOHOL & SUBSTANCE ABUSE LOCAL RESOURCES CONTINUED**

**Eastern Michigan Counseling Associates, P.C.**
1600 Gratiot Boulevard, Building B, Suite 4, Marysville, MI 48040
Phone: 810-364-5800
Website: [www.easternmichigancounseling.com](http://www.easternmichigancounseling.com)

**Eastwood Clinics**
132 Trumbull, St. Clair, MI 48079
Phone: 810-329-5340
Website: [www.stjohnprovidence.org/eastwoodclinics](http://www.stjohnprovidence.org/eastwoodclinics)

**Narcotics Anonymous of St. Clair County**
BWANA, P.O. Box 596248, Fort Gratiot, MI 48059
Phone: 877-338-1188
Website: [www.michigan-na.org/blue_water](http://www.michigan-na.org/blue_water)

**Professional Counseling Center, P.C.**
520 Superior Street, Port Huron, MI 48060
Phone: 810-984-4202
Website: [www.pccporthuron.com](http://www.pccporthuron.com)

**Sacred Heart Rehabilitation Center**
400 Stoddard Road, Memphis, MI 48041
Phone: 810-392-2167 or 888-802-7472
Website: [www.sacredheartcenter.com](http://www.sacredheartcenter.com)

**St. Clair County Community Mental Health**
3111 Electric Avenue, Port Huron, MI 48060
Phone: 810-985-8900
Website: [www.scccmh.org](http://www.scccmh.org)

**St. John River District Hospital**
4100 River Road, East China Township, MI 48054
Phone: 810-329-7111 or 866-501-3627
Website: [www.stjohnprovidence.org/riverdistrict](http://www.stjohnprovidence.org/riverdistrict)
CAREGIVER RESOURCES

A caregiver refers to anyone who provides assistance to someone else who is in some degree incapacitated and needs help.

**Informal caregivers** and family caregiver are terms that refer to unpaid individuals such as family members, friends and neighbors who provide care. These individuals can be primary or secondary caregivers, full time or part time, and can live with the person being cared for or live separately.

**Formal caregivers** are volunteers or paid care provider associated with a service system.

### LOCAL RESOURCES

**Area Agency on Aging 1-B**  
29100 Northwestern Highway, Suite 400, Southfield, MI 84034  
Phone: 800-852-7795  
Website: [www.aaa1b.com](http://www.aaa1b.com)  
More information: Provide caregivers with a variety of information and resources to help relieve the stress of care giving.

**The Council on Aging, Inc. Serving St. Clair County**  
600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-987-8811  
Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### SUPPORT GROUPS

Support groups are sponsored throughout the community to enable persons facing similar problems to cope through the sharing of experiences, practical suggestions, and emotional support. Support groups can be general, or they can be disease specific. If you are seeking support that is disease specific, contact the national agency associated with it, such as the Alzheimer’s Association for an Alzheimer’s support group. Meetings are often held in hospitals, or within the community at locations such as churches.
Dementia is a general term that describes a wide range of symptoms associated with a decline in mental ability. Alzheimer’s disease is the most common form of dementia, accounting for 60 to 80 percent of dementia cases. Alzheimer’s disease is not a normal part of aging, although the greatest known risk factor is increasing age.

Many dementias, including Alzheimer’s disease, are progressive; meaning symptoms start out slowly and gradually get worse. If you or a loved one is experiencing memory difficulties or other changes in thinking skills, don’t ignore them. See a doctor soon to determine the cause. Professional evaluation may detect a treatable condition. And even if symptoms suggest dementia, early diagnosis allows a person to get the maximum benefit from available treatments. It also provides time to plan for the future.

DEMENTIA & ALZHEIMER’S RESOURCES FOR CAREGIVERS

Caregivers of people with Alzheimer’s disease can draw on many sources of help for caregiving and financial support. Here are some places that provide general support and advice for Alzheimer’s caregivers.

- **The Alzheimer’s Disease Education and Referral (ADEAR) Center** offers information on diagnosis, treatment, patient care, caregiver needs, long-term care, research, and clinical trials related to Alzheimer’s. Staff can refer you to local and national resources, or you can search for information on the website. The Center, a service of the National Institute on Aging, can be reached at 1-800-438-4380 or www.nia.nih.gov/alzheimers.

- **The Alzheimer’s Association** offers information, a help line, and support services to people with Alzheimer’s and their caregivers. Local chapters across the country offer support groups, including many that help with early-stage Alzheimer’s. Call or search online to find support groups in your area: Harry L. Nelson Helpline 1-800-272-3900 or visit www.alz.org.

- **The Alzheimer’s Foundation of America** provides information about Alzheimer’s caregiving and a list of services for people with Alzheimer’s. Services include a toll-free hotline, publications, and other educational materials. Contact the Foundation at 1-866-232-8484 or visit www.alzfdn.org.

- **The National Institute on Aging Information Center** offers free publications about aging in English and Spanish. They can be viewed, printed, and ordered from the Internet. Contact the Center at 1-800-222-2225 or visit www.nia.nih.gov.
Find a support group where you can share your concerns and feelings and learn tips to help ease the burden of caregiving. Caregiver support groups are offered at several locations within the community. Look at the chapter on Caregiver Resources for additional information.

Be sure to take time for yourself and to maintain your own physical health. Be aware of signs of caregiver burnout and seek additional support. Signs to look for include:
- Withdrawing from friends, family, and other loved ones
- Experiencing changes in sleeping patterns
- Irritability
- Losing interest in activities you used to enjoy
- Seeing changes in your appetite, weight, or both
- Getting sick more often
- Emotionally or physically exhausted

Consider using respite care which is a service that provides caregivers with temporary relief from tasks associated with caregiving. Contact The Council on Aging, Inc. serving St. Clair County, or look under Home Health Care: Private Duty/Personal care to find a local agency that provides respite. The Fred Haynes Dementia and Alzheimer’s Respite Care Fund provides funds to be used for respite care. Applications are available at the Council on Aging.

Consider enrolling your loved one in an Adult Day Care program. Adult Day Care offers structured programs with social activities and health-related and rehabilitation services that are provided in a safe setting. Look at the chapter on Adult Day Care for additional information. Beacon Home Care offers an in home program that will assess the unique needs of each patient and their caregivers by establishing a comprehensive multi-disciplinary treatment plan. Call 810-966-3480 or visit www.beaconcares.com

Ensure your legal and financial documents are in order. Look at the chapter on Legal Assistance for more information.

Look into long term care options listed in the Housing chapter.
- Adult Foster Care—A residential setting that provides general supervision and personal care services for individuals who require minimal assistance with activities of daily living.
- Assisted Living—Special combination of housing, personalized supportive services and health care designed to meet the needs of those who need help with activities of daily living.
- Independent Living—Senior community with a residential setting for seniors who require minimal or no extra assistance.
- Nursing Facility—Provides 24-hour skilled care for residents who generally rely on assistance for most or all activities of daily living.
DENTAL ASSISTANCE FOR SENIOR CITIZENS

Lack of dental care coverage is a serious problem for senior citizens, as dental health is not covered by Medicare, Medicare Advantage or Medicaid. Not only is dental care often expensive, but also dental health is of utmost importance in the maintenance of a vigorous, useful life. Dental infections are now believed to be one of the sources of some heart ailments; neglect can affect the person’s overall health.

DENTAL LOCAL RESOURCES

Community First Health Centers
(Formerly Downriver Community Services)
Algonac: 555 St. Clair River Drive, Algonac, MI 48001
Phone: 810-794-4917
Port Huron: 1011 Military Street, Port Huron, MI 48060
Phone: 810-488-8000
Website: www.communityfirsthc.org

Donated Dental Services: Detroit Area Program
St. Clair County - Application required, unable to afford dental treatment, extensive dental work only, no routine care or dental emergency care.
Phone: 1-800-850-5913

Lonnie J. Stevens Community Dental Clinic of SCC
3037 Electric Avenue, Port Huron, MI 48060
Phone: 810-985-7161 or 810-462-6350
For low income residents of St. Clair County, providing preventative and restorative services, in conjunction with the United Way.

People’s Clinic for Better Health
(Located within Community Mental Health)
3111 Electric Avenue, Port Huron, MI 48060
Phone: 810-985-4747
Services include Medical, Dental (limited), Prescriptions, Vision, Mental Health and Social Services.
ELDER ABUSE & CRIME PREVENTION

Elder abuse, neglect and exploitation involve behavior by licensed and /or non-licensed individuals, often family members or neighbors, toward an elder person who does not reside in a licensed facility.

**Elder abuse** is physical harm or threatened physical harm to an adult’s health or welfare cause by another person. **Elder neglect** is harm to an adult’s health or welfare caused by inability of the adult to respond to a harmful situation (self-neglect) or the conduct of a person who assumes responsibility for a significant aspect of the adult’s health or welfare. **Elder exploitation** is the misuse of an adult’s funds, property or personal dignity by another person.

**ELDER ABUSE LOCAL RESOURCES**

**Blue Water Safe Horizons**
P.O. Box 610247, Port Huron, MI  48060  
Phone:  810-985-4950, ext. 213  
24 Hours Crisis Line:  888-985-5538

More information: An elder abuse advocate is available to individuals over the age of 60, who feel they have been taken advantage of or abused in some way. The elder advocate helps the client obtain resources available to them based on their unique situation, support, and bridging the gap between community services.

**St. Clair County Department of Health and Human Services**  
**Adult Protective Services**  
220 Fort Street, Port Huron, MI  48060  
Phone:  810-966-2000  
Toll-free:  855-444-3911 24/7 hotline  
Website:  [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

More information: The Department of Human Services is mandated by law to investigate cases of suspected abuse, neglect or exploitation towards vulnerable adults, through Adult Protective Services. Anyone can make a report as soon as there is reasonable cause to believe an adult is in danger of harm. All reports are confidential, and the reporting person’s name cannot be revealed except by court order. Investigations will begin within 24 hours. Based on findings, appropriate services are arranged to protect the adult’s health and welfare. Investigations are free of charge;
however, certain services the adult may need may not be free, unless the adult meets eligibility requirements. If the person lives in a nursing home, home for the aged or hospital, complaints about the person’s care are investigated by the Michigan Department of Community Health. If the person has a mental illness or developmental disability the Michigan Protection and Advocacy Services will investigate the case.

ELDER ABUSE STATE & NATIONAL RESOURCES

Michigan Department of Licensing & Regulatory Affairs (LARA)
611 Ottawa Street Phone: 517-373-6873
P.O. Box 30670, Lansing, MI  48909 Toll-free: 800-882-6006
Website: www.michigan.gov/lara
E-mail: BHCSHelp@michigan.gov

More information: LARA regulates over 340,000 health professionals in Michigan who are licensed, registered or certified under Articles 7, 15 and 17 of the Michigan Public Health Code and 42 Code of Federal Regulation (CFR) {art 483. LARA receives and investigates allegations against 32 healthcare occupations. Call or visit web site for complaint forms.

Michigan Department of Health & Human Services
Aging & Adult Services Agency
Mailing Address: P.O. Box 30195, Lansing, MI  48909
Street Address: 333 S. Grand Ave, Lansing, MI  48933
Phone: 517-373-8230
24 Hour Helpline: 877-932-6424
Website: www.michigan.gov/mdhhs

More information: If the adult lives in a nursing home, home for the aged or hospital, complaints about the person’s care are investigated by this department.

Michigan Protection and Advocacy Service, Inc.
4095 Legacy Parkway Phone: 517-487-1755
Suite 500, Lansing, MI  48911-4263 Toll-free: 800-288-5923
Website: www.mpas.org TDDY: 800-288-5923

More information: Michigan Protection & Advocacy Service, Inc (MPAS) is the independent, private, nonprofit organization designated by the governor of the Michigan to advocate and protect the legal rights of people with disabilities in Michigan. MPAS services include information and referral, short-term assistance, selected individual and legal representation, systemic advocacy, monitoring, and training.
Office of Attorney General  
PO Box 30218, Lansing, MI 48909  
Toll-free: 800-24-ABUSE (242-2873)  
Website: www.michigan.gov/ag  
e-mail: miag@michigan.gov

More information: If you suspect elder or vulnerable adult abuse, neglect or exploitation has occurred in a private residence, an unlicensed setting such as an assisted living facility, an adult foster care home, a home for the aged, or a nursing home where the suspected perpetrator is not an employee of the facility or the resident is on leave from the nursing home, Notify the Department of Human Services (DHS), Adult Protective Services: http://www.michigan.gov/dhs

National Center on Elder Abuse  
c/o University of California – Irvine  
Program in Geriatric Medicine  
101 The City Drive South  
200 Building, Orange, CA 92868  
Website: www.ncea.acl.gov

More information: The NCEA is the place to turn to for up-to-date information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation. The Center provides information to policy makers, professionals in the elder justice field and the public. The Administration on Aging is proud to be a leader in the field of elder rights. Research shows that as many as two million elders are abused in the United States. As a government, as a society and as individuals, we must increase our efforts to insure that all older Americans age with dignity and honor.
FINANCIAL ASSISTANCE

A majority of seniors live on a fixed income, and have difficulty keeping up with the cost of living today. However, many programs and services are available to provide financial assistance to those in need, either short term or long term. See the “Home Maintenance & Repair” section of this Resource Guide for assistance with home maintenance and repair.

FINANCIAL ASSISTANCE LOCAL RESOURCES

Blue Water Community Action
302 Michigan Street, Port Huron, MI 48060
Phone: 810-982-8541
Website: www.bwcaa.org/Main/Home.aspx

The Council on Aging Inc., Serving St. Clair County
Port Huron Area Senior Center: 600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061
Toll Free: 800-297-0099
Conrad Community Center—Capac: 585 N. Main, Capac, MI 48014
Phone: 810-395-7889
Toll Free: 800-361-8877
Washington Life Center: 403 N. Mary Street, Marine City, MI 48039
Phone: 810-765-3523
Toll Free: 800-779-4488
Yale Area Senior Center: 3 First Street, Yale, MI 48097
Phone: 810-387-2162
Toll Free: 800-717-4422
Website: www.thecouncilonaging.org

Catholic Charities of Southeast Michigan - Port Huron office
2601 13th Street, Port Huron, MI 48060
Phone: 810-987-9100
Website: www.ccsem.org
Community First Health Centers
(Formerly Downriver Community Services)
Algonac: 555 St. Clair River Drive, Algonac, MI 48001
Phone: 810-794-4917
Port Huron: 1011 Military Street, Port Huron, MI 48060
Phone: 810-488-8000
Website: www.communityfirsthc.org

St. Clair County Department of Health & Human Services
220 Fort Street, Port Huron, MI 48060
Phone: 810-966-2000
Website: www.michigan.gov/mdhhs

Saint Vincent DePaul Society
1335 24th St, Port Huron, MI 48060
Phone: 810-984-5392
Website: www.svdpdet.org/

Salvation Army-Port Huron
2000 Court Street, Port Huron, MI 48060
Phone: 810-984-2679
Website: www.salvationarmy.org

Salvation Army- Port Huron
729 Howard Street, Port Huron, MI 48060
Phone: 810-985-6385
Website: www.salvationarmy.org

United Way- 2-1-1 First Call for Help
1723 Military Street, Port Huron, MI 48060
Phone: 2-1-1
Website: www.uwstclair.org
FOOD & NUTRITION

A majority of seniors live on a fixed income, and have difficulty keeping up with the cost of living today. There are resources that can help with a variety of things from delivering a meal to your door, a place where you can go to get a meal, emergency food resources.

FOOD & NUTRITION LOCAL RESOURCES

Council on Aging Home Delivered Meal Program: Seniors 60 years of age and older who are homebound and/or unable to shop, cook, and a resident of St. Clair County are eligible to receive Meals on Wheels. You may also receive Meals on Wheels, regardless of your age, if you live in designated senior housing or are the caregiver spouse/companion of a 60+ senior who is receiving meals. Council on Aging also has congregate meal sites, please call to verify times.

**Phone:** (810) 987-8811

**Harbor Impact Ministries**
1963 Allen Road, Kimball, MI  48074
Phone:  810-982-5312
Website:  [www.harborimpactministries.com](http://www.harborimpactministries.com)

Current list of local food pantries:


Current list of mobile food pantries:

PRIVATE DUTY & PERSONAL CARE SERVICE

Private Duty covers a wide array of services in the home. The client does not need to be homebound, or under the care of a physician. Services range from personal care and bathing to laundry, housekeeping, meal preparation, errands/shopping and transportation to doctor appointments. They can also include lab work, wound care, and respite care. Services can cover up to 24 hours a day/7 days a week. Most insurance do not cover private duty services.

LOCAL PRIVATE DUTY AGENCIES

Accelerated Personal Care, Inc.
2321 Water Street, Port Huron, MI 48060
Phone: 810-982-9200
Website: www.yourpersonalhomecare.com

Comfort Keepers
942 Military Street, Port Huron, MI 48060
Phone: 810-987-4663
Website: www.comfortkeepers.com

Crystal Cares Home Care
2004 Tenth Avenue, Port Huron, MI 48060
Phone: 810-882-9915
Website: www.crystalshomecare.com

Great Lakes Caring
5221 Lakeshore, Fort Gratiot, MI 48059
Phone: 800-311-5365
Website: www.greatlakescaring.com

Harbor Health Private Care, Inc.
430 South Water Street, Suite 12, Marine City, MI 48039
Phone: 810-765-7144
Website: www.harborhealthservices.com

Serenity Home Health Care
2840 Keewahdin Road Suite 205, Fort Gratiot, MI 48059
Phone: 586-749-2273
Website: www.serenityhomehealth.com
LOCAL PRIVATE DUTY AGENCIES CONTINUED

Total Care Plus
3899 24th Avenue, Fort Gratiot, MI 48059
Phone: 810-990-8950
Website: www.tcp4u2.com/

Visiting Angels of St. Clair County
1530 Pine Grove Avenue, Suite 7, Port Huron, MI 48060
Phone: 810-966-2273
Website: www.visitingangels.com

Visiting Nurse Association and Blue Water Hospice
1430 Military Street, Port Huron, MI 48060
Phone: 810-984-4131
Website: www.vnabwh.com/
More information: Grant services available for underserved.
SKILLED HOME HEALTH CARE AGENCIES

Skilled care in the home covers an array of services that are intended for the home bound client. To qualify, the client must meet the criteria for homebound, and be under the care of a physician. These services include Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Workers, Home Health Aides and Registered Dieticians. Most insurance, including Medicare, cover skilled homecare. Below are listings of home health care agencies with offices in St. Clair County. There are several other companies who service St. Clair County with offices outside the county.

HOME HEALTH CARE AGENCIES

Accelerated Home Care
2321 Water Street, Suite E, Port Huron, MI 48060
Phone: 810-982-9200
Website: www.acceleratedhomecareservices.com

Beacon Home Care
415 Quay Street, Port Huron, MI 48036
Phone: 810-966-3480
Website: www.beaconcares.com

Concerned Home Care
615 10th Street, Port Huron, MI 48060
Phone: 810-966-8301

Great Lakes Caring
5221 Lakeshore Road, Fort Gratiot, MI 48059
Phone: 800-311-5365
Website: www.greatlakescaring.com

Harbor Health Service, Inc.
430 S. Water Street, Suite 12, Marine City, MI 48039
Phone: 810-765-7144
Website: www.harborhealthservices.com

McLaren Home Care Group
1411 Third Street, Suite C, Port Huron, MI 48060
Phone: 866-323-5974
Website: www.mclaren.org/homecaregroup
Serenity Home Health Care
2840 Keewahdin Road, Suite 205, Fort Gratiot, MI 48059
Phone: 586-749-2273
Website: www.serenityhomehealthcare.com

Visiting Nurse Association and Blue Water Hospice
1430 Military Street, Port Huron, MI 48060
Phone: 810-984-4131
Website: www.vnabwh.com

Visiting Physician's Association (VPA) provides care for geriatric and homebound patients including: physical examinations, disease management, medication management, laboratory testing, mobile x-ray, cardiology and pulmonology consultation, transitional care expertise, and home care coordination.

Visiting Physicians Association
1985 Gratiot Avenue, Suite 2A, Marysville, MI 48040
Phone: 810-364-5050
Website: www.visitingphysicians.com
HOME MAINTENANCE & REPAIR

HOME MAINTENANCE & REPAIR LOCAL RESOURCES

Bluewater Community Action
302 Michigan Street, Port Huron, MI 48060
Phone: 810-982-8541 - Toll Free: 877-627-0422
Website: www.bwcaa.org

City of Port Huron
Municipal Office Center, 100 McMorran Boulevard, Port Huron, MI 48060
Phone: 810-984-9736 – Community Development Department
Website: www.porthuron.org

The Council on Aging, Inc. serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-987-8811 or 800-297-0099
Website: www.thecouncilonaging.org

WHEELCHAIR LIFTS & RAMPS LOCAL RESOURCES

Community Enterprises
1033 26th St, Port Huron, MI 48060
Phone: 810-982-3261
Website: www.cescc.org

The Council on Aging, Inc. serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-987-8811
Website: www.thecouncilonaging.org

St. Clair County Department of Health & Human Services
220 Fort Street, Port Huron, MI 48060
Phone: 810-966-2000
Website: www.michigan.gov/mdhhs

United Way ~ Ramp Program
1723 Military Street, Port Huron, MI 48060
Phone: 810-985-8169 ext. 128
Website: www.uwstclair.org
HOSPICE CARE

Hospice is a program designed to provide comprehensive, holistic, end-of-life care. Patients and families facing a life limiting illness receive services that focus on comfort measures and emotional support to enhance quality of life. Hospice provides physical care and expertise in pain and symptom control. In addition, it also addresses the emotional, social, psychological and spiritual needs of the patient and family. All services are provided under the direction of the attending physician and/or hospice medical director. Hospice makes it possible for the patient and loved ones to spend final days together, surrounded by familiar sights and sounds. Afterward, ongoing support is offered to family and friends. To find out more information on hospice care or to find a provider near you, please visit the following websites: http://www.michigan.gov/pm or http://www.mihospice.org.

LOCAL HOSPICE CARE PROVIDERS

Grace Hospice
1985 Gratiot Avenue, Marysville, MI  48040
Phone:  810-294-8580
Website:  www.ghospice.com

Great Lakes Caring
5221 Lakeshore Road, Fort Gratiot, MI  48059
Phone:  800-311-5365
Website:  www.greatlakescaring.com

McLaren Hospice
1411 Third Street, Suite C, Port Huron, MI  48060
Phone: 866-323-5974
Website:  www.mclaren.org/homecaregroup

Visiting Nurse Association & Blue Water Hospice
1430 Military Street, Port Huron, MI 48060
Phone: 810-984-4131
Website:  www.vnabwh.com

FACILITIES PROVIDING HOSPICE CARE

Barss Residential Care
4851 Lakeshore Road, Fort Gratiot, MI 48059-3540
Phone: 810-385-3185
Website:  www.barss.com
Blue Water Hospice Home  
2795 Edison, Marysville, MI 48040  
Phone: 810-984-4131  
Website: [www.vnabwh.com](http://www.vnabwh.com)  
More information: Grants available through United Way and Medicaid.

Marwood Nursing & Rehab  
1300 Beard Street, Port Huron, MI 48060  
Phone: 810-982-9500  
Website: [www.mclaren.org/marwood](http://www.mclaren.org/marwood)

MediLodge of Port Huron  
5635 Lakeshore Road, Fort Gratiot, MI 48059  
Phone: 810-385-7447  
Website: [www.medilodgeofporthuron.com](http://www.medilodgeofporthuron.com)

MediLodge of St. Clair  
4220 Hospital Drive  
East China, MI 48054  
Phone: 810-329-4736  
Website: [www.medilodgeofstclair.com](http://www.medilodgeofstclair.com)

MediLodge of Yale  
90 Jean Street, Yale, MI 48097  
Phone: 810-387-3226  
Website: [www.medilodgeofyale.com](http://www.medilodgeofyale.com)

Regency on the Lake  
5669 Lakeshore Road, Fort Gratiot, MI 48059  
Phone: 810-385-7260  
Website: [www.cienahealthcare.com/michigan-facilities/regency-on-the-lake](http://www.cienahealthcare.com/michigan-facilities/regency-on-the-lake)
HOSPITALS & HEALTH CENTERS

HOSPITALS LOCAL RESOURCES

Lake Huron Medical Center
2601 Electric Avenue, Port Huron, MI 48060
Phone: 810-216-1500
Website: www.mylakehuron.com
  • Senior Services
    Phone: 810-216-1035
    Contact the senior liaison to learn more about programs and services available to seniors.

McLaren Port Huron
1221 Pine Grove Avenue, Port Huron, MI 48060
Phone: 810-987-5000
HealthAccess: 800-228-1484
Website: www.mclaren.org/ph
  • McLaren Port Huron 55Plus
    1320 Washington Avenue, Port Huron, MI 48060
    Phone: 810-989-3121
    55Plus is a free membership program for adults age 55 and over which provides access to educational programs, screenings, and discounts.

St. John River District Hospital
4100 River Road, East China, MI 48054
Phone: 810-329-7111
Website: www.stjohn.org/RiverDistrict

HEALTH CENTERS LOCAL RESOURCES

Lake Huron Medical Center North Campus
4190 24th Avenue, Fort Gratiot
Phone: 810-989-7700
More information: Physician offices, urgent care center, laboratory and x-ray services, cardiac care services, community education, outpatient surgery, pain management, physical therapy.
McLaren Port Huron Community Health Centers
Capac Community Health Center: 117 S. Main Street, Capac
Phone: 810-395-4840
Marysville Community Health Center: 3350 Gratiot, Marysville
Phone: 810-364-4000
St. Clair Community Health Center: 1163 S. Carney Drive, St. Clair
Phone: 810-561-8450
Yale Community Health Center & Veterans Clinic: 7470 Brockway, Brockway Twp.
Phone: 810-387-3211
More information: Primary care, specialty care, urgent care, wellness classes and health screening programs, McLaren Port Huron Physical Therapy, call specific locations for available services.

MedExpress Urgent Care Center
3550 Pine Grove Avenue, Port Huron
Phone: 810-989-2530
More information: A full-service walk-in clinic providing fast, effective treatment for most injuries and illnesses. Open daily from 8AM-8PM.

People’s Clinic for Better Health
(Located within Community Mental Health)
3111 Electric Avenue, Port Huron
Phone: 810-985-4747
More information: The People’s Clinic for Better Health provides care to adults in St. Clair County ages 18 to 64, who do not have health insurance coverage. They offer access to physicians (through call-in appointments), prescription assistance, referrals, health education, work physicals, counseling services, and specialty clinics for diabetes and orthopedic services.

St. Clair County Health Department
3415 28th Street, Port Huron
Phone: 810-987-5300
More information: Clinic services offering: Sexually Transmitted Infections (STI) testing and treatment, HIV testing and risk assessment counseling, and Immunization assessment and administration. Services are provided on a sliding fee scale based on income; insurances are accepted.

St. Clair Urgent Care
955 Fred W Moore Highway, St. Clair, MI 48079
Phone: 810-326-3894
More information: Providing urgent care Tue-Fri 5PM-10PM, Sat/Sun 10AM-6PM.
ADULT FOSTER CARE

Adult Foster Care (AFC) homes are residential settings that provide general supervision and personal care services for individuals who can no longer live independently.

The State of Michigan licenses and regulates all AFC homes within St. Clair County. If you are uncertain about the level of care needed by the individual seeking AFC, check with the individual’s doctor or with the St. Clair County Department of Health & Human Services at 810-966-2000.

Choosing an AFC that will best fit your needs can be challenging. Make sure to carefully observe the conditions and environment of the home, and ask a lot of questions. Questions to consider:

- Who is providing the care in the home?
- What are the policies of the home?
- What are the schedules and routines?
- Would you feel comfortable living with the other residents?
- What are the costs and fees?
- Is there a current license posted?
- Have there been any complaints made about this facility?

Maintaining a current list of all AFC homes is challenging as homes may offer varying levels of care or only cater to a specific age group or condition. A list of current licensed facilities located within St. Clair County can be accessed on the State of Michigan website at: http://www.michigan.gov/mdhhs. Click on the “Adult & Children’s Services” tab, from the drop down menu select “Adults & Seniors” then “Adult Community Placement” and click the “Find a Licensed Facility” button.
ASSISTED LIVING FACILITIES

Assisted living facilities are for people who need assistance with Activities of Daily Living. Activities of Daily Living include eating, bathing, dressing, laundry, housekeeping, and assistance with medications. Some assisted living facilities provide activities of daily living as part of the senior’s rent, while others charge an additional fee.

Assisted living is not an alternative to a nursing home, but an intermediate level of long-term care that is appropriate for many seniors – it exists to bridge the gap between independent living and nursing homes. Residents in assisted living centers are not able to live by themselves, but do not require constant care either.

LOCAL FACILITIES

Barss Residential Care
4851 Lakeshore Road, Fort Gratiot, MI 48059-3540
Phone: 810-385–3185
Website: www.barss.com

The Harrington Inn
1026 Military Street, Port Huron, MI 48060
Phone: 810-985–5550
Website: www.theharringtoninn.net

Mallard’s Landing
4601 South River Road, East China, MI 48054
Phone: 810-329–7169
Website: www.mallardslanding.net

River Bend Assisted Living Facility
1572 Meisner Road, East China, MI 48054
Phone: 810-765-1002
Website: www.river-bend.org

Sanborn Gratiot Memorial House
2732 Cherry Street, Port Huron, MI 48060
Phone: 810-985-5631
Website: www.sanborngratiot.org/

Sanctuary at Mercy Village
4170 24th Avenue, Fort Gratiot, MI 48059
Phone: 810-989-7440
Website: www.trinityseniorssanctuary.org
Wadhams Creek Senior Community
5485 Smith Creek Rd, Kimball, MI 48074
Phone: 810-367-7192
Website: www.dandjhomecareinc.com
INDEPENDENT SENIOR LIVING COMMUNITIES

Independent Senior Living Communities commonly provide apartments but some offer cottages. Residents are seniors who may or may not require assistance with daily activities but by living in a community they may benefit from the convenient services, senior-friendly surrounding and increased social opportunities that these communities offer. Most communities offer medical services, meals, housekeeping, laundry services, social activities, bus services etc. Some also offer emergency alert systems, live in managers, medical staff 24/7, and amenities such as clubhouses and on site beauty and barber salons.

When choosing an Independent Living Community some common questions to consider are:

- What types of apartments/cottages do you offer?
- What amenities does your community offer?
- What dining options are available?
- What is the monthly cost?
- What is the cost for each service (housekeeping, laundry, meals etc.)?
- Do you have an on-site medical staff? If so how often?
- Do you have emergency alert systems?
- What are the activities your community offers, if any?
- Do you have a bus service?

LOCAL COMMUNITY RESOURCES

Blue Water Lodge
2840 Keewhadin Road, Fort Gratiot, MI 48059
Phone: 810-385-4131
Website: www.holidaytouch.com

Lake Huron Woods
5221 Lakeshore Road, Fort Gratiot, MI 48059
Phone: 810-385-9516
Website: www.lockwoodseniorliving.com
LOCAL COMMUNITY RESOURCES CONTINUED

Port Haven Manor
3900 Aspen Drive, Port Huron, MI 48060
Phone: 810-985-4222
Website: www.havenmanors.com

Sanctuary at Mercy Village
4170 24th Avenue, Fort Gratiot, MI 48059
Phone: 810-989-7440
Website: www.trinityseniorsanctuary.org
NURSING & REHAB FACILITIES

A nursing facility is a residence that provides a room, meals, skilled nursing care, rehabilitative care, medical services and supervision. It also provides residents with activities of daily living assistance and recreational activities.

NURSING & REHAB FACILITIES LOCAL RESOURCES

Marwood Nursing & Rehab
1300 Beard Street, Port Huron, MI 48060
Phone: 810-982-9500
Website: www.mclaren.org/marwood

MediLodge of Port Huron
5635 Lakeshore Road, Fort Gratiot, MI 48059
Phone: 810-385-7447
Website: www.medilodgeofporthuron.com

MediLodge of St. Clair
4220 Hospital Drive
East China, MI 48054
Phone: 810-329-4736
Website: www.medilodgeofstclair.com

MediLodge of Yale
90 Jean Street, Yale, MI 48097
Phone: 810-387-3226
Website: www.medilodgeofyale.com

Regency on the Lake
5669 Lakeshore Road, Fort Gratiot, MI 48059
Phone: 810-385-7260
Website: www.cienahealthcare.com/michigan-facilities/regency-on-the-lake
**Michigan Department of Licensing & Regulatory Affairs (LARA)**  
Website: [www.michigan.gov/lara](http://www.michigan.gov/lara)

Michigan's statewide search for Nursing Homes web page allows search by facility name, county, city and/or zip code. The site provides information on facility location, type and bed capacity.

**Nursing Home Compare**  
Website: [www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)

Provides detailed information about the past performance of Medicare and Medicaid certified nursing homes in the country.
SENIOR APARTMENTS

Residential housing communities where adults over age 55 can go to either live independently or be cared for in a community filled with other seniors.

Common questions to ask when considering a senior apartment:

- Do you have separate apartments for seniors?
- What kind of apartments do you offer?
- Do you offer activities?
- What amenities do you offer?

SENIOR APARTMENTS LOCAL RESOURCES

Algonac Housing Commission
1205 St. Clair River Drive, Algonac, MI 48001
Phone: 810-794-9369
Website: [www.lowincomehousing.us/MI/algonac.html](http://www.lowincomehousing.us/MI/algonac.html)

Bree Manor
600 Bree Road D-1, Marine City, MI 48039
Phone: 810-329-4994
Website: [www.kmgprestige.com](http://www.kmgprestige.com)

Belle River Court
81393 Belle River #17, Memphis, MI 48041
Phone: 810-392-3274
Website: [www.michiganhousinglocator.rentlinx.com](http://www.michiganhousinglocator.rentlinx.com)

Desmond Village
721 Pine Street, Port Huron, MI 48060
Phone: 810-984-3173
Website: [www.rentlinx.com](http://www.rentlinx.com)

Dorchester Court Apartments
2439 Dorchester Court, Port Huron, MI 48060
Phone: 810-966-8333
Website: [www.dorchestercourtapps.com](http://www.dorchestercourtapps.com)
Grandview Tower Apartment
1016 7th Street, Port Huron, MI 48060
Phone: 810-989-6190

Harbour Oaks
333 Bree Road #7, East China, MI 48054
Phone: 810-329-9390
Website: [www.kmgprestige.com](http://www.kmgprestige.com)

Mallards Landing
4601 South River Road, East China, MI 48054
Phone: 810-329-7169
Website: [www.mallardslanding.net](http://www.mallardslanding.net)

Marysville Housing Commission
Vicksburg Hall Apartments
1100 New York Avenue, Marysville, MI 48040
Phone: 810-364-4020
Website: [www.marysvillehousing.org](http://www.marysvillehousing.org)

Matteson Street Apartments
130 North Matteson, Capac, MI 48014
Phone: 810-395-2698
Website: [www.rentlinx.com](http://www.rentlinx.com)

Northport Village
2631 Kraft Road, Port Huron, MI 48060
Phone: 810-987-1606
Website: [www.rentlinx.com](http://www.rentlinx.com)

Peru Village
710 Glenwood Ave, Port Huron, MI 48060
Phone: 810-984-3173
Website: [www.rentlinx.com](http://www.rentlinx.com)

Port Huron Housing Commission
905 7th Street, Port Huron, MI 48060
Phone: 810-984-3173
Website: [www.phhousing.org](http://www.phhousing.org)
P & M Housing Services, LLC.
17 Seventeenth Street, Port Huron, MI 48060
Phone: 810-985-4750

Rolling Brook
1500 Fruit St, Algonac, MI 48001
Phone: 810-794-2440
Website: www.rentlinx.com

St. Clair Housing Commission
400 S 3rd Street, St Clair, MI 48079
Phone: 810-329-9141
Website: www.stclairhousingcommission.org

St. Clair Landing
3345 Military Street, Port Huron, MI 48060
Phone: 810-966-9339
Website: www.rent.com/st.clairlanding

School Place Senior Apartments
103 West Mechanic Street, Yale, MI 48097
Phone: 810-387-2945
Website: www.rentlinx.com

Yale Manor Senior Apartments
420 North Street, Yale, MI 48097
Phone: 810-387-0377
Website: www.rent.com/yalemanorseniorapartments
IMMUNIZATIONS

Older adults are especially vulnerable to certain diseases, such as influenza and pneumonia. Vaccinations help older people protect themselves from getting influenza, pneumonia and other illnesses. According to the CDC older adults need vaccinations to protect themselves against the following diseases:

- Seasonal Influenza
- Tetanus, diphtheria and pertussis (whooping cough)
- Shingles (for adults 60 years and older)
- Pneumococcal disease

If you’re unsure whether or not you need an immunization, ask your care provider or check the Adult Immunization Schedule. Don’t forget if you are traveling, you may need additional vaccines.

Vaccines are available throughout the community. You can inquire at your physician’s office or your local pharmacy. Immunizations are also available through the St. Clair County Health Department.

LOCAL RESOURCES

St. Clair County Health Department
3415 28th Street, Port Huron, MI 48060
Phone: 810-987-6108
Website: [www.scchealth.co/](http://www.scchealth.co/)
Hours: 10:00 AM - 6:30 PM Monday; 8:00 AM - 4:30 PM Tuesday through Friday.
By appointment, walk-ins accommodated as schedule allows.
More information: Most insurances are accepted and a sliding scale is available. Call for current prices and availability.
ELegal assistance are the laws affecting older people and their families in the U.S. The law
covers virtually all the statutes, regulations and decisions, having an impact on the lives
of older Americans and their families. The issues faced by the elderly include: estate
planning, wills, trusts, guardianships, arrangements for care, tax issues, social security
and retirement planning and benefits, protection against elder abuse (physical,
emotional and financial), neglect, and fraud, end-of-life planning, nursing homes and in-
home care, Medicare and Medicaid coverage, and other concerns of older people.

Legal resources are available to enhance the quality and accessibility of the legal
assistance provided to older people in St. Clair County.

LOCAL RESOURCES

Lakeshore Legal Aid
810 10th Avenue #C, Port Huron, MI 48060
Phone: 810-985-5107 – This is an automated system, call will be returned.
Senior Toll-free: 888-783-8190
Fax: 810-985-5106
Website: http://www.lakeshorelegalaid.org/
More information: Lakeshore Legal Aid is a not-for-profit law firm providing free civil
legal services to low income people and seniors. There is currently no eligibility
requirement based on either income or assets, but do reserve the right to determine the
extent of and nature of any legal services or counseling. Lakeshore’s attorneys are
trained to provide legal advice and counseling, document review and preparation,
negotiation, mediation, representation in court, legal education presentations to
community groups, and referrals to other available community resources. Lakeshore
cannot provide legal assistance in criminal matters, and services may be limited by the
number of attorneys and other resources available.

Legal Services of Eastern Michigan
511 Fort Street, Suite 540, Port Huron, MI 48060
Phone: 800-322-4512
Website: www.lsem-mi.org

State Bar of Michigan
Lawyer Referral and Information Service (LRIS)
Phone: 586-468-8300
Toll-Free: 800-968-0738
More information: The State Bar of Michigan Lawyer Referral and Information Service
(LRIS) is designed to assist members of the public who want to hire an attorney and can
afford to pay for legal services.
St. Clair County Bar Association
Website: http://www.sccbar.com
More information: The St. Clair County Bar Association website contains an alphabetized and area of practice directory of its members.

St. Clair County Probate Court
201 McMorran Boulevard, Port Huron, MI 48060
Phone: 810-985-2066
More information: Probate Court can assist residents with decedent estates and the supervision of trusts. Office also provides genealogy information and record request.

LOCAL RESOURCES CONTINUED

LOCAL ESTATE PLANNING LAW OFFICES

Blue Water Guardianship Svc
William Schieman
1530 Pine Grove Suite 1, Port Huron
Phone: 810-982-0051

Delekta & Delekta, P.C.
80880 Main Street, Memphis
Phone: 810-392-3834
Web: www.delektalaw.com

Fullmer Law Office
1362 N River Road, Suite 1-E, St. Clair
Phone: 810-329-8900

Hill Davidson, P.C.
901 Huron Avenue, Port Huron
Phone: 985-8171
Web: www.hilldavidson.com

Kelly Law Firm
627 Fort Street, Port Huron
Phone: 810-987-4111
Web: www.porthuronlaw.com

Lakeshore Legal Aid
810 10th Avenue #C, Port Huron
Phone: 810-985-5107

Landrum Legal Services, PLLC
1362 N. River Road, Suite 11, St. Clair
Phone: 810-326-0893

Lozen, Kovar & Lozen P.C.
511 Fort Street, Suite 402, Port Huron
Phone: 810-987-3970
Website: www.lozenlaw.com

Simasko Law Offices, PLLC
801 10th Avenue, Suite B-2, Port Huron
Phone: 810-987-1645
Web: www.simaskolawoffices.com

Touma, Watson, Whaling, Coury, & Stremers, P.C.
316 McMorran Boulevard, Port Huron
Phone: 810-987-7700

Wallace Law Firm, P.C.
Estate Planning & Elder Law Attorneys
709 Huron Avenue, Port Huron
Phone: 810-985-4320
Website: www.happylaw.com
Elder Law of Michigan Legal Hotline  
3815 West St. Joseph, Suite C-200, Lansing, MI 48917  
Phone: 1-866-400-9164  
Website: [www.elderslawofmi.org](http://www.elderslawofmi.org)  
More information: The Legal Hotline for Michigan Seniors offers free basic legal advice and information from experienced elder law attorneys over the telephone. Call to get answers to questions.

Michigan Pension Rights Project  
3815 W. Joseph Suite C-200, Lansing, MI 48917  
Phone: 517-372-5959  
Toll Free: 1-866-735-7737  
More information: A private nonprofit organization providing basic legal advice and information to Michigan residents age 60 and older. Attorneys and law students provide free advice about pension laws and rights; information on survivor benefits, defined benefit plans, referrals to experience pension attorneys, and rights of divorced person. Assistance resolving pension problems with employers.

National Academy of Elder Law Attorneys, Inc. (NAELA)  
Website: [www.naela.org](http://www.naela.org)  
More information: NAELA is a professional association of attorneys who are dedicated to improving the quality of legal services to people as they age and to people with special needs.

The Resolution Center  
176 S. Main Street, Suite 2, Mount Clemens, MI 48043  
Phone: 586-469-4714  
Toll Free: 1-800-8-RESOLVE  
Web-site: [www.theresolutioncenter.com](http://www.theresolutioncenter.com)  
More information: A non-profit organization and part of Michigan's Community Disputed Resolution Program. Provides mediation and other forms of Alternative Dispute Resolution in the following areas: Consumer/Merchant, Landlord/Tenant, Community, Neighborhood, Employee/Employer, Civil Litigation, Victim-Offender Mediation, Michigan Special Education, Michigan Department of Civil Rights, and Divorce. The Center also can arrange for large group facilitation and arbitration services. Must be a resident of St. Clair or Macomb County
GUARDIANSHIP & CONSERVATORSHIP

Conservatorships are available for people who cannot manage their own affairs due to illness or disability. With a conservatorship, a person is appointed by the court to manage the business affairs of a person, but does not have control of the person's day to day life. The Probate Court decides if a person cannot manage his or her finances, as well as who should serve as conservator to help such a person. If the person is developmentally disabled, the Mental Health Code is applied in deciding the case. A conservatorship is a legal proceeding, which requires a Legal petition.

A Guardianship is a legal proceeding, which requires a petition. If you suspect a person of being unable to handle his or her own affairs because of illness, mental illness, absence, or another reason, you can ask the court to appoint a guardian. The Probate Court decides if a person cannot manage his or her daily life, as well as who should serve as guardian to help such a person. If the person is developmentally disabled, the Mental Health Code is applied in deciding the case.

A Public Guardian may be appointed if an individual does not have the funds to pay for a guardian, or who have no other friend or relative able to serve as guardian.

LOCAL RESOURCES

St. Clair County Probate Court
Adult Conservator/Guardianship Department
201 McMorran Boulevard, Port Huron, MI 48060
Phone: 810-985-2066

Public Guardian's Office
201 McMorran Boulevard, Port Huron, MI 48060
Phone: 810-985-2095

Blue Water Guardianship Svc
William Schieman
1530 Pine Grove Suite 1, Port Huron
Phone: 810-982-0051
LONG-TERM CARE OMBUDSMAN

The Long-term Care Ombudsman investigates care and safety complaints of residents in nursing homes, homes for the aged and adult foster care homes. The Ombudsman works with residents, families, and appropriate state and federal agencies for remedy.

Ombudsman staff also assists family members with such issues as resident's rights, financial concerns, guardianship and nursing home placements.

STATE AND NATIONAL RESOURCES

Michigan Office of the State Long Term Care Ombudsman
Phone: 1-866-485-9393
Website: www.mltco.org

More information: Michigan's Long Term Care Ombudsman program is a non-profit program which represents the interests of Michigan residents of licensed long term care facilities. The long term care information line is answered by designated ombudsman who can help you with your long term care questions. Callers can receive information about alternatives to nursing home placement, assistance with residents' concerns, choosing long term care services that are right for you, and obtain referrals to other agencies that can help with long term care issues.
MEDICAL EQUIPMENT & SUPPLIES

Durable medical equipment (DME) includes items certified by a doctor as being medically necessary for patients to use in their homes to compensate for a physical impairment. Durable medical equipment is sometimes called home medical equipment. These items could include walking aids, bathroom safety products, patient lifts, wheelchairs, and more. CMS (Centers for Medicare and Medicaid Services) awards contracts with specific DME providers. Your insurance may require you to work with a specific company. To find a Medicare DME supplier visit: www.medicare.gov/supplierdirectory

Local Durable Medical Equipment Companies:

- Advanced Care Pharmacy: 810-824-5120
- Crescent Corporation: 810-982-2786
- Ehardt’s Pharmacy & Medical Supply: 810-359-5322/866-679-3900
- Hart Medical Equipment: 810-982-0700
- Sheldon Medical Supply: 800-922-5101
- Wright & Fillipis: 810-385-6330

LOCAL LOAN CLOSETS

The Council on Aging, Inc. Serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061
More information: The availability of items is based on the donations received.

Snyderville Lions Club
9735 Bauman Road, Columbus, MI 48063
Phone: 586-703-0634
More information: The Lions Club has a loan closet as well as helps seniors with eye glasses, eye surgery costs, and hearing aids.

United Way
1725 Military Street, Port Huron, MI
Phone: 810-985-8169
More information: Medical equipment and incontinence products. Availability is based on the donations received.
**ORTHOTICS & PROSTHETICS**

**Able Orthopedics**  
2030 10th Street, Port Huron, MI 48060  
Phone: 810-985-8006  
Website: [www.ableorthopedics.com](http://www.ableorthopedics.com)

**Comfort Prosthetics & Orthotics**  
140 S. Main, Yale, MI 48097  
Phone: 810-387-4710

**Wright & Fillipis**  
46 24th Avenue, Fort Gratiot Township, MI 48059  
Phone: 810-385-6330  
Website: [www.firsttoserve.com/](http://www.firsttoserve.com/)
MEDICARE/MEDICAID ASSISTANCE

Medicare is a Federal health insurance program that pays some medical costs for people age 65 and older and for those who have received Social Security Disability Income for 24 months.

- Medicare Part A (Hospital Insurance) helps cover inpatient hospital and skilled nursing facility care, hospice care services, and home health care services.
- Medicare Part B (Medical Insurance) helps cover medically necessary doctors’ services, outpatient care, home health services, durable medical equipment, and other medical services. Part B also covers many preventive services.
- Medicare Part D (Prescription Drug Coverage) helps cover some prescription drug costs.
- Medicare Advantage Plan (commonly referred to as Part C) combines all of your benefits under one insurance company.

For more information, call 1-800-633-4227 or visit www.medicare.gov

Medicaid is a combined Federal-State health insurance program for low-income people and families. This program will pay for nursing home care and sometimes long-term care at home if you meet financial requirements. For more information, visit www.medicaid.gov

Affordable Care Act is a federal statute which was signed into law in 2010 making insurance available for adults age 19-64 that are not currently on Medicare or Medicaid. It is often referred to as the Affordable Care Act, ACA, “Obamacare” or health care reform. See “Healthy Michigan Plan” below, for more information.

MEDICARE/MEDICAID LOCAL RESOURCES

Area Agency on Aging 1-B
29100 Northwestern Hwy, Suite 400, Southfield, MI 48034
Phone: 800-852-7795
Website: www.aaa1b.org

Michigan Medicare/Medicaid Assistance Program
Phone: 800-803-7174
Website: www.mmapinc.org
MMAP works with the Area Agencies on Aging to provide objective health benefit information and counseling, and is supported by a statewide network of unpaid and paid skilled professionals. A MMAP counselor can help you: understand Medicare and Medicaid, compare or enroll in Medicare prescription drug coverage, review your supplemental insurance needs, apply for Medicaid or Medicare Savings program, and more.
The Council on Aging, Inc. Serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061
Website: www.thecouncilonaging.org
Resource advocates are available to help answer questions about Medicare and Medicaid programs.

1-800-MEDICARE
General Medicare information, ordering Medicare booklets, and information about health plans, including durable medical equipment.

Michigan Department of Health & Human Services
Phone: 855-275-6424
Website: www.mibridges.michigan.gov
Contact the MI Department of Community Health for more information on the Medicaid program or Healthy Michigan Plan.
  • St. Clair County Department of Health & Human Services: 810-966-2000

Social Security Administration (SSA)
Phone: 800-772-1213
Contact SSA to change your address, to discuss Medicare Part A or Part B, to request a new Medicare card, and to discuss Social Security benefits.
MENTAL HEALTH SERVICES & COUNSELING

Asking for help for a mental health disorder is sometimes the hardest thing you can do. But it's also the most important step toward recovery. Many mental health issues won't just go away on their own. You may need the help of professionals to get better. You may need special support or medications to help you. You may benefit from talking to a professional counselor or to others in your situation. Whatever your problem, the important thing is to call and ask for help.

St. Clair County Community Mental Health
Port Huron: 3111 Electric Avenue, Port Huron, MI 48060
Administration Phone: 810-985-8900
West: Capac: 14675 Downey Road, Capac, Michigan 48014
Phone: (810) 395-4343
South: Marine City: 135 Broadway Street, Marine City, Michigan 48039
Phone: (810) 765-5010
Website: www.scccmh.org
Crisis Line, available 24-hours a day: 888-225-4447
Toll Free TTY: 888-225-1973
Customer Service for Non-Emergency Calls: 888-225-4447

COUNSELING SERVICES

Blue Water Counseling
1501 Krafft Road, Fort Gratiot, MI 48059
Phone: 810-985-5125
Website: www.bluewaterclinic.com

Catholic Charities of Southeast Michigan - Port Huron office
2601 13th Street, Port Huron, MI 48060
Phone: 810-987-9100
Website: www.ccsem.org

Colonial Woods Counseling
3240 Pine Grove Avenue, Port Huron, MI 48060
Phone: 810-984-5571
Website: www.colonialwoodsmc.com/counseling

Community First Health Centers
(Formerly Downriver Community Services)
Algonac: 555 St. Clair River Drive, Algonac, MI 48001
Phone: 810-794-4917
Port Huron: 1011 Military Street, Port Huron, MI 48060
Phone: 810-488-8000
Website: www.communityfirsthc.org
IMPACT/Center for Human Resources (CHR)
1001 Military Street, Port Huron, MI 48060
Phone: IMPACT – 810-985-5437 CHR – 810-985-1568
Website: www.impactph.org

McLaren Port Huron Outpatient Counseling
1206 Richardson Street, Port Huron, MI 48060
Phone: 810-984-5156
Website: www.mclaren.org/porthuron

NorServ Group, LTD.
1322 North River Road, St. Clair, MI 48079
Phone: 810-329-4798
Website: www.norserv.com

People’s Clinic for Better Health
(Located within Community Mental Health)
3111 Electric Avenue, Port Huron, MI 48060
Phone: 810-985-4747

Professional Counseling Center, P.C.
520 Superior Street, Port Huron, MI 48060
Phone: 810-984-4202
Website: www.pccporthuron.com

Renewal Christian Counseling Center
3847 Pine Grove Ave, Suite B, Fort Gratiot, MI 48059
Phone: (810) 966-0099
Website: www.renewalcenter.org
PALLIATIVE CARE
Palliative care is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the discomfort, symptoms, pain, and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment. To find out more information on palliative care or to find a provider near you, please visit the following websites: **www.michigan.gov/pmor** or **www.mihospice.org**

**PALLIATIVE LOCAL RESOURCES**

**Beacon Home Care**  
415 Quay Street, Port Huron, MI 48060  
Phone: 810-966-3480  
Website: [www.beaconcares.com](http://www.beaconcares.com)

**Great Lakes Caring**  
5221 Lakeshore Road, Fort Gratiot, MI 48059  
Phone: 800-311-5365  
Website: [www.greatlakescaring.com](http://www.greatlakescaring.com)

**McLaren Home Care Group**  
1411 Third Street, Suite C, Port Huron, MI 48060  
Phone: 866-323-5974  
Website: [www.mclaren.org/homecaregroup](http://www.mclaren.org/homecaregroup)

**Visiting Nurse Association & Blue Water Hospice**  
1430 Military Street, Port Huron, MI 48060  
Phone: 810-984-4131  
Website: [www.vnabwh.com](http://www.vnabwh.com)
As we grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. Fitness and recreation is good for your body and your mind. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness level.

LOCAL RESOURCES

Anytime Fitness
3270 Gratiot Boulevard, Marysville, MI 48040
Phone: 810-937-5974
Website: www.anytimefitness.com

Area Agency on Aging 1-B
291000 Northwestern Highway, Ste. 400, Southfield, MI 48034
Phone: 800-852-7795
Website: www.aaa1b.org

The Council on Aging, Inc. serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-987-8811
Website: www.thecouncilonaging.org

Curves
2887 Kraft Road, Suite 300, Port Huron, MI 48060
Phone: 810-385-9171
Website: www.curves.com
More information: Silver Sneakers program available.

Cutting Edge Health & Fitness
3520 Pine Grove Avenue, Port Huron, MI 48060
Phone: 810-966-0606
Website: www.cuttingedgegym.com

Elite Personal Fitness
10352 Gratiot Avenue, Columbus, MI 48063
Phone: 586-727-4411
Website: www.elitefitnessgym.com

Health & Wellness Center
2858 Pine Grove Avenue, Port Huron, MI 48060
Phone: 810-824-4391
Lake Huron Medical Center
2601 Electric Avenue, Port Huron, MI 48060
Phone: 810-985-1500
Website: www.mylakehuron.com

McLaren Port Huron
1221 Pine Grove Avenue, Port Huron, MI 48060
Phone: 810-987-5000
Website: www.mclaren.org/porthuron

Planet Fitness
4350 24th Avenue, Suite 504, Ft. Gratiot, MI 48059
Phone: 810-385-7400
Website: www.planetfitness.com

Port Huron Fitness Center
500 Thomas Edison Parkway, Port Huron, MI 48060
Phone: 810-984-8811

St. Clair Wellness Center
1306 South Carney Drive, St. Clair, MI 48079
Phone: 810-329-7292
Website: www.stclairwellness.net

Viking Fitness
Marysville: 782 Huron Boulevard, Suite #5, Marysville, MI 48040
Phone: 810-364-4650
Marine City: 260 S. Parker Road, Marine City, MI 48039
Phone: 810-765-4900
Port Huron: 2422 Lapeer Road, Port Huron, MI 48060
Phone: 810-985-8100
Website: www.vikingfitnesscenters.com

YMCA of the Blue Water Area
1525 3rd Street, Port Huron, MI 48060
Phone: 810-987-6400
Website: www.bluewaterymca.com
More information: Featuring Silver Sneakers Programs and much more.
PRESCRIPTION ASSISTANCE

Many pharmaceutical companies offer patients discounted or free prescriptions. Examples of some of the resources available include: patient assistance programs, discount drug cards, and medications from regional and national non-profit charities. Pharmacies as well as some medical and dental clinics can provide free or variable cost medication to income qualified individuals and families. Many will charge only what you can afford and this is known as a *sliding scale fee*.

**Area Agency on Aging 1-B**  
29100 Northwestern Highway, Suite 400, Southfield, MI 48034  
Phone: 800-852-7795  
Website: [www.aaa1b.org](http://www.aaa1b.org)

**The Council on Aging, Inc. Serving St. Clair County Benevolent Prescription Drug Assistance Program**  
600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-984-5061  
Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

**People’s Clinic for Better Health**  
(Located within Community Mental Health)  
3111 Electric Avenue, Port Huron, MI 48060  
Phone: 810-985-4747

**St. Clair County Health Department**  
Community Health Education & Outreach  
3415 28th Street, Port Huron, MI 48060  
Phone: 810-987-5300  
Website: [www.scchealth.co/](http://www.scchealth.co/)

**United Way of St. Clair County**  
1723 Military Street, Port Huron, MI 48060  
Phone: 810-985-8169 or Dial 2-1-1  
Website: [www.uwstclair.org](http://www.uwstclair.org)

### SAFE PRESCRIPTION DRUG DISPOSAL

Disposing of unused medications is a safety as well as an environmental concern. Please do not flush unused medications down the drain or toilet. If you have left-over or expired medications, call your pharmacy to inquire if they have a “drug take back program.” Controlled substances (often called prescription pain killers) can only be accepted under special collection arrangements due to Federal Drug Enforcement Agency regulations. Contact your local police department or the St. Clair County Sheriff Department to learn about their drug take back programs.

**St. Clair County Sheriff Department: 810-985-8115**
See Non-Emergency Phone Numbers on Page 6 for your local police station.

If you are unable to utilize a drug take-back program, follow these steps to properly dispose of old medications in the home:

- First, pour medication into a sealable plastic container. If medication is a solid (pill, liquid capsule, etc.), add enough water to dissolve it.

- Next, add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the container.

- Seal the container and put it in the trash.

- Lastly, remove and destroy all personal information on the prescription label before recycling or throwing them away.
INPATIENT REHABILITATION

An inpatient rehabilitation facility provides intensive rehabilitation services by using an interdisciplinary approach in a hospital environment. Admission to an inpatient rehabilitation facility is appropriate for patients with complex nursing, medical management and rehabilitation needs.

Lake Huron Medical Center
2601 Electric Avenue, Port Huron, MI 48060
Phone: 810-216-3160
Website: www.mylakehuron.com

SKILLED NURSING REHABILITATION

A skilled nursing facility can provide daily skilled care services including rehabilitation. These skills are provided by a nurse and/or rehabilitation professionals such as a physical, occupational, and speech therapist.

Marwood Nursing & Rehab
1300 Beard Street, Port Huron, MI 48060
Phone: 810-982-9500
Website: www.mclaren.org/marwood

MediLodge of Port Huron
5635 Lakeshore Road, Ft. Gratiot, MI 48059
Phone: 810-385-7447
Website: www.medilodgeofporthuron.com

MediLodge of St. Clair
4220 Hospital Drive, St. Clair, MI 48079
Phone: 810-329-4736
Website: www.medilodgeofstclair.com

MediLodge of Yale
90 Jean Street, Yale, MI 48097
Phone: 810-387-3226
Website: www.medilodgeofyale.com

Regency on the Lake
5669 Lakeshore Drive, Ft. Gratiot, MI 48059
Phone: 810-385-7260
Website: www.cienahealthcare.com/michigan-facilities/regency-on-the-lake/
Outpatient rehabilitation centers provide therapeutic care for individuals requiring physical, occupational or speech therapy, to restore them to a former level of functioning.

**Active Physical Therapy and Rehab. Services**  
709 Huron Avenue, Port Huron, MI 48060  
Phone: 810-966-8500

**Advanced Orthopedics**  
1231 Pine Grove Avenue, Port Huron, MI 48060  
Phone: 810-985-4300  
Website: [www.advancedorthopedics.com](http://www.advancedorthopedics.com)

**Bone and Joint Institute**  
600 Fort Street, Ste. 100, Port Huron, MI 48060  
Phone: 810-987-9871  
Website: [www.boneandjointph.com](http://www.boneandjointph.com)

**Brickey and Associates**  
1037 Water Street, Port Huron, MI 48060  
Phone: 810-982-9541

**Lake Huron Physical Therapy & Rehab Services**  
Fort Gratiot: 4190 24th Avenue, #205, Ft. Gratiot, MI 48059  
Phone: 810-989-7470  
Marysville: 782 Huron Boulevard, Marysville, MI 48040  
Phone: 810-364-9801  
Port Huron: 2601 Electric Avenue, Port Huron, MI 48060  
Phone: 810-985-1800  
Website: [www.mylakehuron.com](http://www.mylakehuron.com)

**McLaren Port Huron Physical Therapy**  
Marysville: 3350 Gratiot, Marysville, MI 48040  
Phone: 810-364-1230  
Port Huron: 3504 Pine Grove Avenue, Port Huron, MI 48060  
Phone: 810-385-5531  
Yale: 7470 Brockway Road, Yale, MI 48097  
Phone: 810-387-3211  
Website: [www.mclaren.org/porthuron](http://www.mclaren.org/porthuron)

**Munger Physical Therapy**  
4351 24th Avenue #1, Ft. Gratiot Twp. 48059  
Phone: 810-385-7405  
Website: [www.mungerpt.com](http://www.mungerpt.com)
Orthopedic Associates
940 River Centre Drive, Port Huron, MI 48060-810
Phone: 810-985-4900
Website: www.oaph.com

Prostaff Physical Therapy-Yale
7609 Brockway Road, Brockway, MI 48097
Phone: 810-387-4900

Rehab Care Group-Marine City
540 Parker Street, Marine City, MI 48039
Phone: 810-765-8110
Website: www.rehabcare.com

Riverview Physical Therapy
1702 Water Street, Port Huron, MI 48060
Phone: 810-966-9102
Website: www.riverviewptandhandtherapy.com

St. John’s River District Hospital Physical Therapy
4100 River Road, East China Twp. MI 48054
Phone: 810-329-5383
Website: www.stjohnprovidence.org

Shriji Physical Therapy-Yale
333 Gordon Drive Ste. C, Yale, MI 48097
Phone: 810-387-9700

Universal Rehabilitation
421 Michigan Street, Algonac, MI 48001
Phone: 810-794-8040
Website: www.uirehab.com
RESPITE CARE

Respite care (also described as a “short break”) is a short-term accommodation in-home or in a facility outside the home in which a loved one may receive temporary services or is temporarily placed. This option provides relief to those who are caring for family members, who might otherwise require permanent placement in a facility outside the home.

Respite programs provide planned short-term and time-limited breaks for families and other unpaid care givers of the elderly. Respite care also provides a positive experience for the person receiving care by allowing for time away to manage the tasks of daily living.

Grants for respite are available for persons with dementia and Alzheimer’s disease. Contact the Council on Aging for an application.

REFERRAL TO RESPITE SERVICES

Area Agency on Aging 1-B
Phone: Information & Assistance: 800-852-7795
Website: www.aaa1b.com

The Council on Aging, Inc. Serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061
Website: www.thecouncilonagaing.org

For help inside the home, see:
- Home Health Care Chapter: Private Duty & Skilled Nursing

For help outside of the home, see:
- Adult Foster Care Chapter
- Assisted Living Chapter
- Nursing Facility Chapter

Additional options for help outside the home see:
- Adult Day Care Chapter
SENIOR CENTERS

The Council on Aging, Inc., serving St. Clair County is a non-profit corporation created to provide programs and services to the seniors of this county. It is the Vision of the Council on Aging, Inc., serving St. Clair County that all senior citizens (60 years and older) of the county shall be able to live in their homes for as long as possible, that the agency may avail itself of all of the resources - public and private - needed to ensure that all seniors shall be able to receive those services and participate in those activities that will enhance their lives, and that no senior in the county will ever feel that he/she is alone.

The Council on Aging senior centers offer a variety of recreational, educational, and social events for senior citizens. All senior centers (listed below) are also available to assist seniors with aging issues and service needs. For more information, visit the website at: www.thecouncilonaging.org

COUNCIL ON AGING SENIOR CENTERS

The Council on Aging Inc., Serving St. Clair County

**Port Huron Area Senior Center:** 600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-984-5061  
Toll Free: 800-297-0099

**Conrad Community Center—Capac:** 585 N. Main, Capac, MI 48014  
Phone: 810-395-7889  
Toll Free: 800-361-8877

**Washington Life Center:** 403 N. Mary Street, Marine City, MI 48039  
Phone: 810-765-3523  
Toll Free: 800-779-4488

**Yale Area Senior Center:** 3 First Street, Yale, MI 48097  
Phone: 810-387-2162  
Toll Free: 800-717-4422  
Website: www.thecouncilonaging.org
Social Security is based on a simple concept: while you work, you pay taxes into the Social Security system. When you retire or become disabled, you, your spouse, and your dependent children receive monthly benefits that are based on your reported earnings. Some issues pertaining to social security or pensions are confusing to understand if you’re not familiar with the system. Several resources are available to assist you.

### LOCAL RESOURCES

**St. Clair County Social Security Office**  
2620 Krafft Road, Fort Gratiot, MI 48059  
Phone: 877-895-0042

### STATE & NATIONAL RESOURCES

**Mid-America Pension Rights Project**  
Michigan Office  
3815 West St. Joseph, Suite C-200, Lansing, MI 48917  
Phone: 866-735-7737  
Website: [http://www.mid-americapensions.org/](http://www.mid-americapensions.org/)

**National Committee to Preserve Social Security and Medicare**  
10 G Street NE Suite 600, Washington DC 20002  
Phone: 202-216-0420  
Senior Hotline/Legislative Updates: 1-800-998-0180  
Website: [http://www.ncpssm.org/](http://www.ncpssm.org/)

**Social Security Administration (SSA)**  
Phone: 800-772-1213  
Website: [http://www.ssa.gov/](http://www.ssa.gov/)  
Contact SSA to change your address, to discuss Medicare Part A or Part B, to request a new Medicare card, and to discuss Social Security benefits.

**United States Department of Labor**  
Employee Benefits Security Administration  
Website: [http://www.dol.gov/ebsa/](http://www.dol.gov/ebsa/)
TRANSPORTATION

Transportation consists of a centrally organized service for transportation of seniors to and from community facilities in order to receive support services, increase independence and reduce isolation.

LOCAL TRANSPORTATION RESOURCES

Blue Water Area Transit and Dial a Ride
2021 Lapeer Avenue, Port Huron, MI 48060
Phone: 810-987-7373 • Office 8am-4pm
Website: www.bwbus.com

City of St. Clair Transportation Department
547 North Carney Drive, St. Clair, MI 48079
Phone: 810-329-3030
More information: The City of St. Clair provides door to door transportation service for senior citizens or handicapped persons for City of St. Clair residents only who are 60 years old and older.

The Council on Aging Inc., Serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-4200
To call for a ride:
  • Port Huron: 810-984-5061
  • Washington Life Center: 810-765-3523
  • Capac Senior Center: 810-395-7889
  • Yale Senior Center: 810-387-3720
Website: www.thecouncilonaging.org
More information: Service is available Monday-Friday from 8:30am-4:30pm. Extended Wednesday hours in Port Huron only, on Wednesday evenings until 9:30pm. 24 hour or more notice is preferred to schedule a ride. Handicapped vans available for wheelchair bound riders.

Tri Hospital EMS
Non-emergency transportation
309 Grand River Avenue, Port Huron, MI 48060
Phone: 810-985-7115

Also see Home Health Care—Private Duty for a listing of agencies that assist with transportation.
OTHER AVAILABLE TRANSPORTATION

American Cancer Society
Road to Recovery
Volunteer program that provides transportation to cancer treatment
Phone: 1-800-227-2345

VA Hospital Transportation Detroit/Ann Arbor
St. Clair County Department of Veterans Affairs
200 Grand River Suite 104, Port Huron, MI 48060
Phone: 810-989-6945

TAXI CAB SERVICES

Acme Cab Company
Phone: 810-984-1515

City Cab
Phone: 810-984-4109

Ruby’s Port Huron Shuttle Service
Phone: 810-989-5466
VETERAN’S SERVICES

LOCAL RESOURCES

St. Clair County Department of Veterans Affairs
200 Grand River, Suite 104, Port Huron, MI 48060
Phone: 810-989-6945 | Website: www.sccvet.us

Yale VA Outpatient Clinic
7470 Brockway Road, Yale, MI 48097
Phone: 810-387-3211 | Website: www.detroit.va.gov/locations/directions_Yale_CBOC.asp

VA MEDICAL CENTERS

VA Ann Arbor Healthcare System
2215 Fuller Road, Ann Arbor, MI 48105
Phone: 734-769-7100
Toll Free: 800-361-8387
Website: www.annarbor.va.gov

John D. Dingell VA Medical Center
4646 John R. Street, Detroit, MI 48201
Phone: 313-756-1000
Toll Free: 800-511-8056
Website: www.detroit.va.gov

SUPPORTIVE SERVICES TO VETERANS FACING HOMELESSNESS

Blue Water Center for Independent Living
1242 Griswold Suite 2, Port Huron, MI 48060
Phone: 810-987-9337
Website: www.bwcil.org

TRANSPORTATION FOR VETERANS

VA Hospital Transportation (Detroit/Ann Arbor)
St. Clair County Department of Veterans Affairs
200 Grand River, Ste. 104, Port Huron, MI
Phone: 810-989-6945 | Website: www.sccvet.us

VETERANS SERVICE ORGANIZATIONS

American Legion Posts
- Capac: 810-395-2588
- Marysville: 810-364-9366
- Memphis: 810-392-3237
- Port Huron: 810-982-9553
- St. Clair: 810-329-2871
- Detroit: 313-964-6640
Website: www.legion.org

VFW Posts
- Algonac: 810-794-3033
- Emmett: 810-384-6586
- Port Huron 796: 810-982-0572
- Port Huron 8465: 810-982-6323
- Detroit: 313-964-6510
Website: www.vfw.org
## VETERANS SERVICE ORGANIZATIONS CONTINUED

Disabled American Veterans
- Port Huron: 810-984-1684
- Detroit: 313-964-6595
Website: [www.dav.org](http://www.dav.org)

Directory of Veterans Service Organizations | Website: [www.va.gov/vso/](http://www.va.gov/vso/)

## STATE & FEDERAL RESOURCES

**Federal Regional VA Michigan Hotline** Phone: 1-800-827-1000

**Michigan Department of Military & Veterans Affairs**
Website: [www.michiganveterans.com](http://www.michiganveterans.com)

**Veterans Resource Center (2-1-1)** Phone: 1-800-MICH-VET 1-800-642-4838

**U.S. Department of VA (Federal)** | Website: [http://www.va.gov/](http://www.va.gov/)

## NATIONAL & LOCAL ALLIED VETERAN CEMETERIES

**Fort Custer**
15501 Dickman Road, Augusta, MI 49012
Phone: 269-731-4164 or 866-348-8603

**Great Lakes**
4200 Belford Road, Holly, MI 48442
Phone: 248-348-8603

**Lakeside & Veterans Memorial Cemeteries**
Gratiot Avenue and Krafft Road
Port Huron, MI 48060
Phone: 810-984-9708

## VA SERVICES: PHONE NUMBERS & WEBSITES

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bereavement Counseling</td>
<td>1-202-461-6530</td>
</tr>
<tr>
<td>Civilian Health and Medical Program (CHAMPA)</td>
<td>1-800-733-8387</td>
</tr>
<tr>
<td>Caregiver Support</td>
<td>1-855-860-3274</td>
</tr>
<tr>
<td>Headstones and Markers</td>
<td>1-800-697-6947</td>
</tr>
<tr>
<td>Health Care</td>
<td>1-877-222-8387</td>
</tr>
<tr>
<td>Home Loans</td>
<td>1-888-827-3702</td>
</tr>
<tr>
<td>Life Insurance</td>
<td>1-800-669-8477</td>
</tr>
<tr>
<td>Pension Management Center</td>
<td>1-877-294-6380</td>
</tr>
<tr>
<td>Presidential Memorial Certificate Program</td>
<td>1-202-565-4964</td>
</tr>
<tr>
<td>Special Health Issues</td>
<td>1-800-749-8387</td>
</tr>
<tr>
<td>Veterans Crisis Line</td>
<td>1-800-273-8255 and Press 1</td>
</tr>
<tr>
<td>Website: <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a></td>
<td></td>
</tr>
<tr>
<td>Women Veterans</td>
<td>855-829-6636</td>
</tr>
</tbody>
</table>
VOLUNTEER OPPORTUNITIES

Virtually every local listing included in this directory offers many flexible volunteer opportunities for senior citizens. For specific information, contact each agency directly and ask to speak with the volunteer coordinator.

Typical places where you might find a volunteer opportunity include churches, local civic groups, schools, non-profit agencies, hospitals, and professional associations.

LOCAL & STATE RESOURCES

The Council on Aging, Inc. Serving St. Clair County
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061 or 800-297-0099
Website: www.thecouncilonaging.org

National Websites:
www.experiencecorps.org
www.getinvolved.gov
www.mihospice.org
www.nationalservice.gov
www.serve.gov
www.volunteer.gov
www.volunteermatch.org
Glossary of Terms

Accreditation--Seal of approval given by an autonomous governing body to a community or service provider. Some examples of accreditation bodies for the senior housing and care industry include CARF/CCAC (Commission on the Accreditation of Rehabilitation Communities and Continuing Care Accreditation Commission) and JCAHO (Joint Commission on the Accreditation of Healthcare Organizations).

Accredited Facility--Senior care facility such as a nursing home or assisted living facility that meets the standards of care set by third party organizations such as the Joint Commission on the Accreditation of Health Care Organizations (JCAHO).

Activities of Daily Living (ADLs)--Everyday functions and activities that a senior may require assistance with. These include dressing, eating, personal hygiene and transferring. Many insurance policies use the inability to perform a certain number of ADLs (eg: 2 of 6) to determine eligibility for benefits.

Acute Care--Care that is provided in a medical setting such as a hospital, intensive care unit or emergency care facility. Also known as hospital care.

Adult Day Care--Structured programs with social activities and health-related and rehabilitation services provided in a safe setting during regular business hours. Some adult day care centers may also operate on weekends.

Advance Directive--Legal document providing information relating to the type of medical treatment that should be performed if your life is in danger and you are unable to communicate.

Aging in Place--Concept that advocates allowing a resident to remain in his/her living environment, regardless of the physical or mental decline that may occur with aging.

Alzheimer's Disease--The most common cause of dementia, Alzheimer's is a progressive, degenerative disease of the brain, characterized by loss of function and death of nerve cells in several brain areas, leading to loss of memory and learning.

Ambulatory--The ability to walk freely and independently. Not bedridden or hospitalized on a long-term basis.

Americans with Disabilities Act (ADA)--Passed by Congress in 1980, this law establishes a clear and comprehensive prohibition of discrimination on the basis of disability.

Assisted Living--Special combination of housing, personalized supportive services and health care designed to meet the needs — both scheduled and unscheduled — of those who need help with daily activities.
Assistive Device--Physical aid such as a cane, walker, wheelchair or hearing aid.

Caregiver--Primary person in charge of caring for an individual, usually a family member or a designated healthcare professional.

Case Management--Formal services planned by health care professionals.

Continuing Care Retirement Community (CCRC)—Senior community that offers several kinds of residences, including independent living, assisted living and skilled nursing care. CCRCs usually provide a written agreement or long-term contract between the resident (frequently lasting the term of the resident’s lifetime) and the community, which offers a continuum of housing, services and health care, commonly all on one campus or site.

Custodial Care--Non-medical care that helps individuals with his or her activities of daily living, preparation of special diets and self-administration of medication not requiring constant attention of medical personnel. Providers of custodial care are not required to undergo medical training.

Dementia--The loss of intellectual functions (thinking, remembering, reasoning) of sufficient severity to interfere with a person’s daily functioning. Not a disease itself, dementia is rather a group of symptoms that may accompany certain diseases or conditions. Symptoms may also include changes in personality, mood and behavior. Dementia is irreversible when caused by disease or injury, but may be reversible when caused by drugs, alcohol, depression, or imbalances of hormones or vitamins.

Developmental Disability (DD)--Affliction characterized by chronic physical and mental disabilities, which may include cerebral palsy, cognitive impairment, thyroid problems, seizures and quadriplegia.

Elder Care--Broad term that describes senior care services such as assisted living, adult day care, nursing care, hospice, and home care.

Functional Impairment--Requiring assistance with one or more personal care services including, but not limited to, bathing, dressing and undressing, meal preparation and clean up, grooming and toileting.

Gerontology--The scientific study of the biological, psychological and social effects of aging.

HIPAA (Health Insurance Portability and Accountability Act of 1996)--Law outlining the requirements a long-term care insurance policy must follow in order that paid premiums be deducted as medical expenses and unpaid benefits be considered taxable income. This act also has stipulations regarding privacy of medical information.

Home Health Care--Provision of medical and nursing services in the individual's home by a licensed provider. Medicare can cover this care, if it meets certain guidelines regarding a recent hospital stay.
Hospice--Care program that provides palliative and supportive services to terminally ill patients and their families in the form of physical, social and spiritual care.

Independent Living--Senior community with a residential living setting for seniors who require minimal or no extra assistance, this independent lifestyle may or may not provide hospitality or supportive services.

Living Will—Also called an Advance Directive is a written document stating, in advance, an individual's wishes concerning the use of life-saving devices and procedures in the event of terminal illness or injury, should the individual no longer be competent.

Long-Term Care--Broad term that describes care given in the form of medical and support services to people who, due to illness or injury, have lost some or all of their capacity to function without assistance.

Long-Term Care Insurance--Insurance that pays for a succession of caregiving services administered by a nurse or aide to the chronically ill and provided in a community or the individual’s home.

Medicaid--United States government health insurance program for eligible individuals and families with low income and resources. Income eligibility criteria must be met to qualify for Medicaid, which accounts for about 52 percent of the nation’s care costs. Medicaid is a state administered program and each state sets its own guidelines regarding eligibility and services.

Medicare--United States government health insurance program for individuals aged 65 and older, or for individuals who meet other special criteria. It also provides for hospital and skilled nursing care (called Medicare Part A) and physician services, therapies and home health care (called Medicare Part B).

Medigap--Private health insurance used to pay costs not covered by Medicare, such as deductibles and co-insurance.

Memory Care--Specialized programs dedicated to caring for patients needing memory care for dementia, Alzheimer’s or other cognitive impairments. Usually services and amenities are on site, with group activities and events included.

Non-ambulatory--Inability to walk independently. Usually bedridden or hospitalized.

Nursing Home--Provides 24-hour skilled care for residents who generally rely on assistance for most or all daily activities (such as bathing, dressing and toileting). One step below hospital acute care, state-licensed nursing homes are mandated to make regular medical supervision and rehabilitation therapy available, and are eligible to participate in the Medicaid program.
**Occupational Therapy**—Therapy based on the engagement in meaningful activities of daily life, especially to enable or encourage participation in such activities in spite of impairments or limitations in physical or mental functions.

**Ombudsman**—Government appointee who investigates complaints by private persons against the government. In a long-term care facility this person helps keep residents and their families informed of their rights and resolve complaints against the facility and/or staff.

**Palliative Care**—Any form of medical care or treatment that concentrates on reducing the severity of disease symptoms, rather than striving to halt, delay, or reverse progression of the disease itself or to provide a cure. The goal is to prevent and relieve suffering and to improve quality of life for people facing serious, complex and/or terminal illnesses.

**Physical Therapy**—Treatment of disease or injury by physical and mechanical means (as massage, regulated exercise, water, light, heat and electricity). Physical therapists plan and administer prescribed physical therapy treatments for patients to help restore their function and strength.

**Rehabilitation**—Therapeutic care for individuals requiring intensive physical, occupational or speech therapy, provided to restore them to a former capacity.

**Respite Care**—Services that provide caregivers with temporary relief from tasks associated with caregiving (e.g., home care services, short nursing home stays, adult day care).

**Skilled Nursing Care**—Level of care that includes services that can only be performed safely and correctly by a licensed nurse (either a registered nurse, RN or a licensed practical nurse LPN).

**Support Group**—Facilitated gathering of caregivers, family, friends or others affected by a disease or condition for the purpose of discussing issues related to the disease.

**Transfer**—To move a resident (or loved one) from one place to another — from the bed to a wheelchair, or from assisted living to skilled care.

**Transitional Care**—Type of care designed for those who are being discharged from an acute care situation, such as a hospital stay, but are not quite ready to return to their home. Short-term in nature, this care may be specialized for specific conditions and also includes rehabilitative services.

Glossary retrieved from: MySeniorCare, LLC
Website: [http://www.myseniorcare.com](http://www.myseniorcare.com)