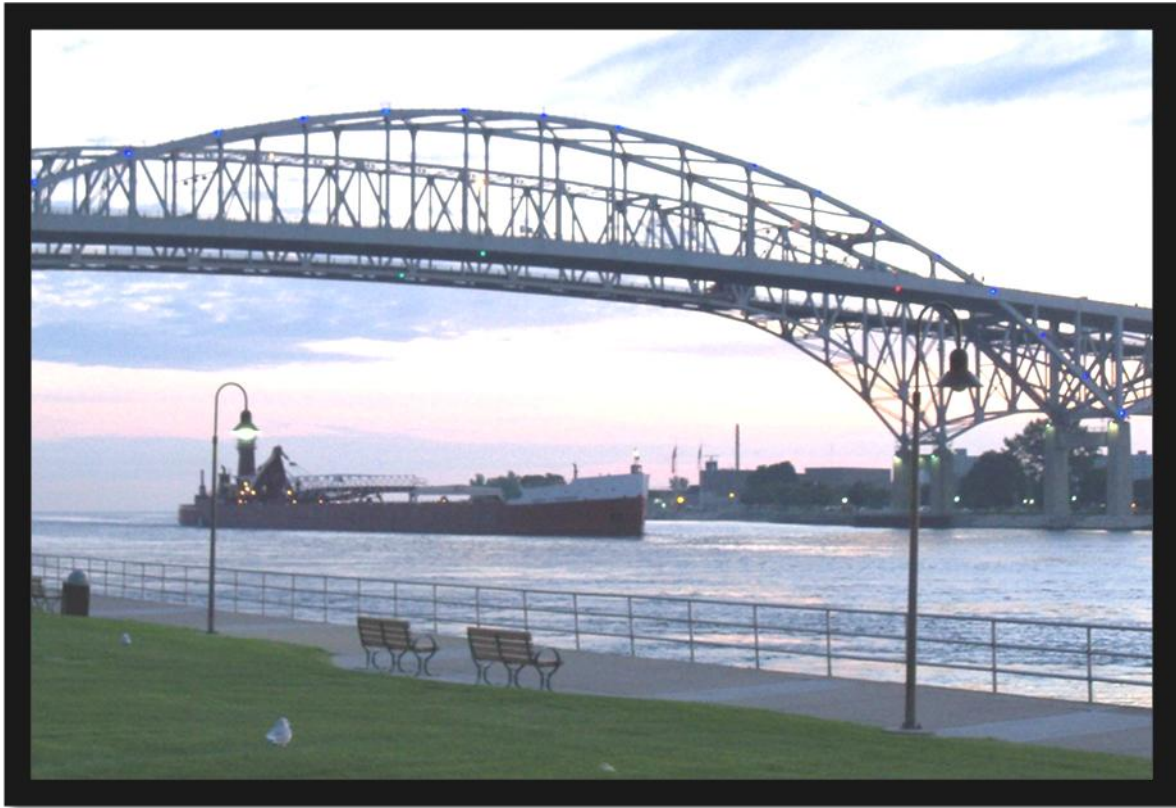


St. Clair County Senior Resource Guide

2016



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St. Clair County Senior Resource Guide

2016

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 Revisions are made periodically but information may be outdated or change at any time.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



Revised January, 2016

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 Hwy., Suite 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) 984-5061 or (800) 297-0099
Website: www.thecouncilonaging.org

DHS – Department of Human Services

220 Fort Street, Port Huron, MI 48060
Phone: (810) 966-2000
Website: www.michigan.gov/dhs

Downriver Community Services

Algonac Facility

555 St. Clair River Drive, Algonac, Michigan 48001
Phone: (810) 794-4917

Port Huron Facility

1011 Military Street, Port Huron, MI 48060
Phone: (810) 488-8000
Website: www.downrivercs.org

United Way ~ First Call for Help

1723 Military Street, Port Huron, MI 48060
Phone: (810) 985-7161
Website: www.uwstclair.org

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EMERGENCY PHONE NUMBERS

EMERGENCY ONLY—Ambulance/Fire/Police.....911

AMBULANCE (Non-Emergency)

Tri-Hospital EMS 810-985-7115

FIRE DEPARTMENTS (Non-Emergency)

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

POISON CONTROL 800-222-1222

POLICE DEPARTMENTS (Non-Emergency)

Michigan State Police 800-495-4677
St. Clair County Sheriff Department 810-987-1700
Algonac 810-794-9722
Capac 810-395-4351
Clay 810-794-9381
Marine City 810-765-4040
Marysville 810-364-6300
Memphis 810-392-2144
Port Huron 810-984-8415
St. Clair 810-329-5710
Yale 810-387-4201

ST. CLAIR COUNTY HEALTH DEPARTMENT

Environmental Health 810-987-5306
Flu Hotline 810-966-4161
Immunizations 810-987-5729

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.thecouncilonaging.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)

Alcohol Treatment Referral Hotline – 800-ALCOHOL

Cocaine Hotline – 800-COCAINE

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

Downriver Community Services, Inc.

- **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.downrivercs.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

Eastwood Clinics

132 Trumbull, St. Clair, MI 48079

Phone: 810-329-5340

Website: 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

Professional Counseling Center, P.C.

520 Superior Street, Port Huron, MI 48060

Phone: 810-984-4202

Website: 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

St. Clair County Community Mental Health

3111 Electric Avenue, Port Huron, MI 48060

Phone: 810-985-8900

Website: 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

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

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

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 & ALZHEIMER'S DISEASE

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.

Most of the services that you will need related to dementia or Alzheimer's disease is already included in this resource so we will direct you to those chapters.

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.

DEMENTIA & ALZHEIMER'S RESOURCES FOR CAREGIVERS CONT.

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.

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

Downriver Community Services, Inc.

- **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.downrivercs.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.

Department of Human Services: Adult Protective Services

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2173 or 810-966-2174

Toll-free: 855-444-3911 **24/7 hotline**

Website: www.michigan.gov/dhs



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 Community Health

Capital View Building

Phone: 517-373-3740

201 Townsend Street, Lansing, MI 48913

Toll-free: 800-882-6006

Website: www.michigan.gov/mdch

TDDY: 800-649-3777 or 711

Public Health Emergencies only: 517-335-9030

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 Servicers

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.

ELDER ABUSE STATE & NATIONAL RESOURCES CONTINUED

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.aoa.gov

Phone: 202-898-2586

Toll-free: 800-677-1116

e-mail: NCEA@nasua.org

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**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

Toll Free: 800-297-0099

Website: www.thecouncilonaging.org

- **Capac**

585 N. Main, Capac, MI 48014

Phone: 810-395-7889

Toll Free: 800-361-8877

- **Downriver**

403 N. Mary Street, Marine City, MI 48039

Phone: 810-765-3523

Toll Free: 800-779-4488

- **Yale**

3 First Street, Yale, MI 48097

Phone: 810-387-2162

Toll Free: 800-717-4422

Catholic Charities of Southeast Michigan - Port Huron office

2601 13th Street, Port Huron, MI 48060

Phone: 810- 987-9100

Website: www.ccsem.org

FINANCIAL ASSISTANCE LOCAL RESOURCES CONTINUED

Department of Human Services

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

Website: www.michigan.gov/dhs

Downriver Community Services, Inc.

- ***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.downrivercs.org

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

1723 Military Street, Port Huron, MI 48060

Phone: 810-985-8169 ext. 128

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.

Phone: (810) 987-8811

Council on Aging also has congregate meal sites, please call to verify times.

Current list of local food pantries:

<http://www.uwstclair.org/st-clair-county-food-pantries>

Current list of mobile food pantries:

<https://www.fbem.org/programs/mobile-food-pantry/mobile-food-pantry-delivery-schedule/>

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: <http://www.yourpersonalhomecare.com/>

Beacon Home Care

415 Quay Street, Port Huron, MI 48036

Phone: 810-966-3480

Website: <http://www.beaconcares.com/>

Comfort Keepers

942 Military Street, Port Huron, MI 48060

Phone: 810-987-4663

Website: <http://www.comfortkeepers.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: <http://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: <http://tcp4u2.com/>

Visiting Angels of St. Clair County

1530 Pine Grove Avenue, Suite 7, Port Huron, MI 48060

Phone: 810-966-2273

Website: <http://www.visitingAngels.com>

Visiting Nurse Association and Blue Water Hospice

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: <http://www.vnabwh.com/>

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, Ste 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

1320 Washington Avenue, Port Huron, MI 48060

Phone: 866-323-5974

Website: www.mclaren.org/homecaregroup

HOME HEALTH CARE AGENCIES CONTINUED

St. Joseph Mercy Home Care

505 Huron Avenue, Port Huron, MI 48060

Phone: 810-966-3040

Website: www.trinityhomehealth.com

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

HOME MAINTENANCE & REPAIR

HOME MAINTENANCE & REPAIR LOCAL RESOURCES

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

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

Bluewater Community Action

302 Michigan Street, Port Huron, MI 48060

Phone: 810-982-8541 - Toll Free: 877-627-0422

Website: www.bwcaa.org

WHEELCHAIR LIFTS & RAMPS LOCAL RESOURCES

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

Community Enterprises

1033 26th St, Port Huron, MI 48060

Phone: 810-982-3261

Website: www.cescc.org

Department of Human Services

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

Website: www.michigan.gov/dhs

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>.

HOSPICE LOCAL RESOURCES

Blue Water Hospice Home

2795 Edison, Marysville, MI 48040

Phone: 810-984-4131

Website: www.vnabwh.com

Great Lakes Caring

5221 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 800-311-5365

Website: www.greatlakescaring.com

McLaren Hospice

1320 Washington Avenue, 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

HOSPITALS & HEALTH CENTERS

HOSPITALS LOCAL RESOURCES

Lake Huron Medical Center

2601 Electric Avenue, Port Huron, MI 48060

Phone: 810-985-1500

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.

HEALTH CENTERS LOCAL RESOURCES CONTINUED

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 Dr, St. Clair
Phone: 810-561-8450
- **Yale Community Health Center & Veterans Medical Center**
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.

ADULT FOSTER CARE

Adult Foster Care (AFC) homes are residential settings that provide general supervision and personal care services for individuals 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 the Adult Services Unit of the Department of 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/dhs>. Search "Adult Community Placement" and locate licensed facilities within your selected county.

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 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: <http://www.barssinc.com/>

The Harrington Inn

1026 Military, Port Huron, MI 48060

Phone: 810- 985–5550

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.trinityseniorsanctuary.org

LOCAL FACILITIES CONTINUED

The Manor

305 Bard St, Port Huron, MI 48060

Phone: 810-982-3045

Wadhams Creek

5485 Smith Creek Rd, Kimball, MI 48074

Phone: 810-367-7192

Website: www.dandjhomecareinc.com

INDEPENDENT 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 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?

INDEPENDENT LIVING COMMUNITY LOCAL RESOURCES

Blue Water Lodge

2840 Keewahdin 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

INDEPENDENT LIVING COMMUNITY LOCAL 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.marwoodmanor.org

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: 810-329-3746

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

NURSING & REHAB FACILITIES INTERNET RESOURCES

Department of Licensing and Regulatory Affairs

Website: 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

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

Bree Manor

600 Bree Road D-1, Marine City, MI 48039

Phone: 810- 329-4994

Website: www.kmgprestige.com

Belle River Court

81393 Belle River #17, Memphis, MI 48041

Phone: 810-392-3274

Website: www.michiganhousinglocator.rentlinx.com

Desmond Village

721 Pine Street, Port Huron, MI 48060

Phone: 810- 984-3173

Website: www.rentlinx.com

Dorchester Court Apartments

2439 Dorchester Court, Port Huron, MI 48060

Phone: 810-966-8333

Website: www.dorchestercourtapps.com

SENIOR APARTMENTS LOCAL RESOURCES CONTINUED

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

Mallards Landing

4601 South River Road, East China, MI 48054

Phone: 810-329-7169

Website: www.mallardslanding.net

Marysville Housing Commission

Vicksburg Hall Apartments

1100 New York Avenue, Marysville, MI 48040

Phone: 810-364-4020

Website: www.marysvillehousing.org

Matteson Street Apartments

130 North Matteson, Capac, MI 48014

Phone: 810- 395-2698

Website: www.rentlinx.com

Northport Village

2631 Kraft Road, Port Huron, MI 48060

Phone: 810-987-1606

Website: www.rentlinx.com

Peru Village

710 Glenwood Ave, Port Huron, MI 48060

Phone: 810-984-3173

Website: www.rentlinx.com

Port Huron Housing Commission

905 7th Street, Port Huron, MI 48060

Phone: 810-984-3173

Website: www.phhousing.org

SENIOR APARTMENTS LOCAL RESOURCES CONTINUED

P & M Housing Services

17 17th 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: 810-987-5729

Website: 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.

LEGAL ASSISTANCE

Elder laws 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.

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.

LOCAL RESOURCES CONTINUED

St. Clair County Probate Court

201 Mc Morran 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 ESTATE PLANNING LAW OFFICES

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

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

William Schieman

1530 Pine Grove Suite 1, Port Huron

Phone: 810-982-0051

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 McMorrان 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.happyllaw.com

STATE AND NATIONAL LEGAL RESOURCES

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

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

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

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 McMorrان Boulevard, Port Huron, MI 48060
Phone: 810-985-2066

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

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: http://www.michigan.gov/osa/1,4635,7-234-43230_46224---,00.html

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 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.

Durable Medical Equipment Companies:

- Apria: 800-332-6900
- Binson's: 888-246-7667
- Ehardts: 810-359-5322/866-679-3900
- Hart Medical: 810-982-0700
- J&B Medical: 800-980-0047
- Lincare: 800-462-0514
- MedSupply: 866-633-7778
- Motor City: 800-929-0160
- Renaissance Medical: 800-743-4341
- Sheldon Medical: 800-341-3244
- Signature Medical: 586-783-8922
- Universal Medical Equipment & Resources: 800-354-0866

LOCAL LOAN CLOSETS

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

Availability is based on donations received

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

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

ORTHOTICS & PROSTHETICS

Able Orthopedics

2030 10th Street, Port Huron, MI 48060

Phone: 810-985-8006

Website: www.ableorthopedics.com

Comfort Prosthetics & Orthotics

140 S. Main, Yale, MI 48097

Phone: 810- 387-4710

Wright & Phillipis

46 24th Avenue, Fort Gratiot Township, MI 48059

Phone: 810-385-6330

Website: 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 covers 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, Ste 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.

MEDICARE/MEDICAID LOCAL RESOURCES CONTINUED

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 Human Services

State Medical Assistance Office

Phone: 800-642-3195

Website: www.michigan.gov/mibridges

Contact the MI Department of Community Health for more information on the Medicaid program.

- **St. Clair County Department of 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.

HEALTHY MICHIGAN PLAN

Some Michigan residents may be eligible for the Healthy Michigan Plan, a health coverage program that began on April 1, 2014. To be eligible for the Healthy Michigan plan, you must be:

- Ages 19-64
- Not currently eligible for Medicaid
- Not eligible for or enrolled in Medicare
- Not pregnant when applying for the Healthy Michigan Plan
- Earning up to 133% of the federal poverty level
- A resident of Michigan

For more information, visit www.HealthyMichiganPlan.org or call 855-789-5610.

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

3111 Electric Avenue, Port Huron, MI 48060

Phone: 810-985-8900

Website: www.scccmh.org

Crisis Line, available 24-hours a day: Toll Free: 888-225-4447

Toll Free TTY: 888-225-1973

Access Center for Non-Emergency Calls: Toll Free: 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

Downriver Community Services, Inc.

- **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.downrivercs.org

COUNSELING SERVICES CONTINUED

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.

PALLIATIVE LOCAL RESOURCES

Beacon Home Care

415 Quay Street, Port Huron, MI 48060

Phone: 810-966-3480

Website: www.beaconcares.com

Great Lakes Caring

5221 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 800-311-5365

Website: www.greatlakescaring.com

McLaren Home Care Group

1320 Washington Avenue, Port Huron, MI 48060

Phone: 866-323-5974

Website: www.mclaren.org/homecaregroup

St. Joseph Mercy Home Care

505 Huron Avenue, Port Huron, MI 48060

Phone: 810-966-3040

Website: www.trinityhomehealth.com

Visiting Nurse Association & Blue Water Hospice

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: www.vnabwh.com

To find out more information on palliative care or to find a provider near you, please visit the following websites: <http://www.michigan.gov/pm> or <http://www.mihospice.org>.

PHYSICAL FITNESS AND RECREATION

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

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: <http://thecouncilonaging.org>

Cutting Edge Health & Fitness

3520 Pine Grove Avenue, Port Huron, MI 48060
Phone: 810-966-0606

Elite Personal Fitness

10352 Gratiot Avenue, Columbus, MI 48063
Phone: 586-727-4411

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

LOCAL RESOURCES CONTINUED

Planet Fitness

4350 24th Avenue, Suite 504, Ft. Gratiot, MI 48059

Phone: 810-385-7400

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

YMCA of the Blue Water Area

Featuring Silver Sneakers Programs and much more

1525 3rd Street, Port Huron, MI 48060

Phone: 810-987-6400

Website: www.bluewaterymca.com

PRESCRIPTION ASSISTANCE

Many pharmaceutical companies offer patients discounted or free prescriptions. Examples of some of the resources available include: patient assistance programs, discount drugs 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, Ste 400, Southfield, MI 48034

Phone: 800-852-7795

Website: 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

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/

United Way of St. Clair County

1723 Military Street, Port Huron, MI 48060

Phone: 810-985-8169

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

SAFE PRESCRIPTION DRUG DISPOSAL CONTINUED

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 : 810-966-3160

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 Home

1300 Beard Street, Port Huron, MI 48060

Phone: 810-982-9500

Website: www.marwoodmanor.org

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

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

Bone and Joint Institute

600 Fort Street, Ste. 100, Port Huron, MI 48060

Phone: 810-987-9871

Website: 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

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

OUTPATIENT REHABILITATION CONTINUED

Munger Physical Therapy

4351 24th Avenue #1, Ft. Gratiot Twp. 48059

Phone: 810-385-7405

Website: 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

RESPIRE 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.

REFERRAL TO RESPIRE 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.thecouncilonaging.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**
600 Grand River Avenue, Port Huron, MI 48060
Phone: 810-984-5061
Toll Free: 800-297-0099
Website: www.thecouncilonaging.org
- **Capac**
585 N. Main, Capac, MI 48014
Phone: 810-395-7889
Toll Free: 800-361-8877
- **Downriver**
403 N. Mary Street, Marine City, MI 48039
Phone: 810-765-3523
Toll Free: 800-779-4488
- **Yale**
3 First Street, Yale, MI 48097
Phone: 810-387-2162
Toll Free: 800-717-4422

SOCIAL SECURITY & PENSIONS

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-americanpensions.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/>

Social Security Administration (SSA)

Phone: 800-772-1213
Website: <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/>

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

Department of Veterans Affairs
200 Grand River Ste 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

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

VFW Posts

- Algonac: 810-794-3033
- Emmett: 810-384-6586
- Port Huron 796: 810-982-0572
- Port Huron 8465: 810-982-6323

Directory of Veterans Service Organizations | Website: www.va.gov/vso/

STATE RESOURCES

Michigan Department of Military & Veterans Affairs | Website: www.michigan.gov/dmva

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

FEDERAL RESOURCES

U.S. Department of VA (Federal) | Website: <http://www.va.gov/>

NATIONAL & LOCAL ALLIED VETERAN CEMETERIES

Fort Custer
15501 Dickman Road, Augusta, MI 49012
Phone: 269-731-4164

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

Bereavement Counseling	1-202-461-6530
Civilian Health and Medical Program (CHAMPA)	1-800-733-8387
Caregiver Support	1-855-860-3274
Headstones and Markers	1-800-697-6947
Health Care	1-877-222-8387
Home Loans	1-888-827-3702
Life Insurance	1-800-669-8477
Pension Management Center	1-877-294-6380
Presidential Memorial Certificate Program	1-202-565-4964
Special Health Issues	1-800-749-8387
Veterans Crisis Line	1-800-273-8255 and Press 1 Website: www.veteranscrisisline.net

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.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).

Activity Director--Person in charge of planning group activities such as singing and art projects for residents of long-term care facilities.

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.

Administrator--Licensed professional who undertakes the duty of managing the day-to-day operations of a care community, such as a nursing home or assisted living facility.

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.

Assessment—AN evaluation usually performed by a physician, of a person's mental, emotional and social capabilities.

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.

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