

Alpena County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

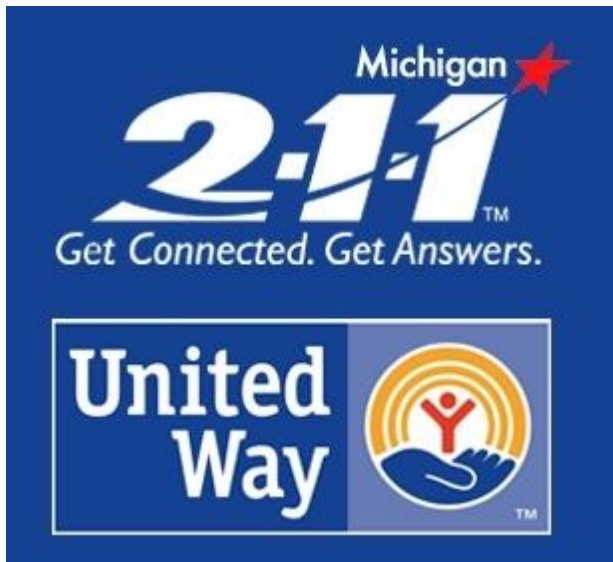
2022

Alpena
County
Community
Resource
Guide

[A guide to service in your community]

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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL 911

Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
Love is respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Domestic Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
Third Level Crisis Line	(800) 442-2846
Victim Connect (Stalking hotline)	(855) 484-2846

ADULT AGING SERVICES

McLaren Home Care Area on Aging	(866) 323-5974
Crisis Services for the Elderly	(800) 858-1637
HAP Senior Plus	(517) 483-7205
Meals on Wheels	(800) 868-3153
	(800) 632-7334

Medicare	(866) 323-5974
Medicare/Medicaid Assistance Program	(800) 803-7174
Social Security Administration	(800) 772-1213

Adult Day Services

District Health Department	(989) 356-4507
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Adult Foster Care

Holy Family Adult Foster Care	(989) 340-1360
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Alzheimer’s & Dementia Support

Alzheimer’s Association & Helpline	(800) 272-3900
Turning Brook	(989) 354-4200

Assisted Living

Besser Senior Living – Alpena	(989) 884-9787
Turning Brook – Alpena	(989) 354-4200
Sally’s Care Home – Alpena	(989) 354-2401
Sunshine Garden AFC – Alpena	(989) 356-3700
Tendercare Green View – Alpena	(989) 356-1030
Bethany AFC Home – Alpena	(855) 224-5130

ANIMAL SUPPORT

Alpena County Animal Control	(989) 354-9841
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Animal Shelters

Huron Humane Society	(989) 356-4794
Sunrise Veterinary Services	(989) 354-2241

DISABILITY RESOURCES

Autism Society of MI	(800) 328-8476
Children’s Special Healthcare Services	(800) 359-3722
Disability Network of Northern MI www.dnmichigan.org	(866) 869-8600
GiGi’s Playhouse (Downs Syndrome Resources)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Commission for the Blind	(800) 292-4200

Michigan Commission for the Deaf	(313) 437-7035
Muscular Dystrophy association	(800) 572-1717
Paralyzed Veterans of America	(800) 638-6782
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
The Family Center for Children and Youth with Healthcare Needs	(800) 359-3722
Vocational Rehab. Michigan Commission for the Deaf	(800) 257-4850

EDUCATION & TRAINING

American Red Cross	(800) 733-2767
Special Education and Early Intervention Services	(888) 320-8384

Adult Programs

American Red Cross	(800) 733-2767
Michigan Works RESA Adult Education Service Center	(989) 356-3339
Special Education & Early Intervention Services	(888) 320-8384
Tuition Incentive Program	(888) 447-2687

Childcare Centers & Preschools

All Saints Catholic Preschool	(989) 354-4911
Alpena Childcare and Development Center	(989) 354-3213

Colleges/Career Centers

Alpena Community College	(989) 356-9021
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Libraries

Alpena County Library	(989) 356-6188
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School Districts

ACES Academy – Alpena Public Schools Alternative Setting	(989) 358-5170
Alpena High School	(989) 358-5200
Lincoln Community School	(989) 358-5900

Youth Programs

Boys & Girls Club of Alpena	(989) 356-0214
STARBASE	(989) 354-6332

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911

American Red Cross	(800) 733-2767
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Law Enforcement

Alpena County Sheriff	(989) 354-9830
Alpena Police Department	(989) 354-1800
Michigan State Police Alpena Post	(989) 354-4101

EMPLOYMENT ASSISTANCE

Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Works! Northeast Consortium	(989) 356-3339
Michigan Veterans Affairs Agency	(800) 642-4838
Unemployment Office Hotline	(866) 500-0017

FINANCIAL ASSISTANCE

MSHDA: Step Forward	(866) 946-7432
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Tax Assistance

H&R Block Alpena, MI	(989) 356-1532
My Free Taxes www.myfreetaxes.com	
Thunder Bay Accounting	(989) 356-3222

FITNESS, RECREATION, & Rehabilitation

MI Rehab Services - Alpena	(989) 354-3108
Bay Athletic Club	(989) 356-5600
Freedom Recovery Center - Alpena	(517) 881-6199
Rehab Institute of MI	(313) 745-1203
Rehab. Services: RehabCentre - Alpena	(989) 356-7731
Sunrise Rehab. Centre - Alpena	(989) 356-6649
Zen 24 Hour Fitness Center LLC	(989) 340-0085

Parks & Recreation

Alpena Long Lake Park & Campground	(989) 595-2401
Alpena Pedal & Paddle Rental	(989) 884-1702

Bay View Park - Alpena (989) 354-1780
 Mich-e-ke-wis Park – Alpena (989) 354-1720

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Alpena Area Senior Citizens Council (989) 356-3585 ext 11
 American Red Cross (800) 733-2767
 Area On Aging (800) 858-1637
 Beaver Lake Church (989) 379-4123
 Department of Health & Human Services (989) 356-7200
 District Health Department #4, Alpena WIC Program (989) 356-4507
 Food Bank Council of Michigan (appt. only) and Emergency Services:
www.fbcmich.org/resources/find-a-foodbank
 Meals on Wheels (888) 370-7184
 New Life Christian Fellowship (989) 354-0095
 St. Bernard’s Friendship Room (989) 354-8018
 St. Vincent de Paul (989) 354-3671
 The Salvation Army (989) 358-2769
 Trinity Episcopal Church Alpena (989) 356-0576
 WIC (800) 942-1636

HEALTHCARE SERVICES

Centers for Disease Control & Prevention (800) 232-4636
 Children’s Special Healthcare Services (800) 359-3722
 Medicare (800) 633-4227
 Medicare/Medicaid Assistance Program (MMAAP) (800) 803-7174
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

Karmanos Cancer Institute (800) 527-6266
 McLaren Home Care (866) 323-2311
 Alcona Health Center (989) 356-4049
 Alpena Express Care & Family Practice (989) 356-2400

Medical Specialists of Alpena (989) 356-3485
 Michigan HIV/STD Hotline (800) 872-2437
 MidMichigan Pre Ambulatory COVID testing Center (989) 358-8100
 MidMichigan Physicians Group Family Medicine (989) 354-2142
 MyMichigan Medical Center-Alpena (989) 356-7000

Dental Resources

Dental Clinics North (866) 878-6547
 Dental Lifeline Network (517) 347-6994
 Michigan Donated Dental Services Program (800) 589-2632

Hearing Assistance

Miracle-Ear of Alpena, MI (989) 702-2251
 Relay Center for Deaf/Hard of Hearing 7-1-1
 Skoric Hearing Aid Center LLC (989) 793-7620

Medical Equipment & Loan Closets

Adaptive Environments – Home lifting systems (800) 355-5438
 ALS of Michigan (800) 882-5764
 Cheboygan County Council on Aging (231) 627-7234
 Lincare - CPAP supplies - Alpena (989) 356-2034
 Michigan Commission for the Blind (800) 292-4200
 Muscular Dystrophy Association (800) 572-1717
 One-Drop Diabetes Support & Supplies (800) 437-1474
 Paralyzed Veterans of America (800) 638-6782
 The National Federation of the Blind (586) 754-1325
 United Cerebral Palsy Michigan (800) 828-2714

Mental Health & Counseling Services

Access Alliance (800) 448-5498
 Behavioral Health Services– MidMichigan Medical Center-Alpena (989) 356-7242
 Boy Town National Hotline (800) 448-3000
 Catholic Human Services (989) 356-6385

Common Ground Crisis Line	(800) 231-1127
Narcotics Anonymous 24/7	(800) 230-4085
National Alliance on Mental Illness	(800) 950-6264
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
Problem Gambling Helpline	(800) 270-7117
RAINN (Rape & Incest National Network)	(800) 656-4673
SEMCA	(800) 686-6543
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	(800) 273-8255

Substance Abuse

Catholic Human Services	(989) 356-6385
CDC Hotline	(800) 232-4636
Freedom Recovery Center Alpena	(517) 881-6199
National Council on Alcoholism & Drug Dependence (NCADD)	(800) 622-2255
Narcotics Anonymous (NA) Hotline	(877) 338-1188
Northeast MI Community Mental Health	(989) 356-2161
SEMCA (Substance Abuse)	(800) 686-6543
Substance Abuse Hotline	(800) 662-4357
Substance Use Treatment Services	(800) 834-3393
Alcoholics Anonymous	(800) 356-9996

Urgent Care

Alcona Health Center	(989) 356-4049
Walk-In Care - Alpena	(989) 354-4406

Vision Assistance

Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301)-496-5248
Northern Eye	(989) 354-3171
Vision USA	(800) 766-4466

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
MSHDA: Step Forward	(866) 946-7432
Veterans TOLL Free Number	(800) 698-2411

Emergency Shelters & Warming Centers

Alpena American Red Cross	(800) 691-6059
Hope Shores Alliance	(800) 396 9129
Sunrise Mission-Alpena 90-day program	(989) 356-1277

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
NEMCSA Low Income Weatherization Program	(989) 358-4700
The Heat and Warmth Fund	(800) 866-8429

Low Income Housing

Action Agency	(800) 443-5518
Alpena County Home Improvement	(989) 354-9664
Department of Health & Human Services	(989) 354-7200
Habitat for Humanity	(989) 356-3509
Housing Commission	(989) 354-3567
HUD Rental Assistance	(800) 569-4287
NEMCSA (Northeast Michigan Community Service Agency)	(989) 356-3474
USDA Farm Service Agency (FSA) Service Center	(989) 345-5470

LEGAL ASSISTANCE

Center For Civil Justice	(800) 724-7441
Legal Services of Eastern Michigan	(800) 322-4512
Michigan Department of Civil Rights	(517) 335-3165
Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Social Security Administration	(800) 772-1213
Veterans TOLL Free number	(800) 698- 2411
Veterans Affairs Emergency number	(800) 273-8255

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line	(855) 427-2736
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Alpena Options Pregnancy Center (989) 354-6089
 Alpena School Success Program– NEMCSA (989) 358-4600
 Boys and Girls Club of Alpena (989) 356-0214
 Child and Family Services - Alpena (989) 356-4567
 Child Safety Seat Inspection (866) Seat-Check
 LA LECHE (800) 525-3243
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722
 Women’s Health Resource Line (800) 994-9662
 WIC (800) 942-1636

www.dnmichigan.org/cil-directory
 Epilepsy Foundation of Michigan (800) 377-6226
 Equality Michigan (313) 537-7000
 Haven Crisis Line (877) 922-1274
 Love is Respect Hotline (866) 331-9474
 Narcotics Anonymous 24/7 (800) 230-4085
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255
 National Domestic & Sexual Violence Helpline (800) 799-7233
 National Human Trafficking Resource Center (888) 373-7888
 Parkinson's (800) 852-9781
 Problem Gambling Help Line (800) 270-7117
 RAINN (Rape & Incest National Network) (800) 656-4673
 SEMCA (800) 686-6543
 Stop It Now! Hotline (888) 773-8368
 Substance Abuse Hotline (800) 662-4357
 Suicide Prevention (800) 273-8255
 WIC (800) 942-1636
 Women's Health Resource Line (800) 994-9662

PRESCRIPTION ASSISTANCE

Pharmacies

Le Fave Pharmacy and Home Medical Equipment (989) 354-3189
 Meijer Pharmacy (989) 844-6110
 Neiman’s Family Pharmacy (989) 356-2191
 Walgreens Pharmacy (989) 354-8784

Prescription Assistance

Elder Prescription Insurance Program (866) 755-6479
 LifeSource Direct (866) 340-4748
 MiRx Discount Card (866) 755-6479
 MMAP (800) 803-7174
 NeedyMeds (800) 503-6897
 Partnership for Prescription Assistance www.pparx.org
 RxAssist www.rxassist.org
 RX Outreach (800) 769-3880

SUPPORT GROUPS

ALS of Michigan (800) 882-5764
 Alzheimer’s Association and Helpline (800) 272-3900
 Area on Aging (800) 858-1637
 Common Ground Crisis Line (800) 231-1127
 Disability Network of MI (800) 782-4160

TRANSPORTATION

Area on Aging (800) 858-1637
 Auto Safety Hotline (888) 327-4236
 Child Safety Seat Inspection (866) Seat-Check
 Dial-A-Rid (989) 356-4596
 Karmano’s Cancer Institute (800) 527-6266
 Veterans TOLL Free Numbers (800) 698-2411
 American Cancer Society Road to Recovery (800) 227-2345

TRIBAL SERVICES

Alpena – Montmorency – Alcona Education Service District (989) 354-3101
 MDHHS Native American Affairs Office (517) 335-7782
 Michigan Department of Civil Rights (517) 335-3165
 Michigan Indian Employment and Training Services (800) 591-8820

Michigan Indian Legal Services (231) 947-0122
Michigan Indian Tuition Wavier - (800) 793-0660
Sault Ste. Marie MI
Michigan Indian Legal Services (231) 947-0122

VETERANS AFFAIRS

Area on Aging (800) 858-1637
CHAMPVA (800) 733-8387
CHAMPVA Meds by Mail (800) 385-0235
Michigan Veterans Affairs (800) 642-4838
Paralyzed Veterans of America (800) 638-6782
Support Services for Veteran (800) 632-7334
Families
Veterans Administration (800) 827-1000
Veteran's Crisis Hotline (800) 273-8255
available 24/7
VETERANS Toll Free numbers (800) 698-2411

VOLUNTEER OPPORTUNITIES

Alpena Senior Citizens Center (989) 356-3585
American Red Cross (800) 858-1637
Area on Aging (800) 858-1637
Food Bank council of Michigan (800) 552-4483
Youth Volunteer Corps of Alpena (989) 358-5245

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

Non-Urgent:	TeleHealth	Semi-Urgent:	Urgent:
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits)</u> Primary Care via Telehealth</p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.