

Presque Isle County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2022

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

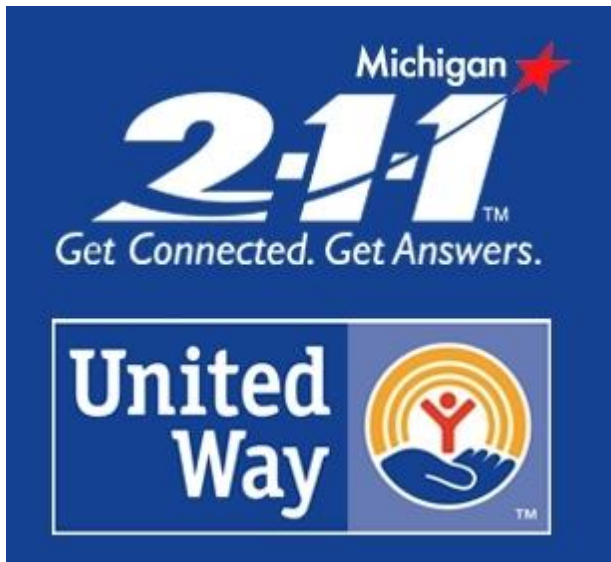
2022

Presque Isle
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1-2]
Animal Support	[2]
County & City Resources	[2]
Disability & Special Needs Resources	[2]
Education & Training	[2-3]
Emergency & Disaster Services	[2]
Employment Assistance	[3]
Financial Assistance	[3]
Fitness, Recreation & Rehabilitation	[3]
Food Pantries, Clothing & Household Assistance	[3-4]
Healthcare Services	[4-5]
Housing Assistance	[5]
Legal Assistance	[5]
Parenting & Pregnancy Resources	[6]
Prescription Assistance	[6]
Support Groups	[6]
Transportation	[6]
Tribal Services	[6]
Veterans Affairs	[6-7]
Volunteer Opportunities	[7]



ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES	911
Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Connect LGBTQ	(800) 834-3393
Department of Human Services (DHS) Presque Isle County	(989) 734-2108
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
Hope Shores Alliance	(989) 356-9650
LGBT Hotline	(212) 714-1141
Love Is Respect Hotline	(866) 331-9474
Michigan Domestic Abuse Helpline	(231) 347-0082
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Nursing Home Complaints – DCIS	(800) 882-6006
RAINN (Rape & Incest National Network)	(800) 656-4673
Sexual Violence (MCEDSV)	(517) 347-7000
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention	(800) 273-8255
Victim Connect (stalking hotline)	(855) 484-2846
Vulnerable Adult Help Line	(855) 444-3911

ADULT AGING SERVICES

McLaren Home Care	(866) 323-5974
Area Aging Region 9	(989) 356-3474
Community Center Rogers City	(989) 734-2958
Department of Human Services Antrim County	(231) 533-8664
Disability Network	(231) 922-0903
Eldercare services for the elderly	(800) 677-1116
HAP Senior Plus	(800) 868-3153
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance	(800) 803-7174
National Family Caregiver Support	(989) 358-4616
Onaway Senior Center	(989) 733-2559
Program (MMAAP) Lansing	(800) 803-7174
Presque Isle County Council on Aging	(989) 766-8191
Rogers City Area Seniors and Service Agency (NEMCSA)	(989) 358-4600
Social Security Administration	(800) 772-1213
Veterans Affairs	(844) 698-2311

Adult Day Services

Orchard Manor	(989) 766-2661
Sunrise Adult Care II	(989) 356-1304

Adult Foster Care

Angie's AFC	(989) 734-0124
Birch Lane Adult Foster Home	(989) 734-2989
Brege Home	(989) 734-7108
CJ's AFC Home	(989) 734-3744
Golden Beach Manor	(989) 734-3066
Nash Manor	(989) 733-8647
Orchard Manor AFC	(989) 766-2661
Paula's Care Home	(989) 595-2263
Posen AFC	(989) 766-8286
Srebniks	(989) 734-2917
Wiacek Care Home	(989) 766-9956
Windy Hill AFC Home Hawks	(989) 734-2786

Alzheimer's & Dementia Support

Alzheimer's Association of Catholic Human Services	(989) 356-6385
Alzheimer's Association & Helpline	(800) 272-3900

Presque Isle County (989) 766-8191
Commission on Aging

Assisted Living

Brege Home (888) 539-5370
Golden Beach Manor (866) 892-7533

ANIMAL SUPPORT

Elk County Animal Shelter (989) 785-3738
Presque Isle County Animal (989) 734-2156
Control

Animal Shelters

Cheboygan County Humane (231) 238-8221
Society

COUNTY & CITY RESOURCES

County Clerk's Office (989) 734-3288
County Election & Voting (989) 734-3288
Information
District Court (989) 734-2411
Friend of the Court Office (989) 734-4312
Health Department (989) 734-4723
Probate Court (989) 734-3268
Veterans Affairs Office (989) 734-0302

DISABILITY RESOURCES

Children's Special Healthcare (800) 359-3722
Services
Disability Network of MI (800) 782-4160
[www.dnmichigan.org/cil-
directory](http://www.dnmichigan.org/cil-directory)
Disability Network/Northern (231) 922-0903
Michigan Traverse City
Easter Seal Society (800) 292-2729
GiGi's Playhouse(Downs (847) 885-6149
Syndrome Resources)
March of Dimes (888) 663-4637
Medicare/Medicaid Assistance (800) 803-7174
Program
Michigan Commission for the (800) 292-4200
Blind

Michigan Commission for the 7-1-1
Deaf
Michigan Department of Health (989) 734-2108
and Human Services
Muscular Dystrophy association (800) 572-1717
Northeast Michigan (989) 356-2161
Community Mental Health
After Hours (800) 968-1964
Paralyzed Veterans of America (800) 638-6782
Social Security Administration (800) 772-1213
The Family Center for Children (800) 359-3722
and Youth with Healthcare
Needs
United Cerebral Palsy of MI (800) 828-2714
Veterans Affairs (844) 698-2311

EDUCATION & TRAINING

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

Adult Programs

IOSCO Regional Education (989) 305-8063
Service Agency
GED/High School Completion (989) 733-8548
Distance Learning

Childcare Centers & Preschools

Cardinal Beginnings Child Care (989) 733-4909
Center
Holy Cross Lutheran Church (989) 733-8412
Onaway Area Community (989) 733-4801
Schools Before/After School
Program
Onaway Early Childhood (989) 733-4904
Education
Rogers City Early Childhood (989) 734-4407
Education (Head Start)
Roger City Montessori (989) 734-2542
St. Ignatius Catholic School (989) 734-3443
St. John Lutheran (989) 734-3580
Tamyra Bober (989) 734-2170

Colleges/Career Centers

Alpena Community College (989) 356-9021
Industrial Arts Institute (989) 733-4369
MSU Extension (989) 734-2168

North Central Michigan College (231) 597-0322

Libraries

Grand Lake, Presque Isle (989) 595-5051
Millersburg (989) 733-4411
Onaway (989) 733-6621
Posen (989) 766-2233
Rogers City (989) 734-2477

School Districts

Onaway Area Schools (989) 733-2700
Posen Consolidated Schools (989) 766-2471
Presque Isle Academy (989) 733-6708
Rogers City Area Schools (989) 734-9100

Youth Programs

4-H (989) 734-2168

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911
American Red Cross (231) 947-7286
Center for Disease Control and Prevention (CDC) (800) 232-4636
Crisis line for Parents (989) 590-7811
Mental Health Crisis (989) 356-2161
Mental Health Crisis After Hours Crisis (800) 968-1964
National Runaway Safe line (800) 621-4000
Poison Control Center (800) 222-1222
Salvation Army Social Services (231) 627-9003

Law Enforcement

Department of Natural Resources (989) 733-8774
Michigan State Police (989) 354-4101
Onaway Police Department (989) 733-7755
Presque Isle County Sheriff (989) 734-2156
Rogers City Police Department (989) 734-2330

EMPLOYMENT ASSISTANCE

Michigan Department of Career Development/ Rehab services (989) 354-3108
Michigan Indian Employment and Training Services (800) 591-8820

Michigan Works Service Center Onaway (989) 733-8548
Northeast Michigan Rehabilitation & Opportunity Center (NEMROC) (989) 356-6141
Women’s Resource Center of Northern MI Education & Employment Services (231) 347-0082
Unemployment Office Hotline (866) 500-0017

FINANCIAL ASSISTANCE

MSHDA: Step Forward (866) 946-7432
Northwest Michigan Works Department of Health & Human Services (231) 922-3790 (989) 734-2108
Northeast MI Community Service Agency (NEMCSA) (989) 356-3474
Presque Isle County Veterans Affairs (989) 734-0302

Tax Assistance

My Free Taxes www.myfreetaxes.com
NEMCSA Income Tax (989) 358-4700

FITNESS, RECREATION & REHABILITATION

Thunder Bay Therapy & Sports Medicine Rogers City (989) 734-7607
VRC Rehabilitation (989) 742-2773
Physical Therapy- Rehabilitation Institute of MI (313) 745-1203

Parks & Recreation

Hoelt State Park Rogers City (989) 734-2543
Michigan Recreation & Parks Association (517) 485-9888
Onaway State Park (989) 733-8279
Thompson’s Harbor State Park (989) 734-2543

FOOD, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross Area on Aging (800) 733-2767 (800) 858-1637

Courtesy Club Food Pantry (989) 306-2562
 Department of Health & (989) 734-2108
 Human Services Rogers City
 Food Bank Council of Michigan
www.fbmid.org/resources/find-a-food-bank
 God Loves You! Food Pantry (989) 595-6073
 Meals on Wheels (800) 632-7334
 NEMCSA Food Programs (989) 358-4700
 Salvation Army Social Services (231) 627-9003
 Seconds on Third Thrift Store (989) 734-7306
 United Methodist Church of (989) 733-8811
 Onaway
 WIC Program (800) 942-1636

HEALTHCARE SERVICES

Centers for Disease Control (800) 232-4636
 and Prevention
 Children's Special Health (800) 359-3722
 HIV/STD Program Hotline (800) 872-2437
 MI Child Healthy Kids (888) 988-6300
 MI Enrolls (888) 367-6557
 Michigan Department of (989) 734-2108
 Health & Human Services
 Michigan Medicaid Health (517) 241-3740
 Plans
 Region 9 Area Agency on (989) 356-3474
 Aging/NEMCSA
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

McLaren Northern Michigan (231) 627-5601
 Hospital Cheboygan Campus
 McLaren Northern Michigan- (231) 627-1282
 Cheboygan Family & Internal
 Medicine
 McLaren Northern Michigan (989) 734-2171
 Rogers City Family Medicine
 McLaren Northern Cheboygan (231) 627-4364
 Campus Physical and
 Occupational Therapy
 McLaren Home Care & (866) 323-5974
 Hospice
 Karmanos Cancer Institute (800) 527-6266
 Alcona Health Center (989) 356-4049
 District Health Department #4 (989) 734-4723
 Mid-Michigan Medical Center (989) 356-7000

Thunder Bay Community (989) 733-2082
 Health Services

Dental Resources

Dental Center (877) 313-6232
 Onaway Family Dentistry (989) 733-8533
 Rogers City Dental (989) 734-2828

Hearing Assistance

Dr. Eimers Hearing Clinic (231) 445-9119
 Miracle-Ear Center (989) 354-4484
 Miracle-Ear Center (231) 627-9979
 Northern Hearing Services (989) 354-4289
 Relay Center for Deaf/Hard of 7-1-1
 Hearing
 Beltone/Skoric Hearing Aid (989) 793-7620
 Center Alpena/Cheboygan

Medical Equipment & Loan Closets

ALS of Michigan Equipment (800) 882-5764
 Michigan CPAP Bank (734) 232-3964
 Muscular Dystrophy (800) 572-1717
 Association
 Northern Michigan Veteran's (989) 732-3886
 Coalition Ext 4234
 Paralyzed Veterans of (800) 638-6782
 America-
 The National Federation of the (410) 659-9314
 Blind
 United Cerebral Palsy (517) 203-1200
 Michigan (800) 828-2714

Mental Health & Counseling Services

Alcona Health Center (989) 356-4049
 Behavioral Health Services (989) 356-6385
 Catholic Human Services
 Common Ground Crisis Line (800) 231-1127
 Freedom Recovery Center (517) 881-6199
 Addiction Services
 Hope Shores Alliance (800) 396-9129
 Mid-Michigan Medical Center (989) 356-7242
 Alpena- Behavioral Health
 Narcotics Anonymous 24/7 (800) 230-4085
 National Council on (800) 622-2255
 Alcoholism and Drug
 Dependence (NCADD)
 National Domestic & Sexual (800) 799-7233
 Violence Helpline

National Human Trafficking Resource Center	(888) 373-7888
Northeast Michigan Community Mental Health Problem Gambling Helpline	(989) 356-2161
24-hours, 7-days	
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

Urgent Care

Urgent Care & Occupational Health	(989) 354-4406
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Vision Providers

Alpine Eye Care	(231) 627-3169
Down Home Optometry	(989) 356-4231
Elowsky Eye Care Cheboygan	(231) 627-5666
Harkins & Karsten, O.D	(989) 734-3456
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301)-496-5248
Northern Eye Optical	(989) 356-4911
Robert J. Merrick, O.D	(231) 627-3171
Skiba Vision Center	(989) 356-9096
Thunder Bay Eye Care	(989) 356-3937
Wal-Mart Vision Center	(989) 354-7431
Wal-Mart Vision Center	(231) 597-9670

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
MSHDA: Step Forward	(866) 946-7432
Veterans TOLL Free Numbers	iris.custhelp.va.gov

Emergency Shelters & Warming Centers

Domestic Violence Service for Women Shelter Inc.	(989) 356-1277
	(989) 356-9650

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross	(800) 733-2767
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Area on Aging	(800) 858-1637
Department of Health & Human Services	(989) 734-2108
Northeast Michigan Community Service Agency	(989) 358-4713
Presque Isle County Home Improvement Program	(989) 734-4822
The Heat and Warmth Fund	(800) 866-8429
TrueNorth Heat and Energy Assistance Program (emPower)	(231) 355-5880

Low Income Housing

Action Agency	(800) 443-5518
Habitat for Humanity NE MI	(989) 354-5555
Harbor House Apartments	(989) 734-4754
Home Stretch	(231) 947-6001
HUD Rental Assistance	(800) 569-4287
Rental & Purchase NEMCSA Housing Programs	(866) 484-7077 Ext. 248
Presque Isle Apartments	(989) 734-7416
Rogers City Housing	(989) 734-7303
Commission/Hilltop Manor	
USDA Rural Development	(517) 324-5190

LEGAL ASSISTANCE

Center For Civil Justice	(800) 724-7441
Community Mediation Services Gaylord	(989) 732-1576
Friend of the Court Presque Isle Office	(989) 734-4312
Legal Aid	(888) 356-9009
Legal Services of Eastern Michigan	(800) 322-4512
Legal Services of Northern MI	(989) 356-9081
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 Numbers	iris.custhelp.va.gov

PARENTING/PREGNANCY RESOURCES

McLaren Northern Foundation Childbirth Education	(231) 487-4762
24-Hour Crisis Line	(800) 275-1995
Child and Family Services	(989) 356-4567
Child Safety Seat Inspection LA LECHE	(866) Seat-Check (800) 525-3243
Mid-Michigan Medical Center Childbirth Classes	(989) 356-7388
Parent Help Line 24-hour parent support	(855) 427-2736
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

PRESCRIPTION ASSISTANCE

Pharmacies

McLean Pharmacy Rogers City	(989) 734-4701
Rite Aid Pharmacy	(989) 734-7392
Thunder Bay Pharmacy	(989) 733-7037
Tom's Family Market Pharmacy	(989) 733-4106

Prescription Assistance Programs

Individuals with no prescription drug coverage	(800) 503-6897
NeedyMeds www.needymeds.org	
Information resource to locate medication assistance programs Partnership for Prescription Assistance	www.pparx.org
Michigan's Prescription Drug Discount Card- miRx	(866) 755-6479
RxAssist (SingleCare) Database of pharmaceutical company assistance programs	www.rxassist.org

WellCardRx Prescription Discount Card for uninsured and underinsured. (800) 562-9625

TRANSPORTATION

Area on Aging	(800) 858-1637
Auto Safety Hotline	(888) 327-4236
Child Safety Seat Inspection	(866) Seat-Check
Karmano's Cancer Institute	(800) 527-6266
Presque Isle County Council on Aging	(989) 766-2261
Thunder Bay Transportation Authority (Dial-A-Ride)	(989) 354-2487
Straits Regional Ride	(866) 731-1204
Veterans TOLL Free Numbers	iris.custhelp.va.gov

TRIBAL SERVICES

Michigan Department of Civil Rights	(517) 335-3165
Grand Traverse Bay Band of Ottawa & Chippewa Indians	(866) 534-7750
Michigan Indian Legal Services	(231) 947-0122
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Indian Tuition Waiver	(517) 241-7748
Sault Saint Marie Tribe of Chippewa Indians	(800) 793-0660
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

Area on Aging	(800) 858-1637
CHAMPVA	(800) 733-8387
Disabled American Veterans Rogers City	(877) 426-2838
Michigan Veterans Affairs	(800) 642-4838
Mi Works Services	(989) 732-3886
Paralyzed Veterans of America	(800) 638-6782
Presque Isle County	(989) 734-0302
Mi Works Services	(989) 732-3886

Veterans Administration (800) 827-1000
Veteran Affairs (844) 698-2311
Veteran's Crisis Line (800) 273-8255
Veterans TOLL Free iris.custhelp.va.gov
Numbers

VOLUNTEER OPPORTUNITIES

American Red Cross (800) 733-2767
Area on Aging (800) 858-1637
Food Bank Council of Michigan
www.fbmic.org/resources/find-a-food-bank
Habitat for Humanity (989) 354-5555
Northeast Michigan Presque (989) 766-8191
Isle County Council on Aging
United Way Alpena (989) 354-2221

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<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) Primary Care via Telehealth</u></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.