

Iosco County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

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County
Community
Resource
Guide

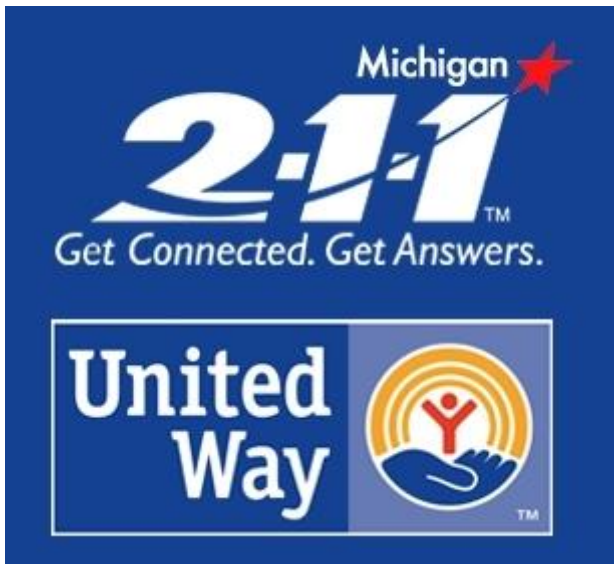
[A guide to services in your community]

2023

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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
Crisis Hotline	TEXT Home to 741741
Department of Health and Human Services	(989) 362-0300
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
Human Trafficking Hotline	(888) 373-7888
LGBT Hotline	(989) 356-2560
Love Is Respect Hotline	(866) 331-9474
Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)	(866) 864-2338
Narcotics Anonymous (24/7)	(800) 230-4085
National Child Abuse Hotline	(800) 422-4453
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Northshores Center	(989) 569-3772
RAINN (Rape & Incest National Network)	(800) 656-4673
Safe Center Crisis Hotline 24/7	(877) 952-7283
Stop It Now! Hotline	(888) 773-8368
Suicide Prevention Hotline	(800) 273-8255 Or 988
The Trevor Project (Youth LGBTQ crisis and suicide hotline)	(866) 488-7386
Third level Crisis Line	(800) 442-7315
Victim Connect (stalking hotline)	(855) 484-2846

ADULT AGING SERVICES

Alzheimer's Association and Helpline	(800) 272-3900
Department of Health and Human Services	(989) 362-0300
Disability Network of Mid Michigan	(989) 835-4041
Hale Senior Citizen Center	(989) 728-4251
HAP Senior Plus	(800) 868-3153
Iosco County Commission on Aging – Hale	(989) 728-6484
McLaren Home Care	(866) 323-5974
Meals on Wheels	(989) 728-6484
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Social Security Administration	(800) 772-1213
Tawas Senior Center	(989) 362-6892
Veterans Affairs	(989) 362-6571
Visiting Angels Living Assistance Services	(800) 365-4189

Assisted Living

Hale Creek Manor	(989) 728-1300
Harbors Assisted Living	(989) 362-4655
Iosco Medical Care Facility	(989) 362-4424
Medilodge of Tawas City	(989) 362-8645
Oscoda Fields Assisted Living & Memory Care	(989) 252-7532
Sherman Glen Manor	(989) 756-4730
Tawas Village	(989) 362-8420
Veteran Assisted Living	(866) 584-7191

DISABILITY & SPECIAL NEEDS

RESOURCES

Alcona Health Center	(989) 739-7927
Ascension St. Joseph Rehab Services Oscoda	(989) 739-6040
Autism Society of Michigan	(517) 882-2800
Bannister	
Children's Special Healthcare Services	(800) 359-3722
Disability Network of MI	(989) 835-4041
Epilepsy Foundation of Michigan	(800) 377-6226
GiGi's Playhouse (Downs Syndrome Resources)	(847) 885-6149
Huntington's Disease	(800) 909-0073
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Alliance for Families	(800) 552-4821

Michigan Commission for the Blind (800) 292-4200
 Michigan Commission for the Deaf (800) 482-3604
 Michigan Department of Health and Human Services (989) 362-0300
 Michigan Dept. of Education-Office of Special Education & Early Intervention Services (888) 320-8384
 Michigan Disability Network Directory

www.dnmichigan.org/cil-directory

Michigan Works! Region 7B (989) 362-6407
 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 & Youth with Special Healthcare Needs (800) 359-3722
 United Cerebral Palsy of MI (800) 828-2714
 Vocational Rehabilitation Michigan Commission for the Deaf (800) 257-4850

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911
 American Red Cross (800) 733-2767
 Barton City Volunteer Fire (989) 736-3807
 Center for Disease Control (CDC) (800) 232-4636
 Curtis Township Fire Department Glennie (989) 735-3402
 East Tawas Fire Department (989) 362-3685
 Grant Township Fire Hall (989) 469-2441
 Iosco County Central Dispatch (989) 362-1430
 Iosco County EMS East Tawas (989) 362-5534
 Iosco County Sheriff's Office Tawas City (989) 362-6164
 Oscoda Fire Department (989) 739-9113
 Oscoda Police Department (989) 739-9111
 Plainfield Township Fire Department - Hale (989) 728-4325
 Poison Control (800) 222-1222
 Suicide Prevention Hotline (800) 273-8255
 Tawas Police Authority (989) 362-1430

FINANCIAL ASSISTANCE

Department of Health and Human Services (989) 362-0300
 MSHDA (855) 646-7432
 NEMCSA - Alpena (866) 484-7077

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
 Community Food Giveaway Oscoda (989) 739-5406
 District Health Department Tawas City (989) 362-6183
 East Tawas Church of Nazarene – Food Pantries (989) 362-2955
 Food Bank Council of Michigan
www.fbcmich.org/resources/find-a-food-bank
 Good News Lutheran Church (989) 756-2159
 Goodwill - Oscoda (989) 569-3860
 Hale Area Fish Food Pantry (989) 728-6991
 Harrisville UMC (989) 724-6266
 Iosco County Committee on Aging - Hale (989) 728-6484
 Meals on Wheels - Hale Region 9 Area on Aging (989) 728-6484
 Alpena (866) 484-7077
 St. Vincent De Paul (989) 736-6271
 Mikado
 Tawas Senior Center (989) 362-6892
 The Salvation Army Family Thrift Store – East Tawas (989) 984-5160
 WIC – Tawas City (989) 362-6183

HEALTHCARE SERVICES

Center for Disease Control (CDC) (800) 232-4636
 Children's Special Healthcare Services (800) 359-3722
 Huntington's Disease (800) 909-0073
 Karmanos Cancer Institute (800) 527-6266
 McLaren Homecare and Hospice (866) 323-5974
 Parkinson's Disease (800) 852-9781
 Veteran Affairs (844) 698-2311

Clinics & Hospitals

Alcona Health Center (989) 739-2550
 Ascension St. Joseph Hospital (989) 362-3411
 District Health Department (989) 362-6183
 Iosco County Medical Care Facility (989) 362-4424
 Karmanos Cancer Institute (800) 527-6266
 McLaren Homecare and Hospice (866) 323-5974
 Michigan HIV/STD Hotline (800) 872-2437
 Sterling Area Health Center – Hale Clinic (989) 728-2800

Dental Resources

Alcona Health Center Dental (989) 739-7927
 Huron Coast Dental (989) 362-6159

Michigan Donated Dental Services Program (800) 589-2632
 Mobile Care Group dental care for homebound / nursing & assisted care facilities (248) 809-6398
 Riverside Family Dentistry (989) 739-5255
 Sunrise Side Dental Center Harrisville (989) 736-8422

Hearing Resources

Beltone Hearing (989) 310-2055
 Hear USA – Tawas City (989) 362-8196
 Miracle Ear (989) 270-0619
 Relay Center for Deaf/Hard of Hearing 7-1-1
 Schell Hearing Aid Services Tawas City (989) 569-7723

Medical Equipment & Loan Closets

Adaptive Environments -Home lifting systems (800) 355-5438
 ALS of Michigan (800) 882-5764
 Beltone Hearing -Tawas City (866) 455-4922
 Disability Network of Mid-Michigan (989) 835-4041
 GiGi’s Playhouse (847) 885-6149
 Michigan Assistive Technology Loan Fund – East Lansing (800) 828-2714
 Michigan CPAP Bank CPAP, BiPAP, ASV, AVAPS & supplies (734) 232-3964
 Muscular Dystrophy Association (800) 572-1717
 One-Drop Diabetes Support & Supplies (800) 437-1474
 Paralyzed Veterans of America-MI (800) 638-6782
 The National Federation of the Blind - Michigan (586) 754-1325
 United Cerebral Palsy Michigan (800) 828-2714

Mental Health & Counseling Services

Access Alliance – Bay City (800) 448-5498
 AuSable Valley CMH Services (989) 362-8636
 Boys Town National Hotline (800) 448-3000
 Common Ground Crisis Line (800) 231-1127
 Military One Source (800) 342-9647
<https://www.militaryonesource.mil>
 Narcotics Anonymous 24/7 (800) 230-4085
 National Alliance on Mental Illness Lansing (517) 485-4049
 National Council on Alcoholism and Drug Dependence NCAAD (800) 622-2255
 National Domestic and Sexual Violence Helpline (800) 799-7233

National Human Trafficking Resource Center (888) 373-7888
 Problem Gambling Helpline (800) 270-7117
 RAINN Rape and Incest National Network (800) 656-4673
 SEMCA - Synergy (800) 686-6543
 Stop It Now! Hotline (888) 773-8368
 Substance Abuse Hotline (800) 662-4357
 Suicide Prevention (800) 273-8255
 Or 988

Pharmacies & Prescription Assistance

Elder Prescription Insurance Program (866) 755-6479
 Gilberts Drug Store -Oscoda (989) 739-7585
 Meijer Pharmacy – West Branch (989) 787-3040
 Michigan Medicare/Medicaid Assistance Program (800) 803-7174
 MiRx Discount Card (866) 755-6479
 NeedyMeds (800) 503-6897
 Partnership for Prescription Assistance www.pparx.org
 Rite Aid Pharmacy, Oscoda (989) 739-4255
 Rite Aid Pharmacy, Tawas (989) 362-3439
 RxAssist - www.rxassist.org
 Sav-Mor Pharmacy - Tawas (989) 362-3311
 Tawas Pharmacy – Tawas City (989) 362-3311
 Walmart Pharmacy – Tawas City (989) 984-0924

Rehabilitation

Adapt Physical Therapy - Hale (989) 728-5555
 Ascension St. Joseph Rehab Services Oscoda (989) 739-6040
 Lakeview Manor Healthcare Center – Tawas City (989) 362-2211
 Michigan Rehabilitation Service Tawas City (989) 362-0010
 Rehabilitation Institute of MI Detroit (313) 745-1203

Substance Abuse

Addictions & Drug Abuse Referral Hotline – SAMHSA (800) 662-4357
 Alcoholics Anonymous – National CDC Hotline (800) 356-9996
 (800) 232-4636
 District 26 – Area 32 (866) 277-0015
 Narcotics Anonymous (NA) Hotline – MI Region (800) 230-4085
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255
 SEMCA Substance Abuse - Synergy (800) 686-6543
 Substance Use Services - Gaylord (800) 834-3393

Urgent Care

Alcona Health Center - Oscoda	(989) 739-2550
Ascension St Joseph Walk in Clinic – Tawas City	(989) 362-1015
Great Lakes Family Medicine Au Sable Charter Twp.	(989) 739- 5691
Huron Shores Walk In Clinic	(989) 362-6426

Vision Assistance

Fraser Optical - Oscoda	(989) 739-2020
Great Lakes Eye Institute	(989) 362-4401
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301)-496-5248
New Vision Family Eyecare East Tawas	(989) 362-3478
Tawas Bay Optical	(989) 362-9546
Wal-Mart Vision Center – West Branch	(989) 343-1309
Wal-Mart Vision Center-Alpena	(989) 354-7431
Wal-Mart Vision Center-Tawas	(989) 984-0854
West Branch Eyecare	(989) 345-2020

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Area on Aging	(800) 858-1637
East Tawas Housing Commission	(989) 362-4963
Habitat for Humanity NE MI - Alpena	(989) 354-5555
Heat and Warmth Fund	(800) 866-8439
HUD Rental Assistance	(800) 569-4287
MSHDA - Lansing	(855) 646-7432
Oscoda Shores -Oscoda	(989) 756-3106
USDA Rural Development – East Lansing	(517) 324-5190
Veterans TOLL Free Numbers	www.ask.va.gov (800) 698-2411

Emergency Shelters & Warming Centers

American Red Cross	(800) 733-2767
East Tawas Housing Commission	(989) 362-4963
MSHDA - Lansing	(855) 646-7432
Northeast Michigan Community Service Agency -Alpena	(989) 358-4678 (866) 484-7077

LEGAL ASSISTANCE

81 st District Court	(989) 362-4441
Center for Civil Justice	(800) 724-7441
Iosco Circuit Court Administration	(989) 362-3485
Iosco County Friend of the Court	(989) 362-2573

Legal Services of Eastern Michigan - Flint	(800) 322-4512
Legal Services of Northern Michigan – Gaylord	(989) 705-1067
Michigan 211 Northeast Michigan	(888) 636-4211
Michigan Department of Civil Rights - Lansing	(517) 335-3165
Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Military One Source	(800) 342-9647
https://www.militaryonesource.mil	
Social Security Administration	(800) 722-1213
Veterans TOLL Free numbers	ask.va.gov (800) 698-2411

LIBRARIES

Iosco-Arenac District Library	(989) 362-2651
Oscoda Township Library	(989) 739-9581
Tawas City Library	(989) 362-6557

PARENTING & PREGNANCY RESOURCES

24-Hour Crisis Line	(800) 275-1995
Carol’s Baby Pantry Oscoda (2 nd & 4 th Tuesday of the month)	(989) 820-5786
Child Safety Seat Inspection	(866) SEAT-CHECK
Harbor Lights Caring Pregnancy Center	(989)305-6308
LA LECHE	(800) 525-3243
Michigan Alliance for Families	www.michiganallianceforfamilies.org/maf-offices/
Michigan Department of Health and Human Services E. Tawas	(989) 362-0300
Military One Source	(800) 342-9647
https://www.militaryonesource.mil	
Northeast Michigan Region 9 Community Service Agency (NEMCSA)	(866) 484-7077
The Family Center for Children and Youth with Special Health Care Needs	(800) 359-3722
WIC E. Tawas	(989) 362-0300
WIC Michigan	(800) 942-1636
Women’s Health Resource Line	(800) 994-9662

SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
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Alzheimer's Association and Helpline	(800) 272-3900
Au Sable Community Mental Health AA/NA Meetings Oscoda	(989) 739-1469
Autism Society of MI	(800) 328-8476
Common Ground Crisis Line	(800) 231-1127
Compassionate Friends (Parent's Grief Group)	(877) 969-0010
Disability Network of MI	(800) 782-4160
www.dnmichigan.org/cil-directory	
Epilepsy Foundation of Michigan (Support Group)	(800) 377-6226
Equality Michigan	(313) 537-7000
Haven Crisis Line	(877) 922-1274
LGBT Hotline	(888) 243-7243
Love is Respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
Tawas	(989) 362-8636
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
Northeast Michigan Region 9 Community Service Agency (NEMCSA)	(866) 484-7077
Parkinson's	(800) 852-9781
Problem Gambling Help Line	(800) 270-7117
Rape and Incest National Network (RAINN)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Hotline	9-8-8
Suicide Prevention	(800) 273-8255
The Quick Ramp for Kids Program Ramps and Wheelchairs Michigan	(248) 557-5070
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

American Cancer Society Road to Recovery	(800) 227-2345
Barclay Ranch Public Transportation Hale	(989) 728-6954
Child Safety Seat Inspection	(866) SEAT-CHECK
Greyhound Bus Station Tawas	(989) 962-6120
Iosco County Veterans Affairs	(989) 362-6571
Iosco Transit E. Tawas	(989) 362-8108

Karmanos Cancer Institute	(800) 527-6266
Region 9 Area on Aging	(866) 484-7077

TRIBAL SERVICES

Little Traverse Bay Band of Odawa Indians	(231) 242-1400
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Department of Civil Rights	(517) 335-3165
Michigan Indian Employment & Training	(800) 591-8820
Michigan Indian Legal Services	(231) 947-0122
Michigan Indian Tuition Waiver	(517) 241-7748
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

CHAMPVA	(800) 733-8387
Iosco County Veterans Affairs	(989) 362-6571
Michigan Veterans Affairs	(800) 642-4838
Military One Source	(800) 342-9647
https://www.militaryonesource.mil	
Northeast Michigan Region 9 Community Service Agency (NEMCSA)	(866) 484-7077
Paralyzed Veterans of Michigan	(800) 638-6782
Veterans Administration	(800) 827-1000
Veterans Affairs National	(844) 698-2311
	(800) 698-2411
Veterans Clinic Oscoda	(989) 747-0026
Veterans Crisis Line	(800) 273-8255

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 <u>Primary Care Physician</u></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 <u>McLaren Now App</u> mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your <u>Primary Care Physician</u> 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.