

# Oscoda County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

Oscoda  
County  
Community  
Resource  
Guide

[A guide to services in your community]

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**ABUSE & PROTECTIVE SERVICES**

<b>EMERGENCY SERVICES</b>	<b>911</b>
Children & Adult Protective Services (CPS)	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Department of Human Services	(989) 826-4000
Domestic & Sexual Violence	(517) 347-7000
HAVEN Crisis Line	(877) 922-1274
Love is Respect Hotline	(866) 331-9474
National Domestic Violence Helpline	(800) 799-7233
Police Department	TTY: (800) 787-3224
Rape & Incest National Network	(989) 739-9113
RAINN	(800) 656-4673
River House – Emergency Shelter (for Women and Children)	(888) 554-3169
The Trevor Project (Youth LGBTQ Crisis and Suicide line)	(866) 488-7386
Third Level Crisis Line	(800) 442-7315
Victim Connect (stalking hotline)	(855) 484-2846

**ADULT AGING SERVICES**

Alpena SSA	(877) 452-4195
Area Agency on Aging	(989) 356-3474
Council on Aging	(989) 826-3025
Department of Human Services	(989) 826-4000
Disability Network/Northern Michigan	(231) 922-0903
District Health Department West Branch	(989) 345-5020

District Health Department: Tawas	(989) 362-6183
Home Delivered Meals	(989) 739-3781
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program (MMAP)	(800) 803-7174
Northeast Michigan Community Service Agency	(989) 356-3474
Oscoda County Counsel on Aging	(989) 826-3025
Oscoda/AuSable Senior Center	(989) 739-3781
Social Security Administration	(800) 772-1213

**Assisted Living**

Harbors Independent Living	(989) 362-4655
Horizon Senior Living I	(866) 896-1347
Oscoda Fields Assisted Living	(989) 569-6766
River Bend AFC Home	(989) 739-3823
Senior Care	(866) 333-6002

**DISABILITY & SPECIAL NEEDS**

**RESOURCES**

Autism Society	(800) 328-8476
Disability Network of MI	(800) 782-4160
GiGi’s Playhouse (Downs Syndrome Resources)	(847) 885-6149
MI State Housing Development Authority	(855) 646-7432
Michigan Alliance for Families	(800) 552-4821
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(313) 437-7035
TTY:	(877) 499-6232
Muscular Dystrophy Association	(800) 572-1717
NEMCSA-Self Sufficiency Program	(989) 358-4653
Northern Lakes CMH Authority	(800) 492-5742
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy of MI	(800) 872-5827

**EMERGENCY & DISASTER SERVICES**

<b>EMERGENCY SERVICES</b>	<b>911</b>
American Red Cross	(800) 733-2767
Department of Human Services	(989) 826-4000
Luzerne Fire Department	(989) 826-3687

Oscoda County Emergency Medical Services	(989) 826-1131
Oscoda Police Department	(989) 739-9111
Oscoda Sheriff's Office	(989) 826-3214
Oscoda Township Police	(989) 739-9113
Poison Control	(800) 222-1222
State Police Department	(989) 345-4101
Suicide Prevention	(800) 273-8255

### **FINANCIAL ASSISTANCE**

Development Account	(989) 356-3474
Health and Human Services	(989) 826-4000
MSHDA: Step Forward	(855) 646-7432
NEMSCA- Individual	(989) 358-4653
Development NEMSCA-Youth Individual	

### **FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE**

American Red Cross	(800) 733-2767
Area on Aging	(989) 356-3474
Department of Human Services-Mio	(989) 826-4000
Living Water Lutheran Church	(989) 826-1688
Northeast Michigan Community Service Agency- Serving Oscoda County	(989) 356-3474
Oscoda Assembly of God	(989) 739-5406
SVDP Mikado	(989) 736-6271
The Emergency Food Assistance Program	(989) 358-4700
Tripoint Church of God	(989) 848-5247

### **HEALTHCARE SERVICES**

Ausable Free Clinic	(989) 348-0740
Center for Disease Control and Prevention (CDC)	(800) 232-4636
Children's Special Healthcare Services	(800) 359-3722
District Health Department	(989) 826-3970
Michigan Department of Health and Human Services -HIV Hotline	(800) 872-2437
Trans Lifeline	(877) 565-8860

### **Clinics & Hospitals**

Karmanos Cancer Institute	(800) 527-6266
McLaren Bay Center for Rehabilitation	(989) 667-6600
McLaren Bay Hospital	(989) 894-3000
McLaren Bay Occupational Health & Convenient Care	(989) 393-2850
McLaren Northern Michigan, Physical Medicine - Gaylord	(231) 348-3283
McLaren Primary Care Inc.	(989) 826-3271
McLaren Primary Care Inc.- Rose City	(989) 685-2333
Mio Primary Care	(989) 344-5820

### **Dental Resources**

Dental Lifeline Network (low income; severe problems only)	(303) 534-5360
Michigan Donated Dental Service Programs	(517) 346-9454
Mio Family Dentistry	(989) 826-6262
Oscoda Dental Services	(989) 739-7927
Rose City Dental	(989) 685-8668

### **Hearing Assistance**

Beltone Skoric Hearing Aid	(866) 455-4922
Hearing USA	(989) 362-8196
Miracle Ear Hearing Aid Center	(989) 270-0619
Relay Center for Deaf/Hard of Hearing	(844) 578-6563 7-1-1

### **Medical Equipment & Loan Closets**

Adaptive Environments-Home lifting Sysytem	(800) 355-5438
ALS of Michigan	(800) 882-5764
Commission on Aging- Wheelchairs, shower chairs, walkers, etc.	(989) 826-3025
GiGi's Playhouse	(847) 885-6149
Michigan Assistive Technology Loan Fund	(800) 827-4843
Michigan CPAP Bank, BiPAP, ASV, AVAPS and supplie	(734) 232-3964
Muscular Dystrophy Association- Medical equipment loan closets	(800) 572-1717
One-Drop Diabetes Support & Supplies	(800) 437-1474
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy Michigan	(800) 828-2714

## Mental Health & Counseling Services

AuSable Valley Community Mental Health	(989) 826-3208
Boys Town National Hotline	(800) 448-3000
Common Ground Crisis Line	(800) 231-1127
Military One Source	(800) 342-9647
Narcotics Anonymous 24/7	(800) 230-4085
National Alliance on Mental Illness	(800) 950-6264
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
National Suicide Prevention-24 Hour Crisis Hotline	(800) 273-8255
Problem Gambling Helpline	(800) 270-7117
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Veterans Crisis Hotline	(800) 273-8255

## Pharmacies & Prescription Assistance

HomeTown Pharmacy	(989) 728-9711
LifeSource Direct Rx	(866) 340-4748
Discount Card-Under and Uninsured	
MiRx Discount Card	(866) 755-6479
MMAP	(800) 803-7174
Partnership for Prescription Assistance	www.pparx.org
Rite Aid Pharmacy Lewiston	(989) 786-2239
Rite Aid Pharmacy Mio	(989) 826-3737
Rx Assist	www.rxassist.org
RX Outreach	(800) 769-3880

## Rehabilitation

Adapt Physical Therapy	(989) 728-5555
American Physical Therapy	(989) 826-6830
ARMC PT Clinic	(989) 739-0200
My Michigan Health Rehabilitation Services	(989) 739-0200

## Substance Abuse

Alcoholics Anonymous	(800) 356-9996
CDC Hotline	(800) 232-4636
Narcotics Anonymous (NA) Hotline	(800) 230-4085

National Council on Alcoholism and Drug Dependence (NCADD) Substance Abuse Hotline	(800) 622-2255
Sunrise Centre - Alpena	(800) 662-4357
	(989) 356-6649

## Urgent Care

Alcona Health Center	(989) 739-2550
Ascension St Joseph Huron Shores Walk-In Clinic	(989) 362-6426
Huron Shores -Ascension	(989) 362-6426
Ossineke Clinic	(989) 471-2156

## Vision Providers

Fraser Optical	(989) 739-2020
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248
New Vision Family Eyecare	(989) 362-3478
Ogemaw Eye Institute	(989) 345-8113
SVS Vision Optical Centers	(989) 345-3680

## HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Area on Aging	(989) 356-3474
Habitat for Humanity	(989) 848-2200
Health and Human Services	(989) 826-4000
Heat and Warmth Fund	(800) 866-8429
Home Stretch	(231) 947-6001
Housing & Education	(989) 826-1167
HUD Rental Assistance	(800) 569-4287
North West Action Agency	(989) 356-3474
Oscoda County Housing Program	(989) 826-1167
The Heat & Warmth Fund	(800) 866-8429
USDA Rural	(517) 324-5190

## Emergency Shelters & Warming Centers

Lydia's Gate	(989) 826-5588
Sunrise Mission	(989) 356-1277
Women's Resource Center of Northern Michigan	(231) 347-0082

## **LEGAL ASSISTANCE**

Antrim Veterans Counselor	(231) 533-8499
Center for Civil Justice	(800) 724-7441
Legal Hotline for Seniors	(800) 347-5297
Legal Services of Northern Michigan*- civil matters (non-criminal) to eligible low income	(800) 872-8432
Long Term Care Ombudsman Program	(866) 485-9393
Michigan Legal Self-Help Center of Oscoda County	(989) 826-3613
Michigan Senior Legal Hotline	(866) 400-9164
Social Security Administration	(800) 772-1213

## **LIBRARIES**

Oscoda County Library	(989) 826-3613
Robert J Parks Library - Oscoda, MI	(989) 739-9581
Robert J Parks Library- Fairview Branch	(989) 848-0994

## **PARENTING/PREGNANCY RESOURCES**

24-Hour Crisis Line	(800) 275-1995
Child Safety Seat Inspection	(866) Seat-Check
Children's Special Healthcare Services	(800) 359-3722
Great Start Collaborative	(989) 275-9566
His Love Family Resources	(989) 826-5817
LA LECHE	(800) 525-3243
Michigan Alliance for Families	(800) 552-4821
WIC	(800) 942-1636
Women's Resource Center of Northern MI	(800) 275-1995

## **SUPPORT GROUPS**

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Autism Society	(800) 328-8476
Co-Dependents Anonymous	(888) 444-2359
Common Ground Crisis Line	(800) 231-1127
Compassionate Friends (Parent's Grief Group)	(877) 969-0010
Disability Network of MI	(800) 782-4160

Epilepsy Foundation of Michigan	(800) 377-6226
Equality Michigan	(313) 537-7000
Food Addicts Anonymous	(772) 878-9657
Haven Crisis Line	(877) 922-1274
LGBTQ Hotline	(888) 243-7243
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 Helpline	(800) 270-7117
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention Hotline	988
Women's Health Resource Line	(800) 994-9662

## **TRANSPORTATION**

American Cancer Society Road to Recovery (Transportation for Medical appointments)	(800) 227-2345
Karmano's Cancer Institute	(800) 527-6266
Oscoda County Airport-51M	(989) 826-1404
Transit Specialists - OCATS	(989) 826-5078

## **TRIBAL SERVICES**

Department of Civil Rights	(517) 335-3165
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Indian Employment and Training Services	(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
Michigan Veterans Affairs Agency	(800) 642-4838
Military One Source	(800) MICH-VET
<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>	(800) 342-9647
Oscoda County Veteran's Affairs	(989) 786-0355
Paralyzed Veterans of America	(800) 638-6782
Veteran's Crisis Line	(800) 273-8255
	Text: 838255
Veteran's Crisis Line	(800) 273-8255
Veterans Affairs	(844) 698-2311
Veterans Office – Mio	(989) 786-0355



# IS IT AN EMERGENCY?

Clinic Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

AFTER HOURS Phone Number: \_\_\_\_\_

Our Preferred Urgent Care: \_\_\_\_\_

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

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.