

Crawford County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

2021

Crawford
County
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL.....911

- Children & Adult Protective Services (DHS).....(855) 444-3911
- Common Ground Crisis Line (800) 231-1127
- HAVEN Crisis Line (877) 922-1274
- National Center on Elder Abuse.....(855) 500-3537
- River House.....(989) 348-3169
- Grayling -Domestic Violence Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)..... (517) 347-7000
- National Domestic Violence Helpline (800) 799-7233
- RAINN (Rape & Incest National Network) (800) 656-4673
- Stop It Now! Hotline (888) 773-8368
- Victim Connect (stalking hotline)..... (855) 484-2846
- Crisis Hotline.....<https://13reasonswhy.info>
- Crisis Hotline.....Text: REASON to 741741

ADULT AGING SERVICES

- Administration for Community Livingwww.acl.gov
- Alternatives for Seniors.....(800) 350-0770
- Assistance with locating additional senior services based on the individual needs.
- Disability Network.....(231) 922-0903
- DHS- Aging.....(877) 696-6775
-www.hhs.gov/aging

- Elder Law of Michigan.....(866) 400-9164
- Meals on Wheels.....(800) 632-7334
- Medicare.....(800) 633-4227
- Medicare/Medicaid Assistance Program (MMAAP)..... (800) 803-7174
- National Council for Aging (571) 527-3900
- Social Security Administration.....(800) 772-1213
- Veterans Affairs.....(800) 827-1000

Adult Day Services

- Administration for Community Living.....(800) 677-1116
- Elder care locator
- Aging & Senior Center..... (989) 348-7123
- Grayling
- Respite Care.....(989) 348-7123
- Provides sitting services to a loved one so a family member or caregiver can run errands, exercise, attend support groups, rest, etc.

Adult Foster Care

- Three Oaks/Ausable Adult Foster Care Home.....(989) 348-7603

Alzheimer’s & Dementia Support

- Alzheimer’s Association.....(800) 272-3900
- MI Alzheimer’s Disease Center @ U of M..... (734) 936-8803
- Ann Arbor, Alzheimer’s MI Research Center

Assisted Living

- Grayling Nursing and Rehab Community.....(989) 348-2801
- Aspen Ridge Retirement Village.....(989) 705-2500
- Gaylord.

ANIMAL SUPPORT

Animal Shelters

- Crawford County Animal Control....(989) 344-3273
- Grayling
- Grayling Hospital for Animals.....(989) 348-8622

DISABILITY RESOURCES

Michigan Commission for the
Blind.....(800) 292-4200
Vocational Rehabilitation
Northern Lakes CMH Authority.....(800) 337-8598
Developmental disabilities
MI Rehabilitation Services.....(231) 922-5260
Trains and assists persons with disabilities obtain
employment.
Braille Institute of America.....(800) 272-4553
Children's Special Health Care
Services.....(800) 359-3722

DISABILITY RESOURCES CONT

National Down Syndrome Society.....(800) 221-4602
Children with Special Needs Fund.....(800) 359-3722
Michigan Disability Rights
Coalition.....(800) 760-4600

EDUCATION & TRAINING

Adult Programs

Kirtland Community College.....(989) 275-5000
Grayling location

Childcare Centers & Preschools

Michigan Association for the Education of Young
Children.....(800) 336-6424
Crawford AuSable Day Care.....(989) 348-7709
CASD Child Care Center.....(989) 344-3626
Crawford County Head Start.....(989) 348-9508
Grayling Head Start.....(989)344-1020

Community Education

Kirtland Community College.....(989) 275-5000
Grayling location

Libraries

Crawford County
Library.....(989) 348-9214
Frederic Community Library.....(989) 348-4067

Lovells Reading and Media
Center.....(989) 348-9215
Lovells Twp.

Schools

Crawford Ausable School District.....(989) 344-3500
Roscommon Public Schools.....(989) 275-6600
Crawford County District
Calvary Baptist Academy.....(989) 348-9220
Grayling- Private school

Colleges/Career Centers

Kirtland Community College.....(989) 275-5000
Grayling location

Youth Programs

Shawono Center.....(989) 344-5000
Grayling-Specializes in male juveniles ages 12-21
years old who have dealt with sex offenders,
addictions, or criminal offenses. Counseling,
education, and housing.

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police.....911

Law Enforcement

Frederic Twp. Fire Department..... (989) 348-8190
Grayling Police Department.....(989) 348-4621
Serves ALL of Crawford County
Grayling Fire Department.....(989) 348-6319
Serves Grayling and Grayling Twp.
Lovells Twp. Fire Department.....(989) 348-9215
South Branch Twp. Fire
Department.....(989) 275-8232

County Office Contact Information

District Health Department #10.....(989) 348-7800
Crawford County
Frederic Twp.....(989) 348-8778
Grayling.....(989) 348-2841
Grayling Twp.....(989) 348-4361
Lovells Twp.....(989) 348-9215
South Branch Twp.....(989) 275-8232
Secretary of State.....(888) 767-6424
Beaver Creek Twp.....(989) 275-8878
Beaver Creek Fire Department.....(989) 275-8548

Maple Forest Twp.....(989) 348-5794

EMPLOYMENT ASSISTANCE

Unemployment Office Hotline..... (866) 500-0017
District Health Department #10.....(231) 876-3815
Human Resources
Indeed.....www.indeed.com
MI Rehabilitation Services.....(231) 922-5260
Northern office. Trains and assists persons with disabilities obtain employment.

FINANCIAL ASSISTANCE

Crawford County Dept. of Human Services.....(989) 348-7691
Grayling
MSHDA: Step Forward (866) 946-7432
Northeast area of MI Salvation Army.....(989) 358-2769
Northeast MI Community Service Agency.....(989) 356-3474
Sterling United Methodist Church....(989) 654-2291
Helping Hands-Sterling Resurrection of the Lord Catholic Church.....(989) 846-9565

Tax Assistance

ATS Advisors.....(989) 348-4055
Grayling tax preparer
Crawford County Treasurer.....(989) 344-3204
Crawford County Free Tax Assistance.....(989) 348-7123
H&R Block.....(989) 348-8978
MI 211.....2-1-1
Free tax preparation site locator

FITNESS, RECREATION & REHABILITATION

Parks & Recreation

Frederic Twp. Community Center.... (989) 348-8778
Activities such as trout fishing, canoeing, horseback riding and hiking.
Hartwick Pines State Park.....(989) 348-7068
Grayling
Hanson Hills Recreation Area.....(989) 348-9266

Grayling
North Higgins Lake State Park.....(989) 821-6125
Roscommon

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

Crawford County Dept. of Human Services.....(989) 348-7691
Grayling- food assistance
Crawford County Community Christian Help Center.....(989) 348-6046
Food pantry's, clothing and household assistance
Christian Help Center.....(989) 348-6046
Grayling
Kroger.....www.kroger.com
Curbside delivery
St. Francis Thrift Shop.....(989) 348-2572
Northeast Area of MI Salvation Army.....(989) 358-2769
Northeast MI Community Service Agency.....(989) 356-3474
Sterling United Methodist Church....(989) 654-2291
Helping Hands-Sterling Resurrection of the Lord Catholic Church.....(989) 846-9565

HEALTHCARE SERVICES

Centers for Disease Control (800) 232-4636

Clinics & Hospitals

McLaren Northern Michigan Hospital-Emergency Room.....(800)248-6777
Ausable Eye Care.....(989) 348-3211
Ausable Medical Associates.....(989) 348-7400
Munson Healthcare Grayling Hospital.....(989) 348-5461
Serves Grayling, Frederic, Pere Cheney, Lovells Twp., South Branch Twp.,
Viking Wellness Center.....(989) 344-3540
Inside of Grayling High School
Mercy Primary Care Pediatrics.....(989) 348-1212
Grayling

CLINICS & HOSPITALS CONT.

Northern MI Endocrine.....(989) 745-6601
Grayling

Dental Resources

My Community Dental Center.....(989) 275-0725
Roscommon
Tip of the Mitt Orthodontics.....(989) 348-2725
Grayling
Grayling Family Dentistry.....(989) 348-4300
Grayling
Dental Clinics North.....(989) 731-0961
Gaylord

Hearing Assistance

Commission on Aging & Senior.....(989) 348-7123
Monthly hearing clinic
Advantage Audiology and Hearing
Center.....(989) 786-0031
Grayling
Division on Deaf and Hard of
Hearing.....(313) 437-7035
Relay Center for Deaf/Hard of
Hearing.....7-1-1

Medical Equipment & Loan Closets

ALS of Michigan..... (800) 882-5764
Equipment loan program for ALS and PLS patients
only
Apria Healthcare.....(888) 492-7742
Grayling Medical equipment
United Cerebral Palsy Michigan..... (800) 828-2714
Michigan Assistive Technology Loan Fund and
Michigan Employment Loan Fund
Muscular Dystrophy Association (800) 572-1717
Medical equipment loan closets in Michigan
Muscular Dystrophy Association (517) 706-0348
Patients with Neuromuscular Disease
All Michigan Counties
Paralyzed Veterans of America- MI (800) 638-6782
Wheelchairs, power chairs, adaptive sports
equipment, hoists, lifts, etc.
The National Federation of the Blind
..... (410) 659-9314

Cheboygan County Council on Aging.
..... (231) 627-7234

Mental Health & Counseling Services

Northern Lakes Community Mental
Health.....(989) 348-8522
Grayling
Problem Gambling Help-Line (800) 270-7117
24-hours, 7-days
Viking Wellness Center.....(989) 344-3540
Inside of Grayling High School- Adolescents Only
Shawono Center.....(989) 344-5000
Specializes in male juveniles ages 12-21 years old
who have dealt with sex offenders, addictions,
or criminal offenses. Counseling, education,
housing
Grayling

Pharmacies & Prescription Assistance

Partnership for Prescription Assistance
.....www.pparx.org
RxAssistwww.rxassist.org
Database of medication assistance programs
LifeSource Direct..... (866) 340-4748
Uninsured and Underinsured
NeedyMeds..... (800) 503-6897
Resource for medication assistance programs
Elder Prescription Insurance Program
..... (866) 747-5844
Senior Prescription Drug Assistance
Mercy Med Program.....(989) 348-0433
Emergency and long term prescription assistance
MMAAP (800) 803-7174
Michigan Medicare/Medicaid Assistance Program
MiRx Discount Card..... (866) 755-6479

Retail Discount Drug Programs

Family Fare Pharmacy.....(989) 348-5335
Express Scripts.....(800) 282-2881
Mail order pharmacy
Walgreens(989) 344-0374
CVS Caremark.....(800) 552-8159
Mail order pharmacy
Meijer.....(989) 731-9010
Gaylord
Walmart.....(989) 366-6533
Houghton Lake

Substance Abuse

CDC Hotline.....(800) 232-4636
Grace Center.....(989) 348-2544
Grayling

Central Michigan Counseling (989) 435-3309
 Michigan Substance Abuse
 Treatment (866) 356-1863
 Narcotics Anonymous (NA)
 Hotline.....(800) 230-4085
 Substance Abuse Hotline.....(800) 662-4357
 Substance Use Treatment
 Services.....(800) 834-3393
 24-hours, 7-days- referral to treatment
 Shawono Center.....(989) 344-5000
 Specializes in male juveniles ages 12-21 years old
 who have dealt with sex offenders, addictions, or
 criminal offenses. Counseling, education, housing
 Grayling

Vision Assistance

Ausable Eye Care.....(989) 348-3211
 Grayling
 Alpine Eye Care.....(989) 348-8689
 Vision USA (800) 766-4466
 Assistance with eye exams
 Grayling Vision Center.....(989) 348-2833

HOUSING ASSISTANCE

Emergency Shelters & Warming Centers

Grayling Housing Commission.....(989) 348-9314
 River House.....(888) 554-3169
 Grayling- Woman and children’s shelter

**Heating/Utility Assistance & Home
 Repairs/Weatherization**

Dave’s Mobile Home
 Transportation.....(989) 348-9800
 Grayling-Mobile Home Repair/Transport
 Sear’s Roofing.....(989) 710-2478
 Grayling
 World of Floors.....(989) 348-8934
 Grayling
 Leonard’s Electric.....(989) 348-8621
 Grayling
 The Heat and Warmth Fund (800) 866-8429
 NE MI Community Service Agency....(989) 356-3474
 Weatherization services
 Northeast area of MI Salvation
 Army.....(989) 731-5959

Northeast MI Community Service
 Agency.....(989) 356-3474
 Sterling United Methodist Church....(989) 654-2291
 Helping Hands-Sterling Resurrection of the Lord
 Catholic Church.....(989) 846-9565

Low Income Housing

Northwest Michigan Community Action Agency
 (800) 443-5518
 USDA Rural Development (989) 345-5470
 West Branch
 NE MI Community Service Agency....(989) 356-3474
 Rental assistance program
 MSHDA Housing Development.....(855) 646-7432

LEGAL ASSISTANCE

46th Circuit Court.....(989) 344-3206
 Grayling
 Legal Hotline for Michigan
 Seniors.....(800) 347-5297
 Legal Services of Northern MI- Gaylord
 Office.....(989) 705-1067
 State Bar of MI Lawyers.....(800) 968-0738
 Referral & information services

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995
 Crawford County Family Division.....(989) 344-3239
 Family court
 WIC.....(800) 942-1636
 Helping women, infants, and children purchase and
 choose healthy foods to eat well and stay healthy.
 District Health Department #10.....(888) 217-3904
 Assists with making pregnancy decisions and
 resources for birth control
 Health Department of Northwest
 MI.....(800) 432-4121
 Gaylord- Expectant/new parent assistance
 Healthy Families of Northern MI.....(989) 348-7800
 Healthy Families will share child growth and
 development information and activities with you,
 along with personalized, family-focused support in

the comfort and convenience of your home. Your family support coach can share information on the resources available in your community.

Children’s Special Health Care Services.....(800) 359-3722
A program that helps individuals (0-21 years old) that have special needs and health concerns to improve their health and enhance their quality of life. Can also help with financial costs.
Northeast MI Community Service Agency.....(989) 356-3474

TRANSPORTATION

Commission on Aging and Senior Center.....(989) 348-7123
Grayling
Lyft.....www.lyft.com
Transportation Authority.....(989) 348-5409
Grayling
U.S. Taxi Service.....(989) 745-6074
Uber..... www.uber.com

TRIBAL SERVICES

Department of Civil Rights (517) 335-3165
Michigan Indian Legal Services (231) 947-0122
Little Traverse Bay Bands of Odawa Indians (Emmet) (231) 242-1400

Crawford County

VETERANS AFFAIRS

Michigan Veterans Affairs..... (800) 642-4838
Veterans Administration..... (800) 827-1000
CHAMPVA..... (800) 733-8387
CHAMPVA Meds by Mail..... (800) 385-0235
Veteran’s Crisis Line (800) 273-8255
Wounded Warrior Resource Center.(877) 832-6997
..... info@woundedwarriorproject.org

VOLUNTEER OPPORTUNITIES

Lovells Twp. Fire Department.....(989) 348-9215
Commission on Aging & Senior Center.....(989) 348-7123
Grayling- Help with delivering meals and kitchen help in addition to other opportunities.
Hartwick Pines State Park.....(989) 348-7068
Grayling
RSVP of Crawford County.....(989) 348-8709
Needs volunteer drivers- Contact Amy Michelson Memorial United Methodist Church.....(989) 348-2974
Grayling

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.