

Iosco County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

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Community
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Guide

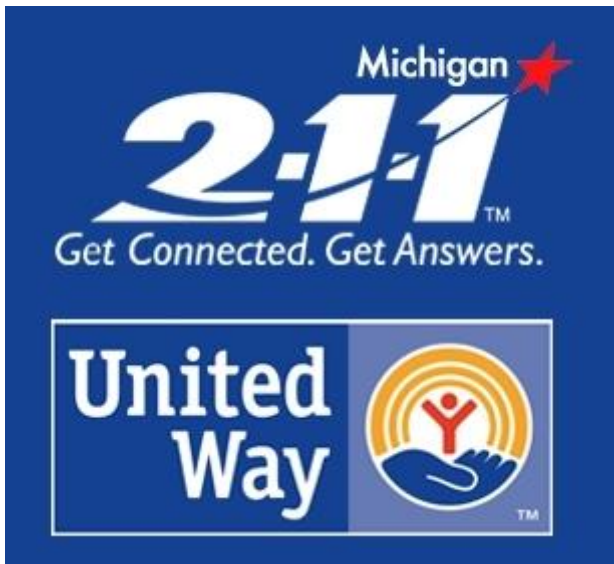
[A guide to services in your community]

2021

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ABUSE & PROTECTIVE SERVICES

- A Healing Place, LLC..... (517) 998-4673
- Children & Adult Protective Services
..... (855) 444-3911
- Common Ground Crisis Line (800) 231-1127
- Crisis Hotline<https://13reasonswhy.info/>
- Crisis Hotline TEXT Reason to 741741
- Equality Michigan..... (313) 537-7000
- HAVEN Crisis Line (877) 922-1274
- Human Trafficking Hotline.....(888) 373-7888
.....Help@humantraffickinghotline.org
- Love Is Respect Hotline (866) 331-9474
- MDHHS Iosco County..... (989) 362-0300
- Michigan Coalition to End Domestic &
Sexual Violence (MCEDSV)..... (517) 347-7000
- Narcotics Anonymous (24/7) (800) 230-4085
- National Domestic & Sexual Violence Helpline
..... (800) 799-7233
- Northshores Center (989) 569-3772
- RAINN (Rape & Incest National Network)
..... (800) 656-4673
- Stop It Now! Hotline (888) 773-8368
- Suicide Prevention Hotline..... (800) 273-8255
- Victim Connect (stalking hotline)..... (855) 484-2846

ADULT AGING SERVICES

- Area on Aging..... (800) 858-1637
- Caring.com (855) 863-8283
- Department of Human Services..... (989) 362-0300
- Disability Network..... (989) 835-4041
- Food Stamps..... (989) 362-0300

- HAP Senior Plus..... (800) 868-3153
- Iosco Co. Commission on Aging (989) 728-2206
- McLaren Home Care (866) 323-5974
- Meals on Wheels..... (989) 728-4251
- Medicare (800) 633-4227
- Medicare/Medicaid Assistance Program (MMAP)
..... (800) 803-7174
- Social Security Administration (800) 772-1213
- Veterans Affairs (844) 698-2311

Adult Day Services

- Caring.com (855) 863-8283
- Adult Day Care (800) 385-2527

Adult Foster Care

- MDHHS Adult Foster Care..... (800) 979-4662

Alzheimer’s & Dementia Support

- Alzheimer’s Association & Helpline (800) 272-3900
- Northwood Meadows (989) 872-8131

Assisted Living

- Northwood Meadows (989) 872-8131
- Veteran Assisted Living (866) 584-7191

Skilled Nursing Facility

- Iosco Medical Care Facility..... (989) 362-4424
- Michigan Rehab Services (989) 362-0010
- Medilodge of Tawas City..... (989) 362-8645
- Rehab Services Oscoda (989) 739-6040

ANIMAL SUPPORT

- Iosco County Humane Society (989) 362-3170

COUNTY & CITY RESOURCES

- Chamber of Commerce Oscoda, MI (989) 739-7322
- Chamber of Commerce Tawas, MI (989) 362-8643
- Emergency Management..... (989) 362-1423
- Friend of the Court..... (989) 362-2573
- Iosco County Clerk (989) 362-3497
- Iosco County Road Commission..... (989) 362-4433
- Iosco County Treasurer (989) 362-4409
- Michigan Public Service Sheriff’s Office
..... (989) 362-6164
- Miss Dig..... (800) 482-7171

DISABILITY & SPECIAL NEEDS

RESOURCES

- Alcona Health Center Dental Services
..... (989) 739-7927
- Autism Society of Michigan (800) 328-8467

Children’s Special Healthcare Services
 (800) 359-3722
 DHS – East Tawas MI (989) 362-0300
 Disability Network..... (989) 835-4041
 Do All Inc (989) 894-2851
 Epilepsy Foundation of Michigan..... (800) 377-6226
 Huntington’s Disease (800) 909-0073
 Medicare/Medicaid Assistance Program
 (800) 803-7174
 Michigan Army National Guard (989) 316-7437
 Michigan Disability Network Directory
 www.dnmichigan.org/cil-directory
 Michigan Commission for the Blind (800) 292-4200
 Michigan Works!..... (989) 362-6407

DISABILITY & SPECIAL NEEDS

RESOURCES, cont.

Michigan Works!..... (989) 356-3339
 Muscular Dystrophy Association (800) 572-1717
 Paralyzed Veterans of America..... (800) 638-6782
 Rehabilitation Services: Oscoda, MI (989) 739-6040
 Social Security Administration (800) 772-1213
 The Family Center for Children and Youth with
 Special Health Care Needs (800) 359-3722
 United Cerebral Palsy of MI (800) 828-2714

EDUCATION & TRAINING

Adult Programs/Continuing Education

American Red Cross (800) 733-2767
 Iosco RESA – Adult Education (989) 362-3006

Childcare Centers & Preschools

Emanuel Lutheran Preschool..... (989) 362-3622
 Kid’s First Learning Center Contact. (989) 335-1657
 Tawas Head Start (989) 362-5731

College and Career Centers

Alpena Community College..... (989) 739-1445
 Michigan Works! Iosco County (989) 362-6407

Libraries

Iosco-Arenac District Library..... (989) 362-2651
 Robert Parks Public Library..... (989) 739-9581

Schools

Alternative Education (989) 739-5878
 Emanuel Lutheran School (989) 362-3622
 Hale Elementary/Middle School (989) 728-3551
 Iosco RESA..... (989) 362-3006
 Richardson Elementary School (989) 739-9173

Tawas Area High School..... (989) 984-2100

Youth Programs

Iosco Co. Youth Advisory Council..... (989) 354-6881
 Iosco Co. 4-H (989) 984-1057

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police 911

American Red Cross (800) 733-2767
 Center for Disease Control and Prevention (CDC)
 (800) 232-4636
 TTY (888) 232-6348
 Iosco Co. EMS..... (989) 362-5534
 Poison Control..... (800) 222-1222
 Grant Township Fire Hall (989) 469-3177
 Oscoda Police/Fire Department (989) 739-9112
 Suicide Prevention (800) 273-8255

Law Enforcement

Oscoda Police/Fire Department (989) 739-9112
 Tawas Police Authority (989) 362-7718

EMPLOYMENT ASSISTANCE

Michigan Indian Employment & Training Services
 (800) 591-8820
 Michigan Works (989) 362-6407
 Oscoda Chamber of Commerce (989) 739-7322
 Tawas Area Chamber of Commerce (989) 362-8643
 Unemployment Office Hotline (866) 500-0017

FINANCIAL ASSISTANCE

Department of Human Services..... (989) 362-0300
 MSHDA: Step Forward (866) 946-7432

Tax Assistance

Iosco-Arenac District Library..... (989) 362-2651
 Iosco Commission on Aging..... (989) 728-2206
www.myfreetaxes.com

FITNESS, RECREATION &

REHABILITATION

Parks and Recreation

Iosco Parks Commission..... (989) 739-1259
 Tawas Point State Park (989) 362-5041

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross (800) 733-2767
Area on Aging (800) 858-1637
Community Food Giveaway (989) 739-5406
East Tawas Church of Nazarene..... (989) 362-2955
FISH (989) 739-9400
Food Bank Council of Michigan
.....www.fbcmich.org/resources/find-a-food-bank
HARA(866) 484-7077, ext. 278
Iosco County Commission on Aging (989) 728-2206
Iosco Health Department..... (989) 362-0300
Iosco WIC Clinic-Tawas (989) 360-6183
Kroger Click List..... www.kroger.com
Meijer Curbside.....www.meijer.com
Meals on Wheels..... (989) 728-4251
St. Vincent De Paul..... (989) 362-6584
Tawas Senior Center (989) 362-6892

HEALTHCARE SERVICES

Center for Disease Control (CDC)..... (800) 232-4636
Children’s Special Healthcare Services
..... (800) 359-3722
HIV/AIDS Hotline (877) 872-2437
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
Iosco Medical Care Facility..... (989) 362-4424
District Health Department (989) 362-6183
Karmanos Cancer Institute..... (800) 527-6266
McLaren Homecare and Hospice (866) 323-5974

Dental Resources

Alcona Health Centers (989) 739-7927
Sunrise Side Dental Center (989) 736-8422

Hearing Resources

Beltone (800) 352-4816
Michigan Relay Service..... 7-1-1
Miracle Ear (989) 270-0619

Medical Equipment & Loan Closets

ALS of Michigan..... (800) 882-5764
Beltone (800) 352-4816
Disability Network – Mid-Michigan (989) 835-4041

GiGi’s Playhouse..... (248) 557-9899
Muscular Dystrophy Association (800) 572-1717
The National Federation of the Blind
..... (410) 659-9314
Paralyzed Veterans of America- MI (800) 638-6782
United Cerebral Palsy Michigan..... (800) 828-2714

Mental Health & Counseling Services

AuSable Valley CMH Services..... (989) 362-8636
Blooming Consultants, PLLC..... (989) 702-2792
Common Ground Crisis Line (800) 231-1127
Narcotics Anonymous (800) 230-4085
National Domestic and Sexual Violence Helpline
..... (800) 799-7233
National Human Trafficking Resource Center
..... (888) 373-7888
NCAAD National Council on Alcoholism and Drug
Dependence (800) 622-2255
Problem Gambling Helpline (800) 270-7117

Mental Health & Counseling Services cont.

RAINN Rape and 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
Teen Treatment (888) 522-1504

Pharmacies & Prescription Assistance

Gilberts Drug Store (989) 739-7585
Meijer Pharmacy..... (231) 534-9810
Michigan Medicare/Medicaid Assistance Program
(MMAAP)..... (800) 803-7174
Michigan’s MiRx Discount Card (866) 755-6479
Partnership for Prescription Assistance
.....www.pparx.org
Rite Aid Pharmacy, Oscoda (989) 739-4255
Rite Aid Pharmacy, Tawas..... (989) 362-3439
RxAssistwww.rxassist.org
Tawas Pharmacy (989) 362-3311
Walmart Pharmacy (989) 984-0924

Retail Discount Drug Programs

NeedyMeds (800) 503-6897
RX Outreach (800) 769-3880

Substance Abuse

CDC Hotline (800) 232-4636
Michigan Counseling Centers (888) 622-3345

NCAAD National Council on Alcoholism and Drug Dependence (800) 622-2255
 Narcotics Anonymous (NA) Hotline (877) 338-1188
 SEMCA Substance Abuse (800) 686-6543
 Substance Abuse Hotline (800) 662-4357
 Substance Use Treatment Services.. (800) 834-3393

Urgent Care

Huron Shores Walk In Clinic..... (989) 362-6426

Vision Resources

Michigan Commission for the Blind (800) 292-4200
 Tawas Bay Optical (989) 362-9546
 Wal-Mart Supercenter Vision (989) 354-7431

HOUSING ASSISTANCE

American Red Cross (800) 733-2767
 East Tawas Housing Commission (989) 362-4963
 MSHDA: Step Forward (866) 946-7432
 Veterans TOLL FREE Numbers...iris.custhelp.va.gov

Emergency Shelters & Warming Centers

American Red Cross (800) 733-2767
 East Tawas Housing Commission (989) 362-4963
 Homeless Assistance Programs (989) 358-4678
or (866) 484-7077 Ext. 278
 MSHDA: Step Forward (866) 946-7432
 Northeast Michigan Community Service Agency
 Alpena (989) 356-3474

Heating/Utility Assistance & Home Repairs/Weatherization

American Red Cross (800) 733-2767
 Area on Aging..... (800) 858-1637
 Heat and Utility Assistance Program
 (989) 358-4713
 The Heat and Warmth Fund (800) 866-8429
 USDA Rural Development (800) 414-1226

Low Income Housing

Action Agency (800) 443-5518
 East Tawas County Housing Commission
 (989) 362-4963
 Habitat for Humanity (989) 354-5555
 HUD Rental Assistance..... (800) 569-4287
 MSHDA..... (231) 377-7155
 St. Vincent De Paul – Rental Assistance Programs
 (989) 362-6584
 USDA Rural Development (800) 414-1226

LEGAL ASSISTANCE

23rd District Court..... (989) 362-3497
 81st District Court..... (989) 362-4441
 Center for Civil Justice..... (899) 724-7441
 Iosco Circuit Court Admin (989) 362-3485
 Iosco Friend of the Court (989) 362-2573
 Legal Services of Northern Michigan
 (989) 705-1067
 Michigan Department of Civil Rights(517) 335-3165
 Michigan Indian Legal Services (231) 947-0122
 Michigan Legal Help..... (888) 636-4211
 Michigan Senior Legal Hotline (866) 400-9164
 Social Security Administration (800) 722-1213

PARENTING/PREGNANCY RESOURCES

Child Safety Seat Inspection.....(866) SEAT-CHECK
 La Leche..... (800) 525-3243
 MDHHS..... (989) 362-0300
 The Family Center for Children & Youth with
 Special Healthcare Needs (Family Center)
 (800) 359-3722
 WIC..... (800) 942-1636
 Women’s Health Resource Line (800) 994-9662

SUPPORT GROUPS

ALS of Michigan(800) 882-5764
 Alzheimer’s Association and Helpline....(800) 272-3900
 Area on Aging (800) 858-1637
 Women’s Health Resource Line.....(800) 994-9662
 Common Ground Crisis Line (800) 231-1127
 Disability Network of MI (800) 782-4160
www.dnmichigan.org/cil-directory
 Equality Michigan (313) 537-7000
 Haven Crisis Line (877) 922-1274
 Love is Respect Hotline..... (866) 331-9474
 Epilepsy Foundation of Michigan (800) 377-6226
 Narcotics Anonymous 24/7 (800) 230-4085
 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
 Parkinson’s..... (800) 852-9781
 Problem Gambling Help Line (800) 270-7117
 Rape and Incest National Network
 (RAINN) (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

TRANSPORTATION

Area on Aging..... (800) 858-1637
Auto Safety Hotline..... (888) 327-4236
Child Safety Seat Inspection.....(866) SEAT-CHECK
Iosco Transit (989) 362-8108
Karmanos Cancer Institute..... (800) 527-6266

TRIBAL SERVICES

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

VETERANS AFFAIRS

Area on Aging..... (800) 858-1637
CHAMPVA..... (800) 733-8387
CHAMPVA Meds by Mail..... (800) 385-0235
Iosco County Veterans Affairs..... (989) 362-6571
Michigan Veterans Affairs..... (844) 698-2311
Paralyzed Veterans of America..... (800) 638-6782
Veterans Administration..... (800) 827-1000
Veterans Crisis Line (800) 273-8255
Veterans Toll Free..... iris.custhelp.va.gov

VOLUNTEER OPPORTUNITIES

American Legion (989) 329-6153
Area on Aging..... (800) 858-1637
East Tawas Community Center (989) 362-3537
Habitat for Humanity NE MI (989) 354-5555
Iosco County Humane Society (989) 362-3170
Nemsca Head Start (989) 654-5738
United Way 211

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.