

# Presque Isle County

## Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2021

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

2021

Presque Isle  
County  
Community  
Resource  
Guide

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[ A guide to services in your community]

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**ABUSE & PROTECTIVE SERVICES**

- Alpena/Presque Isle Child Head Start ..... (989) 358-4644
- Common Ground Crisis Line ..... (800) 231-1127
- Lifeline for individuals or families in crisis.
- Department of Human Services (DHS) Presque Isle County ..... (989) 734-2108
- Equality Michigan..... (313) 537-7000
- Connect LGBTQ victims of individual incidents of bias, discrimination, harassment, and violence, including intimate partner violence to support.
- North County Community Mental Health Authority (NCCMHA) ..... (800) 834-3393
- Love Is Respect Hotline..... (866) 331-9474
- Michigan Domestic Abuse Helpline . (231) 347-0082
- National Domestic Violence Helpline ..... (800) 799-7233
- Nursing Home Complaints – DCIS.... (800) 882-6006
- Sexual Violence (MCEDSV)..... (517) 347-7000
- Hope Shores Alliance. .... (989) 356-9650
- Stop It Now! Hotline ..... (888) 773-8368
- Victim Connect (stalking hotline)..... (855) 484-2846
- Vulnerable Adult Help Line ..... (855) 444-3911
- LGBT Hotline.....(212) 714-1141

**ADULT AGING SERVICES**

- McLaren Home Care ..... (866) 323-5974
- Area Agency on Aging ..... (989) 356-3474
- Region 9
- Community Center ..... (989) 734-2958
- Rogers City

- Department of Human Services
- Antrim County ..... (231) 533-8664
- Disability Network..... (231) 922-0903
- Eldercare services for the elderly .... (800) 677-1116
- Help with transportation, meals, etc.
- Meals on Wheels..... (800) 632-7334
- Medicare National number..... (800) 633-4227
- Medicare/Medicaid Assistance.....(800) 803-7174
- National Family Caregiver Support .. (989) 358-4616
- Onaway Senior Center ..... (989) 733-2559
- Program (MMAP) 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 Foster Care**

- Angie’s AFC..... (989) 734-0124
- Rogers City, MI
- Birch Lane Adult Foster Home ..... (989) 734-2989
- Rogers City, MI
- Brege Home ..... (989) 734-7108
- Rogers City, MI
- CJ’s AFC Home..... (989) 734-3744
- Rogers City, MI
- Golden Beach Manor ..... (989) 734-3066
- Millersburg, MI
- Jen’s AFC ..... (989) 474-9028
- Rogers City, MI
- Nash Manor..... (989) 733-8647
- Onaway, MI
- Orchard Manor AFC ..... (989) 766-2661
- Posen, MI
- Paula’s Care Home ..... (989) 595-2263
- Alpena, MI
- Posen AFC ..... (989) 766-8286
- Posen, MI
- Srebniks..... (989) 734-2917
- Rogers City, MI
- Wiacek Care Home..... (989) 766-9956
- Posen, MI
- Windy Hill AFC Home ..... (989) 734-2786
- Hawks, MI

## Alzheimer's & Dementia Support

Alzheimer's Association & Helpline..(800) 272-3900  
Alzheimer's Association of Catholic Human  
Services ..... (989) 356-6385  
Alpena, MI  
Presque Isle County Commission on Aging  
.....(989) 766-8191  
Posen, MI

## ANIMAL SUPPORT

Cheboygan County Humane Society  
..... (231) 238-8221  
Indian River/Cheboygan, MI  
Elk County Animal Shelter..... (989) 785-3738  
Atlanta, MI  
Presque Isle County Animal Control  
..... (989) 734-2156  
Rogers City, MI

## COUNTY RESOURCES

Veterans Affairs Office..... (989) 734-0302  
Rogers City, MI  
County Election & Voting Information  
..... (989) 734-3288  
District Court..... (989) 734-2411  
Friend of the Court Office ..... (989) 734-4312  
Rogers City, MI  
Presque Isle County Clerks Office .... (989) 734-3288  
Rogers City, MI  
Presque Isle County Health  
Department..... (989) 734-4723  
Presque Isle County Sheriff Dept. .... (989) 734-2156  
Probate Court..... (989) 734-3268  
Rogers City, MI

## DISABILITY RESOURCES

Disability Network/Northern  
Michigan..... (231) 922-0903  
Traverse City, MI  
Easter Seal Society ..... (800) 292-2729  
March of Dimes..... (888) 663-4637  
Michigan Commission for the Blind. (800) 292-4200

Michigan Commission for the Deaf ..... 7-1-1

TTY.....(313)437-7035  
Michigan Department of Health  
And Human Services ..... (989) 734-2108  
Rogers City, MI  
Northeast Michigan Community  
Mental Health ..... (989) 356-2161  
After Hours.....(800) 968-1964  
Services for Developmental Disabilities  
Muscular Dystrophy Association.....(800) 572-1717  
Social Security Administration ..... (800) 772-1213  
Veterans Affairs ..... (844) 698-2311  
Rogers City, MI

## EDUCATION & TRAINING

### Adult Programs

IOSCO Regional Education Service  
Agency..... (989) 305-8063  
GED/High School Completion Distance Learning  
Onaway Michigan Works N.E.  
Michigan Works N.E.....(989) 733-8548

### Childcare Centers & Preschools

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

## Schools

Onaway Area Schools ..... (989) 733-2700  
 Onaway, MI  
 Posen Consolidated Schools ..... (989) 766-2471  
 High School, Elementary  
 Presque Isle Academy ..... (989) 733-6708  
 Alternative Education, Onaway  
 Rogers City Area Schools..... (989) 734-9100  
 Middle/High School, Elementary

## Colleges/Career Centers

Alpena Community College..... (989) 356-9021  
 Alpena, MI  
 Industrial Arts Institute ..... (989) 733-4369  
 Welding, Machining, Carpentry, Electrical,  
 HVAC, Plumbing Programs. Onaway, MI  
 MSU Extension ..... (989) 734-2168  
 Presque Isle, MI  
 North Central Michigan College..... (231) 597-0322  
 Cheboygan/Petoskey, MI

## Libraries

Presque Isle District Library Locations:

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

## EMERGENCY & DISASTER SERVICES

**Ambulance, Fire and Police..... 911**  
 American Red Cross ..... (231) 947-7286  
 Center for Disease Control  
 and Prevention (CDC)..... (800) 232-4636  
 Mental Health Crisis..... (989) 356-2161  
 After Hours Crisis..... (800) 968-1964  
 National Runaway Safeline ..... (800) 621-4000  
 Crisis line for parents, guardians, youth and teens  
 Northeast Michigan Community  
 Presque Isle County Office of  
 Emergency Management..... (989) 590-7811  
 Poison Control Center ..... (800) 222-1222  
 Salvation Army Social Services.....(231) 627-9003  
 Cheboygan

## Law Enforcement

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

## EMPLOYMENT ASSISTANCE

Michigan Department of Career  
 Development/ Rehab Services..... (989) 354-3108  
 For individuals with disabilities.  
 Michigan Works Service Center ..... (989) 733-8548  
 Onaway, MI  
 Northeast Michigan Rehabilitation  
 & Opportunity Center (NEMROC).... (989) 356-6141  
 Alpena- For individuals with disabilities.  
 Women's Resource Center of Northern MI  
 Education & Employment Services...(231) 347-0082  
 Unemployment Office Hotline..... (866) 500-0017

## FINANCIAL ASSISTANCE

Northwest Michigan Works ..... (231) 922-3790  
 Foreclosure prevention assistance  
 Department of Health & Human Services  
 ..... (989) 734-2108  
 Rogers City, MI  
 Northeast MI Community Service  
 Agency (NEMCSA) ..... (989) 356-3474  
 Financial Education, Family Self Sufficiency  
 Programs  
 Presque Isle County Veterans Affairs  
 .....(989) 734-0302

## Tax Assistance

NEMCSA ..... (989) 358-4700  
 Income Tax Preparation, Multiple Assistance  
 Programs  
 My Free Taxes.....www.myfreetaxes.com

## **FITNESS, RECREATION & REHABILITATION**

Hoelt State Park ..... (989) 734-2543  
Campground-Rogers City, MI  
Michigan Recreation & Parks  
Association ..... (517) 485-9888  
Onaway State Park..... (989) 733-8279  
Campground  
Thunder Bay Therapy & Sports  
Medicine ..... (989) 734-7607  
Rogers City, MI  
Thompson's Harbor State Park ..... (989) 734-2543  
Rogers City, MI  
VRC Rehabilitation ..... (989) 742-2773  
Physical Therapy- Onaway, Hillman, Alpena  
Rehabilitation Institute of MI.....(313) 745-1203

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

Courtesy Club Food Pantry ..... (989) 306-2562  
Onaway, MI  
Department of Health & Human  
Services ..... (989) 734-2108  
Rogers City, MI  
Meals on Wheels..... (800) 632-7334  
NEMCSA Food Programs..... (989) 358-4700  
Salvation Army Social Services..... (231) 627-9003  
Cheboygan, MI  
Seconds on Third..... (989) 734-7306  
Thrift store- Rogers City  
United Methodist Church of Onaway  
The Caring Closet ..... (989) 733-8811  
Personal hygiene items and cleaning supplies  
WIC Program ..... (800) 942-1636  
Pregnant and Breastfeeding Women, Infants, and  
children  
God Loves You! Food Pantry – Presque Isle  
.....(989) 595-6073  
Food Bank Council of Michigan (Pantries).....  
.....www.fbmic.org/resources/find-a-food-bank

## **HEALTHCARE SERVICES**

Children's Special Health Services ... (800) 359-3722

For children with qualifying medical conditions  
under 20 years old.

HIV/STD Program Hotline ..... (800) 872-2437  
MI Child Healthy Kids ..... (888) 988-6300  
MI Enrolls ..... (888) 367-6557  
Michigan Department of Health  
And Human Services ..... (989) 734-2108  
Rogers City, MI  
Michigan Medicaid Health Plans  
..... (517) 241-3740  
Region 9 Area Agency on Aging/NEMCSA  
Chronic Disease Self-Management Program  
.....(989) 356-3474

## **Clinics & Hospitals**

McLaren Northern Michigan Hospital  
Cheboygan Campus ..... (231) 627-5601  
McLaren Northern Michigan-Cheboygan  
Family & Internal Medicine..... (231) 627-1282  
McLaren Northern Michigan-  
Rogers City Family Medicine..... (989) 734-2171  
McLaren Northern Cheboygan Campus Physical and  
Occupational Therapy.....(231) 627-4364  
McLaren Home Care & Hospice.....(866) 323-5974  
Or.....(231) 627-7157  
Alcona Health Center ..... (989) 356-4049  
Alpena, MI  
District Health Department #4..... (989) 734-4723  
Rogers City, MI  
Mid-Michigan Medical Center ..... (989) 356-7000  
Alpena Hospital  
Thunder Bay Community Health  
Services ..... (989) 733-2082  
Onaway  
Thunder Bay Community Health  
Services ..... (989) 734-2052  
Rogers City, MI

## **Dental Resources**

Dental Center ..... (877) 313-6232  
Cheboygan, Alpena  
Onaway Family Dentistry ..... (989) 733-8533  
Onaway  
Rogers City Dental..... (989) 734-2828  
Rogers City, MI

## **Hearing Aids**

Dr. Eimers Hearing Clinic.....(231) 445-9119

Cheboygan, MI  
 Mid-Michigan Medical Center-  
 Audiology - Midland..... (989) 839-6201  
 Miracle-Ear Center ..... (989) 354-4484  
 Alpena, MI  
 Miracle-Ear Center ..... (231) 627-9979  
 Cheboygan, MI  
 Northern Hearing Services ..... (989) 354-4289  
 Alpena, MI  
 Relay Center for Deaf/Hard of Hearing..... 7-1-1  
 Beltone/Skoric Hearing Aid Center...(989) 793-7620  
 Alpena, Cheboygan

**Medical Equipment & Loan Closets**

ALS of Michigan..... (800) 882-5764  
 Equipment loan program for ALS and PLS patients  
 only  
 Michigan CPAP Bank ..... (734) 232-3964  
 CPAP, BiPAP, Auto CPAP, Auto BiPAP,  
 ASV, AVAPS Machines & Supplies.  
 Muscular Dystrophy Association ..... (800) 572-1717  
 Medical equipment loan closets in Michigan  
 Northern Michigan Veteran's  
 Coalition.....(989) 732-3886 Ext 4234  
 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  
 United Cerebral Palsy Michigan..... (517) 203-1200  
 Or.....(800) 828-2714  
 Michigan Assistive Technology Loan Fund and  
 Michigan Employment Loan Fund

**Mental Health, Counseling, Substance  
 Abuse Services**

Alcona Health Center-Alpena ..... (989) 356-4049  
 Behavioral Health Services  
 Catholic Human Services..... (989) 356-6385  
 Rogers City  
 Freedom Recovery Center ..... (517) 881-6199  
 Alpena-Addiction Services  
 Hope Shores Alliance ..... (800) 396-9129  
 24/7 Help Support Line  
 Mid-Michigan Medical Center  
 Alpena- Behavioral Health ..... (989) 356-7242  
 National Suicide Prevention  
 Lifeline ..... (800) 273-8255

Northeast Michigan Community  
 Mental Health ..... (989) 356-2161  
 Rogers City, Alpena  
 Problem Gambling Help-Line ..... (800) 270-7117  
 24-hours, 7-days  
 Sunrise Centre Rehabilitation  
 Services-Alpena..... (989) 356-6649  
 Substance Abuse Treatment

**Pharmacies & Prescription Assistance**

McLean Pharmacy..... (989) 734-4701  
 Rogers City, MI  
 Michigan's Prescription Drug  
 Discount Card- miRx..... (866) 755-6479  
 Individuals with no prescription drug coverage  
 NeedyMeds ..... (800) 503-6897  
 www.needymeds.org  
 Information resource to locate medication  
 assistance programs  
 Partnership for Prescription Assistance  
 .....[www.pparx.org](http://www.pparx.org)  
 RxAssist (SingleCare).....[www.rxassist.org](http://www.rxassist.org)  
 Database of pharmaceutical company assistance  
 programs  
 Rite Aid Pharmacy ..... (989) 734-7392  
 Rogers City, MI  
 Thunder Bay Pharmacy ..... (989) 733-7037  
 Onaway, MI  
 Tom's Family Market Pharmacy ..... (989) 733-4106  
 Onaway, MI  
 WellCardRx..... (800) 562-9625  
 Prescription Discount Card for uninsured and  
 underinsured.

**Vision Providers**

Alpine Eye Care ..... (231) 627-3169  
 Cheboygan, MI  
 Down Home Optometry ..... (989) 356-4231  
 Alpena, MI  
 Elowsky Eye Care ..... (231) 627-5666  
 Cheboygan, MI  
 Harkins & Karsten, O.D ..... (989) 734-3456  
 Rogers City, MI  
 Northern Eye Optical ..... (989) 356-4911  
 Alpena, MI  
 Robert J. Merrick, O.D..... (231) 627-3171  
 Cheboygan, MI  
 Skiba Vision Center ..... (989) 356-9096



Alpena, MI  
Thunder Bay Eye Care ..... (989) 356-3937  
Alpena, MI  
Wal-Mart Vision Center  
Alpena..... (989) 354-7431  
Cheboygan..... (231) 597-9670

## **HOUSING ASSISTANCE**

### **Emergency Shelters & Warming Centers**

Shelter Inc. .... (989) 356-9650  
Domestic Violence Service for Women  
Sunrise Mission Homeless Shelter ... (989) 356-1277  
Alpena, MI

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

Department of Health & Human Services ..... (989) 734-2108  
Rogers City, MI  
Northeast Michigan Community Service Agency ..... (989) 358-4713  
Presque Isle County Home Improvement Program ..... (989) 734-4822  
Rogers City, MI  
The Heat and Warmth Fund ..... (800) 866-8429  
TrueNorth Heat and Energy Assistance Program (emPower)..... (231) 355-5880

### **Low Income Housing**

Habitat for Humanity NE MI ..... (989) 354-5555  
Harbor House Apartments..... (989) 734-4754  
Rogers City, MI  
Home Stretch ..... (231) 947-6001  
Rental & Purchase  
NEMCSA Housing Programs..... (866) 484-7077  
Ext. 248  
Presque Isle Apartments..... (989) 734-7416  
Rogers City, MI  
Rogers City Housing Commission/Hilltop Manor ..... (989) 734-7303

## **LEGAL ASSISTANCE**

Center For Civil Justice.....(800) 724-7441

Community Mediation Services..... (989) 732-1576  
Gaylord, MI  
Friend of the Court  
Presque Isle Office.....(989) 734-4312  
Cheboygan Office.....(231) 627-8825  
Legal Aid ..... (888) 356-9009  
Legal Services of Northern MI..... (989) 356-9081  
Michigan Department of Civil Rights(517) 335-3165  
Social Security Administration.....(800) 772-1213

## **PARENTING/PREGNANCY RESOURCES**

McLaren Northern Foundation Child Birth Education.....(231) 487-4762  
Women's Resource Center ..... (800) 275-1995  
Child and Family Services..... (989) 356-4567  
District Health Department #4..... (989) 734-4723  
Maternal/Infant Health Program, WIC program  
Rogers City, MI  
Mid-Michigan Medical Center ..... (989) 356-7388  
Childbirth classes-Alpena  
Parent Help Line..... (855) 427-2736  
24-hour parent support  
Child Safety Seat Inspection.....(866) Seat-Check  
WIC.....(800) 942-1636

## **TRANSPORTATION**

Area on Aging.....(800) 858-1637  
Presque Isle County Council on Aging (Posen) ..... (989) 766-2261  
Thunder Bay Transportation Authority (Dial-A-Ride)..... (989) 354-2487  
Straits Regional Ride ..... (866) 731-1204  
Cheboygan, Emmet and Presque Isle Counties  
Auto Safety Hotline.....(888) 327-4236

## **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  
Sault Saint Marie Tribe of

Chippewa Indians..... (800) 793-0660  
MDHHS Native American Affairs Office  
.....(517) 335-7782  
Michigan Indian Employment and Training Services  
.....(800) 591-8820  
Michigan Indian Tuition Waiver.....(517) 241-7748  
U.S. Office of Indian Education.....(202) 260-3774

### **VETERANS AFFAIRS**

Disabled American Veterans..... (877) 426-2838  
Rogers City, MI  
Michigan Veterans Affairs..... (800) 642-4838  
Veterans Administration..... (800) 827-1000  
Veterans Affairs Office (Main) ..... (844) 698-2311  
Presque Isle County.....(989) 734-0302  
Mi Works Services.....(989) 732-3886  
Contact Doug Robinson, DVOP      Ext. 4234  
VFW Post  
#5857 Onaway..... (989) 733-2457  
#607 Rogers City..... (989) 734-4231

### **VOLUNTEER OPPORTUNITIES**

Habitat for Humanity ..... (989) 354-5555  
North East Michigan  
Presque Isle County Council on  
Aging ..... (989) 766-8191  
United Way ..... (989) 354-2221  
Alpena, MI  
American Red Cross.....(800) 733-2767  
Area on Aging.....(800) 858-1637

# 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) 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>McLaren Now App</b>  <a href="http://mclaren.org/mclarennow">mclaren.org/mclarennow</a></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 for treatment</b></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.