

Cheboygan County Senior Resource Guide

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**Cheboygan County Probate Court
United Way
NEMSCA
Hospice of the Straits
McLaren Northern Michigan Cheboygan Campus
Pinecrest Village at Mackinaw
The Brook
Mackinac Straits Health System
Harbor Care Associates, Inc
Mackinaw City Clinic (MSHS)**

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ADULT DAY SERVICES

Sand Castle Adult Day Services	231-597-8317
VitalCare Adult Day Care Center	231-348-0771

ADULT FOSTER CARE

Call Department of Human Services	800-797-1644
for a listing of Licensed Adult Foster Care Homes or check 'Homes for the Elderly' in the Phone Guide	231-627-8500
Website: www.michigan.gov Do search: Adult Foster Homes	

ADULT ABUSE PROTECTIVE SERVICES

CALL 911 FOR EMERGENCY SERVICES	9-1-1
Adult Protective Services (DHS)	855-444-3911
Central Dispatch	
Gatekeeper Program	800-834-3393
Women's Resource Center	231-627-2380 or 800-275-1995

AGING SERVICES

Area Agency on Aging Region 9	800-211-2273
Cheboygan County Council on Aging In-Home Services	231-627-7234
Department of Human Services Medicaid Eligible	231-627-8500
Medicare	231-627-7234 ex. 16
Health Shares MI-Choice (Home & Community Based Waiver Services)	800-732-5930
Michigan Office of Services to the Aging	517-373-8230
Northeast Michigan Community Service Agency (NEMCSA) or (Care Management & Medicaid Waiver Services)	800-211-1002 or 231-627-7089
Otsego County Commission on Aging	989-732-1122
Presque Isle County Commission on Aging	989-766-8191
Social Security Administration	800-772-1213

ALZHEIMER'S DISEASE AND DEMENTIA SUPPORT

- Alzheimer's Association of Northeast Michigan 800-272-3900
(Call for complete list of local support groups)
- Alzheimer's Discussion & Information Group 231-238-5165
Cheboygan Senior Center
- Catholic Human Services
(Caregiver Support) 231-627-9917 or 800-420-7506
- Cheboygan County Commission on Aging
(Respite Services) 231-627-7234
- Cheboygan County United Way 231-627-2288
- Geriatric Assessment Clinic 231-935-8127
At Munson Medical Center in Traverse City

CLOTHING / HOUSEHOLD ASSISTANCE

- Topinabee Thrift Store 231-238-8062
- Salvation Army 231-627-9003
- Community of Christ (Free Clothing) 231-625-2900
- Joy Fellowship 231-625-8510
- Habitat for Humanity 231-597-4663

EDUCATION/TRAINING/COMMUNITY

- Alpena Community College 888-468-6222
- Adult Education – Inland Lakes Schools 231-238-6868
- Cheboygan, Otsego, Presque Education Service District 231-238-9394
- Michigan Dept. of Career Dev/Rehab Services 231-238-4911
- Michigan Works 231-627-4303
- MSU Extension Cheboygan County 231-627-8815
- North Central Michigan College 231-597-0322 or 888-298-6605
- McLaren Library & Learning Center
(a lending library and classes for seniors) 231-487-4500
- Women's Resource Center
Employment and Education Service 231-348-6699

EMERGENCY AND DISASTER SERVICES

CALL 911 FOR EMERGENCY SERVICES

AMBULANCE, FIRE & POLICE CALL 911

- Poison Control 800-222-1222
- American Red Cross 800-582-2240
- Salvation Army 231-627-9003

EMPLOYMENT AND VOLUNTEER AGENCIES

- Northeast Michigan Agency (NEMCSA)
Senior Companions/Foster Grandparents 800-219-2273
- Man power, Inc 231-347-3971
- Michigan Works 231-627-4303
- Unemployment Customer Service Hotline 800-638-3995
- Volunteer Income Tax Assistance (VITA) 231-333-9089
- Women's Resource Center
Employment and Education Service 231-348-6699

FITNESS, RECREATION & REHABILITATION

- Cheboygan County Senior Center 231-627-7234
- Cheboygan Physical Therapy and Sports Med 231-627-7201
(Call for Schedule of Classes)
- Excel P.T. Indian River 231-238-4090
- Indian River P.T. & Sports Medicine 231-238-4880
- Mackinaw City Therapy & Wellness Center 906-643-0450

FOOD PANTRIES. FOOD ASSISTANCE. ETC.

- NEMCSA Food Programs 866-270-0685
- Department of Human Services (Food Assistance) 231-627-8500
(Personal Needs Assistance) 231-627-8500
- Joy Fellowship Assembly of God (Pantry) 231-525-8510
- Lord's Kitchen (Soup Kitchen & Laundromat) 231-627-1173
- Manna Project (Call for list of pantries) 231-347-8852
- MSU Extension Project Fresh 231-627-8815
- Church of the Straits 231-436-8682
- St. Thomas Lutheran Church (Pantry) 231-627-3167
- Salvation Army (Pantry) 231-627-9003
- Wesleyan Church (Pantry) 231-818-5140
or 231-627-9501

HEALTH CARE SERVICES / HOSPITALS

Alpena Regional Medical Center	.989-356-7390
Center for Disease Control (CDC)	.800-232-4636
Nat'l STD Hotline	.800-227-8922
Dental Clinics North (Accepts Medicaid)	.231-627-8960 or 800-432-4121
District Health Dept # 4	.800-221-0294
Mackinac Straits Hospital/Health Center	.906-643-8585
Northern Care Center (Free Clinic Cheboygan)	.231-333-3019
McLaren Northern Michigan - Cheboygan Campus	.800-248-6777
Cheboygan Community Medical Center	.231-627-5601
Indian River Medical Center	.231-238-8908
McLaren Northern Michigan - Petoskey	.800-248-6777
McLaren Northern Michigan Diabetes Counseling Ctr.	.877-487-3201
Otsego Memorial Hospital	.800-322-3664
Community Health Ctr of Northern Michigan	.231-348-9900
OMH Indian River Office	.231-238-0581
Mackinac Straits Health Center Mackinaw Clinic	.231-436-9900

HOME CARE

Cheboygan County Commission on Aging	.231-627-7234
District Health Dept. #4	.231-627-8850 or 800-221-0294
Harbor Care Associates	.877-439-9141
Leelin Home Care - West Branch	.989-345-3138
Northern Care Management (NMSCA) - Waiver	.989-732-6374
Vital Care, Inc.	.800-342-7711

HOSPICE

Hospice of Michigan	.888-247-5701
Hospice of the Straits	.800-342-7711

HOUSING ASSISTANCE

Cheboygan Housing Commission	.231-627-7189
Department of Human Services	.231-627-8500
Habitat for Humanity	.231-597-4663
Housing Choice Voucher Program	.989-275-7265
NEMCSA Housing Programs/Ext 278	.866-484-7077

SENIOR APARTMENTS / ASSISTED LIVING

Cheboygan Shores Apt	.231-627-4090
Grebe Village Senior Housing	.231-627-5161
Hancock Haven	.231-625-8132
Lynn Street Manor Apts	.989-733-2661
Newport Village Apartments	.231-627-5001
Pinecrest Village at Mackinaw	.231-436-5535
The Brook of Cheboygan	.231-268-3400

HOUSING – EMERGENCY SHELTER

Department of Human Services	.231-627-8500
Friendship Housing Center - Gaylord	.989-732-5960
Mary Margaret House Petoskey – Women	.231-439-5667
Nehemiah Hospitality House Petoskey– Men	.231-347-0363
Salvation Army Service Center	.231-627-9003
Sunrise Mission Homeless Shelter - Alpena	.989-356-1277
Women's Resource Center - Petoskey	.800-275-1995

INFORMATION AND ASSISTANCE

Area Agency on Aging Region # 9	.800-219-2273
Cheboygan City Hall	.231-627-9931
Cheboygan County Counsel on Aging	.231-627-7234
Cheboygan County United Way	.231-627-2288
District Health Dept # 4	.231-625-8850 or 800-221-0294
Long Term Care Ombudsman	.989-358-4630 or 800-219-2273
North Country Community Mental Health	.231-627-5627
Salvation Army Service Center	.231-627-9003
Information & Referral Line (211)	.888-636-4211

LAW ENFORCEMENT (in emergency, call 9-1-1)

Cheboygan City Police	.231-627-4321
Cheboygan County Sheriff Dept.	.231-627-3155
Mackinaw City Police	.231-436-7861
Michigan State Police Dispatch Center	.989-732-5141

LEGAL SERVICES & ADVOCACY GROUPS

Cheboygan County Probate Court	.231-627-8823
Cheboygan County Veterans Affairs	.231-627-8833
Department of Human Services Guardianship Assistance (report abuse/neglect)	.231-445-8122
Elder Law of Michigan	.877-664-2233
Gatekeeper program (report abuse/neglect) (To report after hours)	.800-334-3393 .855-444-3911
Legal Hotline for Older Michiganians	.800-347-5297
Legal Services of North Michigan	.888-645-9993
Long Term Care Ombudsman	.989-358-4630 or 800-219-2273
Michigan Office of Services to the Aging	.517-373-8230
Michigan Medicare/Medicaid Assistance Program	.800-803-7174

LIBRARIES

Alpena Community College Library	989-358-7252
Cheboygan Public Library	231-627-2381
Indian River Area Library	231-238-8581
Levering Branch Library	231-537-2150
Mackinaw Area Public Library	231-436-5451
National Library Service for the Blind and Physically Disabled	888-657-7323
North Central Michigan College Library	231-348-6615
Northland Library for the Blind/Physically Disabled	800-992-9012
Petoskey District Library	231-758-3100
Onaway Branch Library	989-733-6621
Presque Isle District Library	989-734-2477
Topinabee Public Library	231-238-7514
Wolverine Community Library	231-525-8800
McLaren Library & Learning Center	231-487-4500

LOAN CLOSET

Cheboygan County Council on Aging	231-627-7234
Mackinaw City Lions Club	231-436-5570

MEALS ON WHEELS

Cheboygan County Council on Aging	231-627-7234
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MEDIATION

Community Mediation Services	800-873-7658 or 989-732-1576
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MEDICAL SUPPLIES

For complete detailed listing of medical supply companies, see
Hospital Equipment in the Phone Guide

Personal Emergency Response Systems-Lifelines:	
Guardian Medical Monitoring	888-349-2400
Life Alarm	800-780-5433
VitalCare	800-748-0103
VRI Lifeline	800-860-4230
Airway Oxygen, Inc.	231-348-8843
ABC Medical	231-627-2677
Bay Home Medical	800-755-0552
CareLinc Home Medical	800-591-5785
Modern Pharmacy	231-627-9949
Vital Care Inc.	800-342-7711
Wright & Filipis	800-482-0222
J & B Medical	800-737-0045

MENTAL HEALTH AND COUNSELING SERVICES

Beacon Center	231-597-9311
Catholic Human Services, Inc.	231-627-9917
Harbor Hall Substance Abuse/Alcohol/Gambling	231-597-9235
Munson Alcohol and Drug Center	800-662-6766
North Country Community Mental Health	231-627-5627 or 800-834-3393
Northern Michigan Substance Abuse Services	800-686-0749
Petoskey Club	231-347-1786
Safe Crossings Community Support Services	231-487-4825
Third Level Crisis Line	800-442-7315
Women's Resource Center	231-347-0067
(24 hour help line)	800-275-1995

NURSING HOMES/CARE FACILITIES

Bay Bluffs	Harbor Springs	231-526-2161
Bortz Health Care	Petoskey	231-347-5500
Mackinaw Straits/Evergreen Living Center	St. Ignace	906-643-8585
Rogers City Rehabilitation	Rogers City	989-734-7545
Tendercare Health Care Center	Cheboygan	231-627-4347
Tendercare Health Care Center	Gaylord	989-732-3508
Tendercare Health Care Center	Roger City	989-734-2151

PRESCRIPTION ASSISTANCE

MMAP Medicare/Medicaid Assistance Program	800-803-7174
Northern Care Clinic	231-333-3019
Cheboygan County Council on Aging	231-627-7234

RESPIRE SERVICES

For more information regarding services see Home Care and Nursing
Homes within this book

Pinecrest Village of Mackinaw	231-436-5535
VitalCare Adult Day Center - Petoskey	231-348-0771
Cheboygan Tendercare	231-627-4347
Sand Castle Adult Day Care	231-597-8317
The Brook	231-268-3400

SENIOR CENTERS/SENIOR MEAL SITES

Pellston Senior Center	6274 W. Edgar	231-539-8201
Cheboygan Senior Center	1531 Sand Road	231-627-7234
Wawatam Area Senior Center	205 Cedar St. Mackinaw City	231-436-5323
Wolverine Senior Center	6260 Wolverine Rd.	231-525-8969

INTERNET WEBSITES

AARPwww.aarp.org
Adult Foster Homeswww.michigan.gov
(Do search: Adult Foster Homes)
Airway Oxygen, Inc.www.airwayoxygeninc.com
Administration on Agingwww.aoa.gov
Alpena Community Collegewww.alpenacc.edu
American Red Crosswww.redcrossmichigan.org
Alzheimer's Associationwww.alz.org
CareLinc Home Medicalwww.carelinmed.com
CareSourcewww.caresource.com
Catholic Human Serviceswww.catholichumanservices.org
Center for Disease Controlwww.cdc.gov
Center for Medicare Advocacywww.medicareadvocacy.org
Cheboygan County Commission on Agingwww.3coa.com
Cheboygan Countywww.cheboygancounty.net
Cheboygan County Veterans Clinic
.....www.saginaw.va.gov/visitors/Cheboygan.asp
Dental Clinics Northwww.nwhealth.org.dcn
Department of Human Serviceswww.michigan.gov/dhs
electronic accesswww.michigan.gov/mibridges
District Health Dept. # 4www.dhd4.org
Eldercarewww.eldercare.gov
Elder Law of Michiganwww.elderlawofmi.org
Habitat For Humanitywww.habitatcheboygan.org
Harbor Care Associates, Inc.www.harborcareassociates.com
Hospice of Michiganwww.hom.org
HUD Housingwww.hud.gov
Legal Services of Northern Michiganwww.lsnm.org
Leelin Home Health Carewww.leelinhomehealth.com
Mackinac Straits Hospitalwww.mackinacstraitshhealth.org
McLaren Northern Michiganwww.northernhealth.org
Medicaidwww.cms.hhs.gov/home/medicaid
Medicarewww.medicare.gov
Michigan Home Health Agencywww.mhha.org

Michigan Medicaid/Medicare Assistance Program ..www.mmapinc.org
Michigan Office of Services
to the Agingwww.michigan.gov/miseniors
Michigan School for the Deafwww.deaftartars.com/
Michigan Workswww.michiganworks.org
National Family Caregivers Associationwww.nfcacares.org
NEMCSAwww.nemcsa.org
North Central Michigan Collegewww.ncmich.edu
North Country Community Mental Healthwww.norcocmh.org
Nursing Home Comparewww.medicare.gov/NHcompare
Otsego Memorial Hospitalwww.myomh.org
Pinecrest Village at Mackinawwww.pinecrestvillagemc.com
Poison Controlwww.aapcc.org/dnn
Rogers City Rehabwww.rogerscityrehab.com
Senior Information Websitewww.seniornet.org
www.thirdage.com
Tendercare Health Centerwww.tendercare.net
The Brookwww.brookretirement.com
Social Security Administrationwww.ssa.gov
State of Michiganwww.michigan.gov
United Waywww.cheboygancountyunitedway.org
Veterans Affairs
(Cheboygan)www.cheboygancounty.net/veterans_affairs/
VitalCare, Inc.www.vitalcare.org
Women's Resource Centerwww.wrchm.org

ELDER ABUSE

Recognize Elder Abuse and report it immediately

PHYSICAL ABUSE INDICATORS

- ✓ Bruises or welts
- ✓ Burns (from cigarettes, appliances, hot water)
- ✓ Scratches/Cuts/Bruises (on arms, legs or torso)
- ✓ Fractures/Sprains
- ✓ Injuries caused by biting, cutting, poking, punching, whipping or twisting arms or legs
- ✓ Disorientation, stupor or other symptoms of over medication
- ✓ Internal injuries
- ✓ History of similar injuries &/or numerous hospitalizations

SEXUAL ABUSE INDICATORS

- ✓ Sexually transmitted diseases
- ✓ Genital or anal infection, irritation, discharge, bleeding, itching, bruising or pain
- ✓ Painful urination &/or defecation or retention
- ✓ Difficulty walking or sitting
- ✓ Torn, stained or bloody underclothing

FINANCIAL ABUSE INDICATORS

- ✓ An unusual amount of banking activity
- ✓ Non payment of bills
- 3 Changes in legal documents that the person does not understand
- 3 Bank withdrawals/transfers the person cannot explain
- ✓ The person's standard of living that does not reflect financial resources
- ✓ Missing assets/funds
- ✓ Suspicious signatures

PSYCHOLOGICAL ABUSE INDICATORS

The victim may:

- ✓ Exhibit sleeping, eating, or speech disorders
- ✓ Suffer from depression
- ✓ Express helplessness or hopelessness
- ✓ Be isolated
- ✓ Demonstrate fearfulness
- ✓ Exhibit agitation or anger
- ✓ Feel confused
- ✓ Harbor low self-esteem
- ✓ Seek attention and affection

NEGLECT INDICATORS

- ✓ Untreated bedsores
- ✓ Skin disorders/rashes
- ✓ Untreated injuries/medical problems
- ✓ Poor hygiene
- ✓ Hunger, malnutrition, dehydration
- ✓ Pale skin, or sunken eyes
- ✓ Absence of food, water, heat in the home
- ✓ Absence of dentures, eyeglasses, hearing aids, walking aids, wheelchair, bathroom aids
- ✓ Absence of prescribed medication
- ✓ Unsuitable clothing
- ✓ Unsanitary or unsafe living condition

SELF NEGLECT INDICATORS

- ✓ The presence of self neglect increases with age
- ✓ Many self neglect persons live alone
- ✓ Often social support networks have become small or disappear
- ✓ Such isolation and loss can contribute to depression, malnutrition, and decreased mental and physical activity
- ✓ Self neglect resembles neglect by others

Indicators are signs or symptoms of abuse. Not all victims will exhibit some, any or all of the signs or symptoms of abuse. The above indicator list is not all inclusive, and is to be used as a guideline. Victims do not always have the appearance of their victimization: their life may depend on looking normal to the onlooker, just as abusers may not necessarily look like abusers.

Any person who suspects that abuse of an elderly has occurred should report it. When in doubt, always err on the side of caution and report your suspicion. The identity of the reporting person is kept confidential.

Report abuse or suspected abuse to:

**Cheboygan County Adult Protective Services
855-444-3911**

**Statewide Adult Protective Services Hotline
1-800-996-6228 (24 hours/day)**

Emergencies Dial 911

This resource directory was compiled by the
Cheboygan Adult Service Advocates
(CASA)

Vision: All community members of Cheboygan County will be aware of services available.

Goals:

1. Increase knowledge of programs and services in Cheboygan County that are available to adults.
2. Maintain a current and accurate directory of adult services in Cheboygan County.

Forward updates to:
Tonya Fegan at tonya@mackinawsl.com

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