

# St. Clair County Senior Resource Guide

## 2019



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# St. Clair County Senior Resource Guide

## 2019

The ***St. Clair County Senior Resource Guide*** was designed to help you find the information and resources you need. Many services and programs were identified to assist you in locating resources that address specific areas of need for senior citizens, their families, and caregivers. We encourage you to contact organizations directly for more detailed information.

This resource guide was made possible through the Senior Outreach Services workgroup. This group of dedicated professionals has been collaborating since 2001 to improve the lives of seniors within St. Clair County by sharing information and resources.

The ***St. Clair County Senior Resource Guide*** acknowledges no representation, guarantee, and/or responsibility for the businesses/professionals listed in this directory. Listings should not be considered an endorsement of any specific agency, service, or facility. Information is verified up to the date the resource guide was created. Revisions are made periodically but information may be outdated or change at any time.

**Updates, as well as information on any business or service not listed in this directory, should be emailed to: [sccseniorguide@gmail.com](mailto:sccseniorguide@gmail.com)**



Revised January 2019

## For Personalized Assistance

If you would like to speak with someone directly about available assistance for seniors in St. Clair County contact one of the agencies below and they will be able to provide additional information.

### **2-1-1 Information & Referral**

1723 Military Street, Port Huron, MI 48060

Phone: 2-1-1

Website: [www.211nemichigan.org](http://www.211nemichigan.org)

### **Area Agency on Aging 1-B**

29100 Northwestern Highway, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

Website: [www.aaa1b.org](http://www.aaa1b.org)

### **Blue Water Center for Independent Living**

1042 Griswold Street #2, Port Huron, MI 48060

Phone: 810-987-9337

Website: [www.bwcil.org](http://www.bwcil.org)

### **Community First Health Centers**

**Algonac:** 555 St. Clair River Drive, Algonac, MI 48001

Phone: 810-794-4917

**Port Huron:** 1011 Military Street, Port Huron, MI 48060

Phone: 810-488-8000

Website: [www.communityfirsthc.org](http://www.communityfirsthc.org)

### **The Council on Aging, Inc. Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061 or 800-297-0099

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **St. Clair County Department of Health and Human Services**

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

Website: [www.michigan.gov/dhhs](http://www.michigan.gov/dhhs)

## ***Table of Contents***

Emergency Phone Numbers.....	6
Adult Day Programs.....	8
Adult Foster Care/Homes for the Aged .....	9
Alcohol & Substance Abuse .....	10
Assisted Living .....	12
Caregiver Resources & Support Groups .....	13
Dementia & Alzheimer’s disease .....	14
Dental Services .....	16
Disability Services .....	17
Elder Abuse & Crime Prevention .....	19
Financial Assistance .....	21
Food & Nutrition .....	23
Home Health Care	
• Private Duty & Personal Care .....	25
• Skilled Home Health Care .....	26
Home Maintenance:.....	27
• Repair & Weatherization	
• Wheelchair Lifts & Ramps	
Homelessness .....	28
Hospice Care .....	29
Hospitals & Urgent Care .....	30
Immunizations .....	32
Independent Senior Living .....	33
Legal Assistance .....	35
• Estate Planning.....	36
• Guardianship & Conservatorship .....	38

Legal Assistance (continued)	
• Long-Term Care Ombudsman .....	39
Medical Care at Home .....	40
Medical Equipment & Supplies .....	41
Medicare/Medicaid Assistance .....	42
Mental Health Services & Counseling .....	44
Nursing & Rehab Facilities .....	46
Palliative Care .....	48
Physical Fitness & Recreation .....	49
Prescription Assistance .....	51
• Safe Drug Disposal .....	52
Rehabilitation .....	53
• Inpatient & Skilled Nursing	
• Outpatient Physical Therapy	
Respite Care .....	56
Senior Apartments .....	57
Senior Centers .....	60
Social Security & Pensions .....	61
Transportation .....	62
Veterans Services .....	64
Volunteer Opportunities .....	67
Glossary of Terms .....	68

# **EMERGENCY PHONE NUMBERS**

**EMERGENCY ONLY—Ambulance/Fire/Police.....9-1-1**

## **AMBULANCE (Non-Emergency)**

Tri-Hospital EMS ..... 810-985-7115

**ELDER ABUSE** ..... 855-444-3911

## **FIRE DEPARTMENTS (Non-Emergency)**

Algonac/Clay ..... 810-794-9347

Burtchville ..... 810-385-4443

Capac/Mussey ..... 810-395-4915

Emmett ..... 810-384-6991

Fort Gratiot ..... 810-385-5666

Grant ..... 810-327-1122

Greenwood ..... 810-387-9009

Ira ..... 586-725-7771

Kimball ..... 810-982-9461

Marine City ..... 810-765-8840

Marysville ..... 810-364-6611

Memphis ..... 810-392-2185

Port Huron City ..... 810-984-9750

Port Huron Twp ..... 810-982-3543

St. Clair ..... 810-329-3360

Yale/Brockway ..... 810-387-3662

**POISON CONTROL** ..... 800-222-1222

## **POLICE DEPARTMENTS (Non-Emergency)**

Michigan State Police ..... 800-495-4677

St. Clair County Sheriff Department ..... 810-987-1700

Algonac ..... 810-794-9722

Capac ..... 810-395-4351

Clay ..... 810-794-9381

Marine City ..... 810-765-4040

Marysville ..... 810-364-6300

Memphis ..... 810-392-2144

Port Huron ..... 810-984-8415

St. Clair ..... 810-329-5710

Yale ..... 810-387-4201

**POLLUTION EMERGENCY ALERT SYSTEM** ..... 800-292-4706

**ST. CLAIR COUNTY HEALTH DEPARTMENT**

Main ..... 810-987-5300  
Beach Closing ..... 810-987-7253  
Community Health Education & Outreach ..... 810-987-5300  
Environmental Health ..... 810-987-5306  
Flu Hotline ..... 810-966-4161  
Immunizations ..... 810-987-5729

**SUICIDE PREVENTION** ..... 800-273-8255

**UNITED STATES COAST GUARD**

**Search & Rescue (Non-Emergency)** ..... 810-984-2603

**UTILITIES**

DTE Energy ..... 800-477-4747  
SEMCO Energy—Gas Leaks/Emergency ..... 888-427-1427  
Water Department—Port Huron ..... 810-984-9763

# **ADULT DAY PROGRAMS**

Adult day programs are community-based programs designed to serve adults who are physically impaired or mentally confused that may require supervision, socialization and/or assistance with personal care or other daily living activities.

## **LOCAL RESOURCES**

### **Starpath Adult Day Services**

#### **The Council on Aging, Inc. serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-8970

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **VNA & Blue Water Hospice, Specialized Adult Day Program**

*For individuals with a diagnosis of Alzheimer's or other related forms of dementia*

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: [www.vnabwh.com](http://www.vnabwh.com)

## **STATE RESOURCES**

### **Area Agency on Aging 1-B**

29100 Northwestern Highway, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

Website: [www.aaa1b.org](http://www.aaa1b.org)

### **Michigan Adult Day Services Association**

Phone: 616-485-5018

Website: [www.mimadsa.org](http://www.mimadsa.org)

# **ADULT FOSTER CARE/HOMES FOR THE AGED**

**Adult Foster Care** (AFC) homes (sometimes called Homes for the Aged) are residential settings that provide general supervision and personal care services for individuals can no longer live independently.

The State of Michigan licenses and regulates all AFC homes within St. Clair County. If you or your loved ones can no longer live independently and need licensed adult care, you may be eligible for assistance through the Adult Community Placement program. If you are uncertain about the level of care needed by the individual seeking AFC, check with the individual's doctor or with:

## **St. Clair County Department of Health & Human Services**

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

Universal Case Load Services Hotline: 844-464-3447

Website: [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

Choosing an AFC that will best fit your needs can be challenging. Make sure to carefully observe the conditions and environment of the home and ask a lot of questions. Questions to consider:

- Who is providing the care in the home?
- What are the policies of the home?
- What are the schedules and routines?
- Would you feel comfortable living with the other residents?
- What are the costs and fees?
- Is there a current license posted?
- Have there been any complaints made about this facility?

Maintaining a current list of all AFC homes is challenging as homes may offer varying levels of care or only cater to a specific age group or condition. You may search for an Adult Foster Care Home/Homes for the Aged by visiting:

<http://w1.lara.state.mi.us/AdultFosterCare>

On this site, you can search by name or county. You will be able to review the type of facility, the services provided, and inspection or complaint/investigational reports.

## **HOMES FOR THE AGED**

### **Sanborn Gratiot Memorial Home**

2732 Cherry Street, Port Huron, MI 48060

Phone: 810-985-5631

Website: [www.sanborngratiot.org/](http://www.sanborngratiot.org/)

# **ALCOHOL & SUBSTANCE ABUSE**

Among older adults, prescription, over-the-counter medications, and alcohol are commonly misused. Misuse of alcohol or other drugs is a common cause of physical and mental health problems in older adults.

## **LOCAL RESOURCES**

### **Alcoholics Anonymous of St. Clair County – District 23**

Phone: 810-987-8884 or 866-327-8884

Website: [www.aadistrict23.org](http://www.aadistrict23.org)

### **Catholic Charities of Southeast Michigan - Port Huron office**

2601 13<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-987-9100

Toll Free: 855-88-CCSEM

Website: [www.ccsem.org](http://www.ccsem.org)

### **Celebrate Recovery**

*A Christ-Centered 12 Step Recovery Program*

Lakeport Phone: 810-679-2065

Cottrellville: 810-278-1214

Website: [www.celebraterecovery.com](http://www.celebraterecovery.com)

### **Community First Health Centers**

Algonac: 555 St. Clair River Drive, Algonac, MI 48001

Phone: 810-794-4917

Port Huron: 1011 Military Street, Port Huron, MI 48060

Phone: 810-488-8000

Website: [www.communityfirsthc.org](http://www.communityfirsthc.org)

### **IMPACT/ The Center for Human Resources**

1001 Military Street, Port Huron, MI 48060

Phone: 810-985-5437

Toll Free: 866-985-5168

Website: [www.impactph.org](http://www.impactph.org)

### **Families Against Narcotics**

Phone: 810-434-8687

Email: [bluewater@familiesagainstnarcotics.com](mailto:bluewater@familiesagainstnarcotics.com)

## LOCAL RESOURCES CONTINUED

### **Huron House, Inc.**

3252 24<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-984-8781

Website: [www.huronhouseinc.com](http://www.huronhouseinc.com)

### **Narcotics Anonymous of St. Clair County**

Michigan Hotline: 800-230-4085

Website: [www.michigan-na.org/blue-water-area/meetings](http://www.michigan-na.org/blue-water-area/meetings)

### **Professional Counseling Center, P.C.**

520 Superior Street, Port Huron, MI 48060

Phone: 810-984-4202

Website: [www.pccporthuron.com](http://www.pccporthuron.com)

### **Sacred Heart Rehabilitation Center**

#### **Clearview Women's Treatment Center**

400 Stoddard Road, Memphis, MI 48041

Phone: 810-392-2167 or 888-802-7472

#### **Port Huron Outpatient & Recovery Housing**

1406 8<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-987-1258

Website: [www.sacredheartcenter.com](http://www.sacredheartcenter.com)

### **St. Clair County Community Mental Health**

Port Huron: 3111 Electric Avenue, Port Huron, MI 48060

Phone: 810-985-8900

**Access Line (24/7): 888-225-4447**

Mobile Crisis Unit: 810-966-2575

West-Capac: 14675 Downey Road, Capac, MI 48014

Phone: 810-395-4343

South-Marine City: 135 Broadway Street, Marine City, MI 48039

Phone: 810-765-5010

Website: [www.scccmh.org](http://www.scccmh.org)

### **SAMHSA**

**Substance Abuse & Mental Health Services Administration Referral Service**

Phone: 800-662-HELP

## **ASSISTED LIVING FACILITIES**

The State of Michigan **does not license** assisted living or independent living facilities. Michigan law requires a license for Adult Foster Care/Homes for the Aged that provide personal care, meals, and supervision for 24 hours a day for five or more days a week.

Residents of “assisted living” facilities usually have their own units or apartment. In addition to having a support staff and providing meals, most assisted living facilities may also offer health care management and monitoring by using a third-party service (such as a home care agency). They may also provide services such as help with activities of daily living, housekeeping and laundry or help with medications, for an additional fee.

In addition to visiting facilities to see what services are offered, you should also check if the facility is licensed or if they have any complaints filed:

<http://w1.lara.state.mi.us/AdultFosterCare>

*See the chapter, **Adult Foster Care/Homes for the Aged** for more information on licensed facilities.*

*See the chapter, **Independent Senior Living** for a listing of facilities that may offer additional assistance.*

# **CAREGIVER RESOURCES**

A caregiver refers to anyone who provides assistance to someone else who is in some degree incapacitated and needs help. **Informal caregivers** and family caregiver are terms that refer to unpaid individuals such as family members, friends and neighbors who provide care. These individuals can be primary or secondary caregivers, full time or part time, and can live with the person being cared for or live separately. **Formal caregivers** are volunteers or paid care provider associated with a service system.

## **LOCAL RESOURCES**

### **Area Agency on Aging 1-B**

29100 Northwestern Highway, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

Website: [www.aaa1b.org](http://www.aaa1b.org)

More information: Provide caregivers with a variety of information and resources to help relieve the stress of care giving.

### **The Council on Aging Inc., Serving St. Clair County**

Port Huron Area Senior Center: 600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061 or 800-297-0099

Conrad Community Center—Capac: 585 N. Main, Capac, MI 48014

Phone: 810-395-7889 or 800-361-8877

Washington Life Center: 403 N. Mary Street, Marine City, MI 48039

Phone: 810-765-3523 or 800-779-4488

Yale Area Senior Center: 3 First Street, Yale, MI 48097

Phone: 810-387-3720 or 800-717-4422

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

## **SUPPORT GROUPS**

Support groups are sponsored throughout the community to enable persons facing similar problems to cope through the sharing of experiences, practical suggestions, and emotional support.

Support groups can be general, or they can be disease specific. If you are seeking support that is disease specific, contact the national agency associated with it, such as the Alzheimer's Association for an Alzheimer's support group. Meetings are often held in hospitals, or within the community at locations such as churches.

# **DEMENTIA & ALZHEIMER'S DISEASE**

**Dementia** is a general term that describes a wide range of symptoms associated with a decline in mental ability. **Alzheimer's disease** is the most common form of dementia, accounting for 60 to 80 percent of dementia cases. Alzheimer's disease is not a normal part of aging, although the greatest known risk factor is increasing age.

Many dementias, including Alzheimer's disease, are progressive; meaning symptoms start out slowly and gradually get worse. If you or a loved one is experiencing memory difficulties or other changes in thinking skills, don't ignore them. See a doctor soon to determine the cause. Professional evaluation may detect a treatable condition. And even if symptoms suggest dementia, early diagnosis allows a person to get the maximum benefit from available treatments. It also provides time to plan for the future.

## **LOCAL RESOURCES**

### **Alzheimer's Caregiver Support Group**

#### **McLaren Port Huron 55Plus**

1320 Washington Avenue, Port Huron, MI 48060

Phone: 810-989-3121

More information: This support group is affiliated with the Alzheimer's Association Greater Michigan Chapter. Meetings are held on the 4<sup>th</sup> Tuesday at 2:00 p.m. in the Jefferson Building.

### **Dementia & Alzheimer's Resource Committee**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-990-9558

Website: [www.darcsc.org](http://www.darcsc.org)

More information: The Dementia & Alzheimer's Resource Committee's mission is to support caregivers and those living with dementia and Alzheimer's disease through awareness, education, respite care grants and resource referral. Respite Care grants are available to those who have been diagnosed with dementia or Alzheimer's disease and reside in St. Clair County.

## RESOURCES FOR CAREGIVERS

Caregivers of people with Alzheimer's disease can draw on many sources of help for caregiving and financial support. Here are some places that provide general support and advice for Alzheimer's caregivers.

- **The Alzheimer's Disease Education and Referral (ADEAR) Center** offers information on diagnosis, treatment, patient care, caregiver needs, long-term care, research, and clinical trials related to Alzheimer's. Staff can refer you to local and national resources, or you can search for information on the website. The Center, a service of the National Institute on Aging, can be reached at 1-800-438-4380 or [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers).
- **The Alzheimer's Association** offers information, a help line, and support services to people with Alzheimer's and their caregivers. Call or search online to find support groups in your area: Harry L. Nelson Helpline 1-800-272-3900 or visit [www.alz.org](http://www.alz.org).
- **The Alzheimer's Foundation of America** provides information about Alzheimer's caregiving and a list of services for people with Alzheimer's. Services include a toll-free hotline, publications, and other educational materials. Contact the Foundation at 1-866-232-8484 or visit [www.alzfdn.org](http://www.alzfdn.org)
- **The National Institute on Aging Information Center** offers free publications about aging in English and Spanish. They can be viewed, printed, and ordered from the Internet. Contact the Center at 1-800-222-2225 or visit [www.nia.nih.gov](http://www.nia.nih.gov).

Caregivers need to take care of themselves too. Consider using **respite care** which is a service that provides caregivers with temporary relief from tasks associated with caregiving (see *Respite Care* chapter for more information).

Consider enrolling your loved one in an **Adult Day Program**. Adult Day Programs offer structured programs with social activities and health-related and rehabilitation services that are provided in a safe setting. Look at the chapter on *Adult Day Programs* for additional information.

Ensure your **legal and financial** documents are in order. Look at the chapters on *Legal Assistance* for more information.

There are many options for housing for people with dementia or Alzheimer's disease. Some can provide care at home with additional support (look at Home Health Care chapter). Others may need more support such as **long-term care** (look at the options for care in the *Adult Foster Care/Homes for the Aged, Assisted Living and the Nursing & Rehab Chapters*).

## **DENTAL ASSISTANCE**

Lack of dental care coverage is a serious problem for seniors, as dental health is not covered by Medicare. Not only is dental care often expensive, but also dental health is of utmost importance in the maintenance of a vigorous, useful life.

### **LOCAL RESOURCES**

#### **Community First Health Centers**

Algonac: 555 St. Clair River Drive, Algonac, MI 48001

Phone: 810-794-4917

Port Huron: 1011 Military Street, Port Huron, MI 48060

Phone: 810-488-8000

Website: [www.communityfirsthc.org](http://www.communityfirsthc.org)

More information: Dental services are available at the New Haven location.

Transportation may be arranged through local offices.

#### **Lonnie J. Stevens Community Dental Clinic**

3037 Electric Avenue, Port Huron, MI 48060

Phone: 810-984-5197 or 877-406-2323

New patients call: 877-313-6232

Website: [www.mydental.org](http://www.mydental.org)

More information: My Community Dental Centers (MCDC) offers services to individuals who have Medicaid as well as discounted dental services to non-Medicaid, low-income individuals and families through the MyDental Plan (MyDP) on a sliding fee scale based on income verification.

#### **Michigan Donated Dental Services (DDS)**

Phone: 517-346-9455

Website: [www.smilemichigan.com/DDS](http://www.smilemichigan.com/DDS)

Free dental care (includes extractions, oral surgery, and dentures) through volunteer dentists and dental labs. Must be over 65, or permanently disabled or medically compromised AND uninsured and low income. DDS cannot take dental emergencies.

# **DISABILITY SERVICES**

A disability is any continuing condition that restricts everyday activities. The Disability Services Act (1993) defines 'disability':

- which is attributable to an intellectual, psychiatric, cognitive, neurological, sensory or physical impairment or a combination of those impairments
- which is permanent or likely to be permanent
- which may or may not be of a chronic or episodic nature
- which results in substantially reduced capacity of the person for communication, social interaction, learning or mobility and a need for continuing support services.

With the assistance of appropriate aids and services, the restrictions experienced by many people with a disability may be overcome.

## **LOCAL RESOURCES**

### **The Arc of St. Clair County**

1530 Pine Grove Avenue, Suite 3, Port Huron MI 48060

Phone: 810-989-9144

Website: [www.thearcsccl.org/](http://www.thearcsccl.org/)

### **Blue Water Center for Independent Living**

1042 Griswold Street #2, Port Huron, MI 48060

Phone: 810-987-9337

Website: [www.bwcil.org](http://www.bwcil.org)

### **Community Enterprises of St. Clair County**

Main Building: 1033 26<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-982-3261

River District: 1000 Degurse Avenue, Marine City, MI 48039

Phone: 810-765-3300

Enriching Community Life: 1182 Gratiot Boulevard, Marysville, MI 48040

Phone: 810-364-0753

Website: [www.cescc.org](http://www.cescc.org)

### **Goodwill Industries of St. Clair County**

1013 26<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-987-9333

Website: [www.goodwillsccl.org](http://www.goodwillsccl.org)

## LOCAL RESOURCES CONTINUED

### **Special Dreams Farm**

6524 Fred W Moore Highway, St. Clair, MI 48079

Phone: 810-326-1027

Website: [www.specialdreamsfarm.org](http://www.specialdreamsfarm.org)

### **St. Clair County Community Mental Health**

Port Huron: 3111 Electric Avenue, Port Huron, MI 48060

Administration Phone: 810-985-8900

West: Capac: 14675 Downey Road, Capac, Michigan 48014

Phone: (810) 395-4343

South: Marine City: 135 Broadway Street, Marine City, Michigan 48039

Phone: (810) 765-5010

**Crisis Line**, available 24-hours a day: **888-225-4447**

Toll Free TTY: 888-225-1973

**Customer Service** for Non-Emergency Calls: **888-225-4447**

Website: [www.scccmh.org](http://www.scccmh.org)

### **United States Social Security Administration**

2620 Krafft Road, Fort Gratiot, MI 48059

Phone: 800-772-1213

Website: [www.ssa.gov](http://www.ssa.gov)

# **ELDER ABUSE & CRIME PREVENTION**

Adult Protective Services investigators protect vulnerable adults from abuse, neglect and exploitation by coordinating with mental health, public health, law enforcement, the probate courts, the aging network, community groups and the general public.

**Vulnerable:** A condition in which an adult is unable to protect himself or herself from abuse, neglect, or exploitation because of a mental or physical impairment or advanced age.

**Abuse:** Harm or threatened harm to an adult's health or welfare caused by another person. Abuse may be physical, sexual or emotional.

**Neglect:** Harm to an adult's health or welfare caused by the inability of the adult to respond to a harmful situation (self-neglect) or the conduct of a person who assumes responsibility for a significant aspect of the adult's health or welfare.

**Exploitation:** Misuse of an adult's funds, property, or personal dignity by another person.

If you suspect abuse, neglect or exploitation, call **855-444-3911** any time day or night to make a report. Staff will investigate allegations within 24 hours after the report is received.

**Sexual Assault Hotline: 855-VOICES4**



## **LOCAL RESOURCES**

### **Adult Protective Services**

#### **St. Clair County Department of Health and Human Services**

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

Website: [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

### **Blue Water Safe Horizons**

1530 Pine Grove Avenue #2, Port Huron, MI 48060

Phone: 810-985-4950, ext. 213

**24 Hours Crisis Line:** 888-985-5538

More information: Blue Water Safe Horizons offers shelter and support services for survivors of domestic violence, sexual assault, elder abuse and homelessness. The services and support programs are delivered to the community in a variety of formats ranging from shelter and housing to support groups and legal advocacy.

## LOCAL & STATE RESOURCES

### **Lakeshore Legal Aid**

810 10th Avenue #C, Port Huron, MI 48060

Phone: 810-985-5107

Senior Toll-free: 888-783-8190

Website: <http://www.lakeshorelegalaid.org/>

More information: Lakeshore Legal Aid is a not-for-profit law firm providing free civil legal services to low income people and seniors.

### **Michigan Protection and Advocacy Service, Inc.**

4095 Legacy Parkway, Suite 500, Lansing, MI 48911-4263

Phone: 517-487-1755

Toll-free: 800-288-5923

TTY: 800-288-5923

Website: [www.mpas.org](http://www.mpas.org)

More information: Michigan Protection & Advocacy Service, Inc (MPAS) is the independent, private, nonprofit organization designated by the governor of the Michigan to advocate and protect the legal rights of people with disabilities in Michigan. MPAS services include information and referral, short-term assistance, selected individual and legal representation, systemic advocacy, monitoring, and training.

# **FINANCIAL ASSISTANCE**

A majority of seniors live on a fixed income, and have difficulty keeping up with the cost of living today. However, many programs and services are available to provide financial assistance to those in need, either short term or long term.

## **LOCAL RESOURCES**

### **2-1-1 Information & Referral**

1723 Military Street, Port Huron, MI 48060  
Phone: 2-1-1  
Website: [www.211nemichigan.org](http://www.211nemichigan.org)

### **Blue Water Community Action**

302 Michigan Street, Port Huron, MI 48060  
Phone: 810-982-8541  
Website: [www.bwcaa.org](http://www.bwcaa.org)

### **Catholic Charities of Southeast Michigan - Port Huron office**

2601 13<sup>th</sup> Street, Port Huron, MI 48060  
Phone: 810- 987-9100  
Website: [www.ccsem.org](http://www.ccsem.org)

### **The Council on Aging Inc., Serving St. Clair County**

Port Huron Area Senior Center: 600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-984-5061 or 800-297-0099  
Conrad Community Center—Capac: 585 N. Main, Capac, MI 48014  
Phone: 810-395-7889 or 800-361-8877  
Washington Life Center: 403 N. Mary Street, Marine City, MI 48039  
Phone: 810-765-3523 or 800-779-4488  
Yale Area Senior Center: 3 First Street, Yale, MI 48097  
Phone: 810-387-3720 or 800-717-4422  
Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **St. Clair County Department of Health & Human Services**

220 Fort Street, Port Huron, MI 48060  
Phone: 810-966-2000  
Universal Case Load Services Hotline: 844-464-3447  
Website: [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

## LOCAL RESOURCES CONTINUED

### **Saint Vincent DePaul Society**

1335 24<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-984-5392

Website: [www.svdpdet.org/](http://www.svdpdet.org/)

### **Salvation Army-Port Huron**

2000 Court Street, Port Huron, MI 48060

Phone: 810-984-2679

Website: [www.salvationarmy.org](http://www.salvationarmy.org)

# **FOOD & NUTRITION**

A majority of seniors live on a fixed income, and have difficulty keeping up with the cost of living today. There are resources that can help with a variety of things from delivering a meal to your door, a place where you can go to get a meal, emergency food resources.

## **LOCAL RESOURCES**

### **2-1-1 Information & Referral**

1723 Military Street, Port Huron, MI 48060

Phone: 2-1-1

Website: [www.211nemichigan.org](http://www.211nemichigan.org)

### **Blue Water Community Action**

302 Michigan Street, Port Huron, MI 48060

Phone: 810-982-8541

Website: [www.bwcaa.org](http://www.bwcaa.org)

### **The Center of Port Huron**

723 Court St Port Huron, MI 48060

Phone: 810-982-9519

### **Harbor Impact Ministries**

1963 Allen Road, Kimball, MI 48074

Phone: 810-982-5312

Website: [www.harborimpactministries.com](http://www.harborimpactministries.com)

### **Meals on Wheels-The Council on Aging Inc., Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061 or 800-297-0099

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **Mid-City Nutrition**

805 Chestnut Street, Port Huron, MI 48060

Phone: 810-982-9261

Website: [www.midcitynutritionsoupkitchen.com](http://www.midcitynutritionsoupkitchen.com)

## LOCAL RESOURCES CONTINUED

### **MSU Extension St. Clair County**

200 Grand River Avenue # 102, Port Huron, MI 48060

Phone: 810-989-6935

Website: [www.canr.msu.edu/st\\_clair/](http://www.canr.msu.edu/st_clair/)

### **Supplemental Nutrition Assistance Program (SNAP)**

Phone: 1-855-ASK-MICH (855-275-6424)

### **Salvation Army-Port Huron**

2000 Court Street, Port Huron, MI 48060

Phone: 810-984-2679

Website: [www.salvationarmy.org](http://www.salvationarmy.org)

Current list of local food pantries:

<http://www.uwstclair.org/st-clair-county-food-pantries>

Current list of mobile food distribution:

<https://www.optrans.org/food-distribution>

# **HOME HEALTH CARE:** **PRIVATE DUTY & PERSONAL CARE**

Private Duty covers a wide array of services in the home. The client does not need to be homebound, or under the care of a physician. Services range from personal care and bathing to laundry, housekeeping, meal preparation, errands/shopping and transportation to doctor appointments. Most insurance do not cover private duty services.

## **LOCAL RESOURCES**

### **Comfort Keepers**

942 Military Street, Port Huron, MI 48060

Phone: 810-249-2561

Website: [www.comfortkeepers.com](http://www.comfortkeepers.com)

### **Crystal Cares Home Care**

2321 Water Street, Suite E, Port Huron, MI 48060

Phone: 810-882-9915

Website: [www.crystalhomecare.com](http://www.crystalhomecare.com)

### **Harbor Health Private Care, Inc.**

1100 Degurse Avenue, Marine City, MI 48039

Phone: 810-765-7144

Website: [www.harborhealthservices.com](http://www.harborhealthservices.com)

### **RX Family Home Care Services**

110 South Third Street, Suite 150, St. Clair, MI 48079

Phone: 810-328-3934

Website: [www.stclairhomecare.com](http://www.stclairhomecare.com)

### **Visiting Angels of St. Clair County**

1530 Pine Grove Avenue, Suite 7, Port Huron, MI 48060

Phone: 810-966-2273

Website: [www.visitingangels.com](http://www.visitingangels.com)

### **VNA & Blue Water Hospice**

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: [www.vnabwh.com/](http://www.vnabwh.com/)

More information: Grant services available for underserved.

## **HOME HEALTH CARE:** **SKILLED HOME HEALTH CARE**

Skilled care in the home covers an array of services that are intended for the home bound client. To qualify, the client must meet the criteria for homebound and be under the care of a physician. These services include Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Workers, Home Health Aides and Registered Dieticians. Most insurance, including Medicare, cover skilled homecare. Below are listings of home health care agencies with offices in St. Clair County. There are several other companies who service St. Clair County with offices outside the county.

### **LOCAL RESOURCES**

#### **Beacon Home Care**

415 Quay Street, Port Huron, MI 48036

Phone: 810-966-3480

Website: [www.beaconcares.com](http://www.beaconcares.com)

#### **Harbor Health Private Care, Inc.**

1100 Degurse Avenue, Marine City, MI 48039

Phone: 810-765-7144

Website: [www.harborhealthservices.com](http://www.harborhealthservices.com)

#### **McLaren Health Management Group**

1411 Third Street, Suite C, Port Huron, MI 48060

Phone: 866-323-5974

Website: [www.mclaren.org/homecare](http://www.mclaren.org/homecare)

#### **RX Family Home Care Services**

110 South Third Street, Suite 150, St. Clair, MI 48079

Phone: 810-328-3934

Website: [www.stclairhomecare.com](http://www.stclairhomecare.com)

#### **VNA & Blue Water Hospice**

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: [www.vnabwh.com](http://www.vnabwh.com)

# HOME MAINTENANCE

## REPAIR & WINTERIZATION LOCAL RESOURCES

### **Bluewater Community Action**

302 Michigan Street, Port Huron, MI 48060  
Phone: 810-982-8541 - Toll Free: 877-627-0422  
Website: [www.bwcaa.org](http://www.bwcaa.org)

### **City of Port Huron**

Municipal Office Center, 100 McMorran Boulevard, Port Huron, MI 48060  
Phone: 810-984-9736 – Community Development Department  
Website: [www.porthuron.org](http://www.porthuron.org)

### **The Council on Aging, Inc. serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-987-8811 or 800-297-0099  
Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

## WHEELCHAIR LIFTS & RAMPS LOCAL RESOURCES

### **Community Enterprises**

1033 26<sup>th</sup> Street, Port Huron, MI 48060  
Phone: 810-982-3261  
Website: [www.cescc.org](http://www.cescc.org)

### **The Council on Aging, Inc. serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-987-8811  
Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **St. Clair County Department of Health & Human Services**

220 Fort Street, Port Huron, MI 48060  
Phone: 810-966-2000  
Website: [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

### **United Way ~ Ramp Program**

1723 Military Street, Port Huron, MI 48060  
Phone: 810-985-8169 ext. 128  
Website: [www.uwstclair.org](http://www.uwstclair.org)

# HOMELESSNESS

Homelessness is defined as individuals or families who lack a fixed, regular, and adequate nighttime residence, including persons residing in emergency shelters or places not meant for human habitation, as well as those who are at imminent risk of homelessness. There are several agencies that can provide help.

## LOCAL RESOURCES

### **2-1-1 Information & Referral**

1723 Military Street, Port Huron, MI 48060

Phone: 2-1-1

Website: [www.211nemichigan.org](http://www.211nemichigan.org)

### **Blue Water Development Housing**

1600 Gratiot Boulevard # 1, Marysville, MI 48040

Phone: 810-388-1200

Website: [www.bwdh.org](http://www.bwdh.org)

### **Blue Water Center for Independent Living**

1042 Griswold Street #2, Port Huron, MI 48060

Phone: 810-987-9337

Website: [www.bwcil.org](http://www.bwcil.org)

### **Bluewater Community Action Agency (HARA)**

302 Michigan Street, Port Huron, MI 48060

Phone: 810-982-8541 - Toll Free: 877-627-0422

Website: [www.bwcaa.org](http://www.bwcaa.org)

### **P & M Housing Services LLP**

17 17<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-479-9820

### **St. Clair County Department of Health & Human Services**

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

Universal Case Load Services Hotline: 844-464-3447

Website: [www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

### **Sanborn Gratiot Memorial House**

2732 Cherry Street, Port Huron, MI 48060

Phone: 810-985-5631

Website: [www.sanborngratiot.org/](http://www.sanborngratiot.org/)

## **HOSPICE CARE**

Hospice care is end-of-life care, focusing on the person, not the disease. The hospice care team provides medical care and expertise in pain and symptom management to enhance quality of life. Hospice programs also provide services catering to the patient's unique needs and support services for the patient's family. Hospice services are covered 100% by Medicare and Medicaid, as well as many private insurances.

Hospice care can take place at home, at a hospice facility, in a hospital, or in a skilled nursing facility.

### **LOCAL RESOURCES**

#### **Grace Hospice**

1985 Gratiot Avenue, Suite 1 C, Marysville, MI 48040

Phone: 810-294-8580

Website: [www.ghospice.com](http://www.ghospice.com)

#### **McLaren Hospice**

1411 Third Street, Suite C, Port Huron, MI 48060

Phone: 866-323-5974

Website: [www.mclaren.org/homecare](http://www.mclaren.org/homecare)

#### **VNA & Blue Water Hospice**

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: [www.vnabwh.com](http://www.vnabwh.com)

### **HOSPICE FACILITY**

#### **Blue Water Hospice Home**

2795 Edison Drive, Marysville, MI 48040

Phone: 810-984-4131

Website: [www.vnabwh.com](http://www.vnabwh.com)

More information: Grants available through United Way and Medicaid.

## **HOSPITALS & URGENT CARE CENTERS**

If you are having a life-threatening health condition, please call 9-1-1. This would include the following:

- Symptoms of a stroke, including sudden numbness in an extremity
- Symptoms of a heart attack, including chest pain and/or shortness of breath
- Seizures or loss of consciousness
- Severe injuries, such as fractures or head trauma
- Vomiting or coughing up blood
- Bleeding that won't stop or deep cuts
- Severe burns
- Severe abdominal pain

If you feel your symptoms require immediate medical attention, go to the Emergency Room, where medical professionals can determine which level of care is required.

### **LOCAL HOSPITALS**

#### **Ascension River District Hospital**

4100 River Road, East China, MI 48054

Phone: 810-329-7111

Website: [www.ascension.org](http://www.ascension.org)

#### **Lake Huron Medical Center**

2601 Electric Avenue, Port Huron, MI 48060

Phone: 810-216-1500

Website: [www.mylakehuron.com](http://www.mylakehuron.com)

- Senior Services  
Phone: 810-216-1035  
Contact the senior services coordinator to learn more about programs and services available to seniors.

#### **McLaren Port Huron**

1221 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-987-5000

HealthAccess: 800-228-1484

Website: [www.mclaren.org/ph](http://www.mclaren.org/ph)

- McLaren Port Huron 55Plus  
1320 Washington Avenue, Port Huron, MI 48060  
Phone: 810-989-3121  
55Plus is a free membership program for adults age 55 and over which provides access to educational programs, screenings, and discounts.

## HOUSING NEAR HOSPITALS

### **Hunter Hospitality House, Inc.**

Lake Huron Medical Center Location: 2509 10th Street, Port Huron

McLaren Port Huron/Karmanos Cancer Institute: 1010 Lincoln Avenue, Port Huron

Phone: 810-824-3679 (both locations)

\*Registrations by appointment only, between the hours of 9am-7:30pm

More Information: Hunter Hospitality House provides a free, welcoming, relaxing home-away-from-home steps away from each hospital in Port Huron for adults in need of restoration while their loved ones are patients in the hospital. HHH is also available for outpatients between treatments, and for those who need a place to stay the night before a medical procedure or appointment.

## URGENT CARE

Urgent care centers are usually used to treat patients with medical conditions that require immediate attention but are not serious enough to warrant a visit to an emergency room. Conditions that may be effectively treated at urgent care centers include:

- Sprains and strains
- Infections, including urinary tract or respiratory infections
- Minor cuts with controlled bleeding
- Colds, coughs and sore throat
- Flu symptoms and/or fever
- Skin rashes and minor injuries

Most urgent care centers have extended hours, including evenings and weekends, and offer walk-in appointments.

### **Ascension Michigan Urgent Care**

955 Fred W Moore Highway, St. Clair, MI 48079

Phone: 810-326-3894

### **MedExpress Urgent Care Center**

3550 Pine Grove Avenue, Port Huron

Phone: 810-989-2530

### **Physicians Health Care Network**

Fort Gratiot: 4190 24th Avenue, Fort Gratiot, MI 48059

Phone: 810-989-7788

Marysville: 3350 Gratiot Boulevard, Marysville, MI 48040

Phone: 810-364-4000

# **IMMUNIZATIONS**

Older adults are especially vulnerable to certain diseases, such as influenza and pneumonia. Vaccinations help older people protect themselves from getting influenza, pneumonia and other illnesses. According to the CDC older adults need vaccinations to protect themselves against the following diseases:

- Seasonal Influenza
- Tetanus, diphtheria and pertussis (whooping cough)
- Shingles (based on availability)
- Pneumococcal disease

If you're unsure whether you need an immunization, ask your care provider or check the Adult Immunization Schedule. Don't forget if you are traveling, you may need additional vaccines.

Vaccines are available throughout the community. You can inquire at your physician's office or your local pharmacy. Immunizations are also available through the St. Clair County Health Department.

## **LOCAL RESOURCES**

### **St. Clair County Health Department**

3415 28<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-987-5729

Website: [www.scchealth.co/](http://www.scchealth.co/)

Hours: 10:00 AM - 6:30 PM Monday; 8:00 AM - 4:30 PM Tuesday through Friday.

By appointment, walk-ins accommodated as schedule allows.

More information: Most insurances are accepted, and a sliding scale is available. Call for current prices and availability.

# **INDEPENDENT SENIOR LIVING**

Independent Senior Living Communities commonly provide apartments but some offer cottages. Residents are seniors who may or may not require assistance with daily activities but by living in a community they may benefit from the convenient services, senior-friendly surrounding and increased social opportunities that these communities offer. Most communities offer medical services, meals, housekeeping, laundry services, social activities, bus services etc. Some also offer emergency alert systems, live in managers, medical staff 24/7, and amenities such as clubhouses and on-site beauty and barber salons.

When choosing an Independent Living Community some common questions to consider are:

- What types of apartments/cottages do you offer?
- What amenities does your community offer?
- What dining options are available?
- What is the monthly cost?
- What is the cost for each service (housekeeping, laundry, meals etc.)?
- Do you have an on-site medical staff? If so how often and what type of services do they provide?
- Do you have emergency alert systems?
- What are the activities your community offers, if any?
- Do you have a bus service?

## **LOCAL RESOURCES**

### **Blue Water Lodge**

2840 Keewahdin Road, Fort Gratiot, MI 48059

Phone: 810- 385-4131

Website: [www.holidaytouch.com](http://www.holidaytouch.com)

### **Lake Huron Woods**

5221 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810- 385-9516

Website: [www.lockwoodseniorliving.com](http://www.lockwoodseniorliving.com)

### **Mallards Landing**

4601 South River Road, East China, MI 48054

Phone: 810-329-7169

## LOCAL RESOURCES CONTINUED

### **Port Haven Manor**

3900 Aspen Drive, Port Huron, MI 48060

Phone: 810- 985-4222

Website: [www.havenmanors.com](http://www.havenmanors.com)

### **Sanctuary at Mercy Village**

4170 24<sup>th</sup> Avenue, Fort Gratiot, MI 48059

Phone: 810- 989-7440

Website: [www.trinityhealthseniorcommunities.org](http://www.trinityhealthseniorcommunities.org)

## **LEGAL ASSISTANCE**

Elder laws are the laws affecting older people and their families in the U.S. The law covers virtually all the statutes, regulations and decisions, having an impact on the lives of older Americans and their families. The issues faced by the elderly include: estate planning, wills, trusts, guardianships, arrangements for care, tax issues, social security and retirement planning and benefits, protection against elder abuse (physical, emotional and financial), neglect, and fraud, end-of-life planning, nursing homes and in-home care, Medicare and Medicaid coverage, and other concerns of older people.

Legal resources are available to enhance the quality and accessibility of the legal assistance provided to older people in St. Clair County.

### **LOCAL RESOURCES**

#### **Lakeshore Legal Aid**

810 10th Avenue #C, Port Huron, MI 48060

Phone: 810-985-5107 or 888-783-8190

Website: <http://www.lakeshorelegalaid.org/>

More information: Lakeshore Legal Aid is a not-for-profit law firm providing free civil legal services to low income people and seniors. Lakeshore's attorneys are trained to provide legal advice and counseling, document review and preparation, negotiation, mediation, representation in court, legal education presentations to community groups, and referrals to other available community resources. Lakeshore cannot provide legal assistance in criminal matters, and services may be limited by the number of attorneys and other resources available.

#### **Legal Services of Eastern Michigan**

511 Fort Street, Suite 540, Port Huron, MI 48060

Phone: 800-322-4512

Website: [www.lsem-mi.org](http://www.lsem-mi.org)

#### **St. Clair County Probate Court**

201 McMorrان Boulevard, Port Huron, MI 48060

Phone: 810-985-2066

More information: Probate Court can assist residents with decedent estates and the supervision of trusts. Office also provides genealogy information and record request.

## LOCAL ESTATE PLANNING LAW OFFICES

### **Blue Water Guardianship Services**

1530 Pine Grove Avenue, Suite 1, Port Huron, MI 48060  
Phone: 810-982-0051

### **Delekta & Delekta, P.C.**

80880 Main Street, Memphis, MI 48041  
Phone: 810-392-3834  
Web: [www.delektalaw.com](http://www.delektalaw.com)

### **Fullmer Law Office**

1362 N River Road, Suite 1-E, St. Clair, MI 48079  
Phone: 810-329-8900

### **Hill Davidson, P.C.**

901 Huron Avenue, Port Huron, MI 48060  
Phone: 985-8171  
Web: [www.hilldavidson.com](http://www.hilldavidson.com)

### **Kelly Law Firm**

627 Fort Street, Port Huron, MI 48060  
Phone: 810-987-4111  
Web: [www.porthuronlaw.com](http://www.porthuronlaw.com)

### **Marilyn Knak**

1530 Pine Grove Avenue, Suite 1, Port Huron, MI 48060  
Phone: 810-936-0005  
Web: [www.knaklawoffice.com](http://www.knaklawoffice.com)

### **Lozen & Kovar P.C.**

511 Fort Street, Suite 402, Port Huron, MI 48060  
Phone: 810-987-3970  
Website: [www.lozenlaw.com](http://www.lozenlaw.com)

### **Simasko Law Offices, PLLC**

801 10<sup>th</sup> Avenue, Suite B-2, Port Huron, MI 48060  
Phone: 810-987-1645  
Web: [www.simaskolawoffices.com](http://www.simaskolawoffices.com)

### **Touma, Watson, Whaling, Coury, & Stremers, P.C.**

316 McMorrان Boulevard, Port Huron, MI 48060  
Phone: 810-987-7700

### **Wallace Law Firm, P.C.**

709 Huron Avenue, Port Huron, MI 48060  
Phone: 810-985-4320  
Website: [www.happylaw.com](http://www.happylaw.com)

## STATE AND NATIONAL LEGAL RESOURCES

### **Center for Civil Justice**

436 S. Saginaw Street, Suite 400, Flint, MI 48502  
Phone: 800-724-7441

### **Elder Law of Michigan Legal Hotline**

3815 West St. Joseph Street, Suite C-200, Lansing, MI 48917  
Phone: 1-866-400-9164  
Website: [www.elderlawofmi.org](http://www.elderlawofmi.org)

### **National Academy of Elder Law Attorneys, Inc. (NAELA)**

Website: [www.naela.org](http://www.naela.org)

More information: NAELA is a professional association of attorneys who are dedicated to improving the quality of legal services to people as they age and to people with special needs.

### **The Resolution Center**

176 S. Main Street, Suite 2, Mount Clemens, MI 48043  
Phone: 586-469-4714  
Toll Free: 1-800-8-RESOLVE  
Web-site: [www.theresolutioncenter.com](http://www.theresolutioncenter.com)

More information: A non-profit organization and part of Michigan's Community Disputed Resolution Program. Provides mediation and other forms of Alternative Dispute Resolution in the following areas: Consumer/Merchant, Landlord/Tenant, Community, Neighborhood, Employee/Employer, Civil Litigation, Victim-Offender Mediation, Michigan Special Education, Michigan Department of Civil Rights, and Divorce. The Center also can arrange for large group facilitation and arbitration services. Must be a resident of St. Clair or Macomb County.

### **State Bar of Michigan**

#### **Lawyer Referral and Information Service (LRIS)**

Website: <https://lrs.michbar.org/Find-a-Lawyer>  
Phone: 586-468-8300  
Toll-Free: 800-968-0738

More information: The State Bar of Michigan Lawyer Referral and Information Service (LRIS) is designed to assist members of the public who want to hire an attorney and can afford to pay for legal services.

# **LEGAL ASSISTANCE**

## **GUARDIANSHIP & CONSERVATORSHIP**

**Conservatorships** are available for people who cannot manage their own affairs due to illness or disability. With a conservatorship, a person is appointed by the court to manage the business affairs of a person but does not have control of the person's day to day life. The **Probate Court** decides if a person cannot manage his or her finances, as well as who should serve as conservator to help such a person. If the person is developmentally disabled, the Mental Health Code is applied in deciding the case. A conservatorship is a legal proceeding, which requires a Legal petition.

A **Guardianship** is a legal proceeding, which requires a petition. If you suspect a person of being unable to handle his or her own affairs because of illness, mental illness, absence, or another reason, you can ask the court to appoint a guardian. The **Probate Court** decides if a person cannot manage his or her daily life, as well as who should serve as guardian to help such a person. If the person is developmentally disabled, the Mental Health Code is applied in deciding the case.

A **Public Guardian** may be appointed if an individual does not have the funds to pay for a guardian, or who have no other friend or relative able to serve as guardian.

### **LOCAL RESOURCES**

#### **Adult Conservator/Guardianship Department**

##### **St. Clair County Probate Court**

201 McMorran Boulevard, Port Huron, MI 48060

Phone: 810-985-2066

#### **Public Guardian's Office**

201 McMorran Boulevard, Port Huron, MI 48060

Phone: 810-985-2095

#### **Blue Water Guardianship Svc**

##### **William Schieman**

1530 Pine Grove Avenue, Suite 1, Port Huron, MI 48060

Phone: 810-982-0051

# **LEGAL ASSISTANCE** **LONG-TERM CARE OMBUDSMAN**

The Long-term Care Ombudsman investigates care and safety complaints of residents in nursing homes, homes for the aged and adult foster care homes. The Ombudsman works with residents, families, and appropriate state and federal agencies for remedy.

Ombudsman staff also assists family members with such issues as resident's rights, financial concerns, guardianship and nursing home placements.

## **STATE AND NATIONAL RESOURCES**

### **Michigan Office of the State Long Term Care Ombudsman**

Phone: 1-866-485-9393

Website: [www.mltco.org](http://www.mltco.org)

More information: Michigan's Long-Term Care Ombudsman program is a non-profit program which represents the interests of Michigan residents of licensed long-term care facilities. The long-term care information line is answered by designated ombudsman who can help you with your long-term care questions. Callers can receive information about alternatives to nursing home placement, assistance with residents' concerns, choosing long term care services that are right for you, and obtain referrals to other agencies that can help with long term care issues.

# MEDICAL CARE AT HOME

## LOCAL RESOURCES

Visiting Physician's Association (VPA) provides care for geriatric and homebound patients including: physical examinations, disease management, medication management, laboratory testing, mobile x-ray, cardiology and pulmonology consultation, transitional care expertise, and home care coordination.

### **Visiting Physicians Association**

1985 Gratiot Avenue, Suite 2A, Marysville, MI 48040

Phone: 810-364-5050

Website: [www.visitingphysicians.com](http://www.visitingphysicians.com)

# **MEDICAL EQUIPMENT & SUPPLIES**

Durable medical equipment (DME) includes items certified by a doctor as being medically necessary for patients to use in their homes to compensate for a physical impairment. Durable medical equipment is sometimes called home medical equipment. These items could include walking aids, bathroom safety products, patient lifts, wheelchairs, and more. CMS (Centers for Medicare and Medicaid Services) awards contracts with specific DME providers. Your insurance may require you to work with a specific company. To find a Medicare DME supplier visit: [www.medicare.gov/supplierdirectory](http://www.medicare.gov/supplierdirectory)

## **Local Durable Medical Equipment & Orthotics:**

- Able Orthopedics: 810-985-8006
- Comfort Prosthetics & Orthotics: 810- 387-4710
- Crescent Corporation: 810-982-2786
- IRB (Hart) Medical Equipment: 810-982-0700
- Sheldon Medical Supply: 800-922-5101
- Wright & Fillipis: 810-385-6330

## **LOCAL LOAN CLOSETS**

### **The Council on Aging, Inc. Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

More information: The availability of items is based on the donations received.

### **Harbor Impact Ministries**

1963 Allen Road. Kimball, MI 48074

Phone: 810-982-5312

Website: [www.harborimpactministries.com](http://www.harborimpactministries.com)

### **United Way**

1725 Military Street, Port Huron, MI

Phone: 810-985-8169

Website: [www.uwstclair.org](http://www.uwstclair.org)

More information: Medical equipment and incontinence products. Availability is based on the donations received.

# **MEDICARE/MEDICAID ASSISTANCE**

**Medicare** is a Federal health insurance program that pays some medical costs for people age 65 and older and for those who have received Social Security Disability Income for 24 months.

- **Medicare Part A (Hospital Insurance)** helps cover inpatient hospital and skilled nursing facility care, hospice care services, and home health care services.
- **Medicare Part B (Medical Insurance)** helps cover medically necessary doctors' services, outpatient care, home health services, durable medical equipment, and other medical services. Part B also covers many preventive services.
- **Medicare Part D (Prescription Drug Coverage)** helps covers some prescription drug costs.
- **Medicare Advantage Plan (commonly referred to as Part C)** combines all of your benefits under one insurance company.

For more information, call 1-800-633-4227 or visit [www.medicare.gov](http://www.medicare.gov)

**Medicaid** is a combined Federal-State health insurance program for low-income people and families. This program will pay for nursing home care and sometimes long-term care at home if you meet financial requirements. For more information, visit [www.medicaid.gov](http://www.medicaid.gov)

**Affordable Care Act** is a federal statute which was signed into law in 2010 making insurance available for adults age 19-64 that are not currently on Medicare or Medicaid. It is often referred to as the Affordable Care Act, ACA, "Obamacare" or health care reform. See "Healthy Michigan Plan" below, for more information.

## **MEDICARE/MEDICAID LOCAL RESOURCES**

### **Area Agency on Aging 1-B**

29100 Northwestern Hwy, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

Website: [www.aaa1b.org](http://www.aaa1b.org)

### **Michigan Medicare/Medicaid Assistance Program**

Phone: 800-803-7174

Website: [www.mmapinc.org](http://www.mmapinc.org)

MMAP works with the Area Agencies on Aging to provide objective health benefit information and counseling and is supported by a statewide network of unpaid and paid skilled professionals. A MMAP counselor can help you: understand Medicare and Medicaid, compare or enroll in Medicare prescription drug coverage, review your supplemental insurance needs, apply for Medicaid or Medicare Savings program, and more.

## MEDICARE/MEDICAID LOCAL RESOURCES CONTINUED

### **The Council on Aging, Inc. Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

Resource advocates are available to help answer questions about Medicare and Medicaid programs.

### **1-800-MEDICARE**

General Medicare information, ordering Medicare booklets, and information about health plans, including durable medical equipment.

### **Michigan Department of Health & Human Services**

Phone: 855-275-6424

Website: [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

Contact the MI Department of Community Health for more information on the Medicaid program or Healthy Michigan Plan.

- **St. Clair County Department of Health & Human Services: 810-966-2000**

### **Social Security Administration (SSA)**

Phone: 800-772-1213

Website: [www.ssa.gov](http://www.ssa.gov)

Contact SSA to change your address, to discuss Medicare Part A or Part B, to request a new Medicare card, and to discuss Social Security benefits.

# **MENTAL HEALTH SERVICES & COUNSELING**

Asking for help for a mental health disorder is sometimes the hardest thing you can do. But it's also the most important step toward recovery. Many mental health issues won't just go away on their own. You may need the help of professionals to get better. You may need special support or medications to help you. You may benefit from talking to a professional counselor or to others in your situation. Whatever your problem, the important thing is to call and ask for help.

## **St. Clair County Community Mental Health**

Port Huron: 3111 Electric Avenue, Port Huron, MI 48060

Administration Phone: 810-985-8900

West: Capac: 14675 Downey Road, Capac, Michigan 48014

Phone: (810) 395-4343

South: Marine City: 135 Broadway Street, Marine City, Michigan 48039

Phone: (810) 765-5010

**Crisis Line**, available 24-hours a day: **888-225-4447**

Toll Free TTY: 888-225-1973

**Customer Service** for Non-Emergency Calls: **888-225-4447**

Website: [www.scccmh.org](http://www.scccmh.org)

## **LOCAL RESOURCES**

### **Blue Water Counseling**

1501 Kraft Road, Fort Gratiot, MI 48059

Phone: 810-985-5125

Website: [www.bluewaterclinic.com](http://www.bluewaterclinic.com)

### **Catholic Charities of Southeast Michigan - Port Huron office**

2601 13<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810- 987-9100

Website: [www.ccsem.org](http://www.ccsem.org)

### **Colonial Woods Counseling**

3240 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-984-5571

Website: [www.colonialwoodsmc.com/counseling](http://www.colonialwoodsmc.com/counseling)

### **Community First Health Centers**

Algonac: 555 St. Clair River Drive, Algonac, MI 48001

Phone: 810-794-4917

Port Huron: 1011 Military Street, Port Huron, MI 48060

Phone: 810-488-8000

Website: [www.communityfirsthc.org](http://www.communityfirsthc.org)

## LOCAL RESOURCES CONTINUED

### **Eastern Michigan Counseling Associates**

1600 Gratiot Boulevard # 4, Marysville, MI 48040

Phone: 810-364-5800

Website: <http://www.easternmichigancounseling.com/>

### **IMPACT/The Center for Human Resources (CHR)**

1001 Military Street, Port Huron, MI 48060

Phone: 866-985-5168

Website: [www.impactph.org](http://www.impactph.org)

### **McLaren Port Huron Outpatient Counseling**

1206 Richardson Street, Port Huron, MI 48060

Phone: 810-984-5156

Website: [www.mclaren.org/porthuron](http://www.mclaren.org/porthuron)

### **NorServ Group, LTD.**

1322 North River Road, St. Clair, MI 48079

Phone: 810-329-4798

Website: [www.norserv.com](http://www.norserv.com)

### **Professional Counseling Center, P.C.**

520 Superior Street, Port Huron, MI 48060

Phone: 810-984-4202

Website: [www.pccporthuron.com](http://www.pccporthuron.com)

### **Renewal Christian Counseling Center**

511 Fort Street, Suite 505, Port Huron, MI 48060

Phone: (810) 966-0099

Website: [www.renewalcenter.org](http://www.renewalcenter.org)

# **NURSING & REHAB FACILITIES**

A nursing & rehab facility, also called a skilled nursing facility, offer a wide range of health and personal care services. It is a residence that provides a room, meals, skilled nursing care, rehabilitative care, such as physical, occupational, and speech therapy, medical services and supervision. It also provides residents with activities of daily living assistance and recreational activities.

Some people stay at a nursing & rehab facility for a short time after being in the hospital. After they recover, they go home. However, some residents live there permanently because they have ongoing physical or mental conditions that require constant care and supervision.

Visit the nursing facility before considering it as a future home for you or a loved one, to see firsthand what the environment of the home is like. Call the facilities you are interested in and make an appointment to meet with the admissions staff (usually a social worker). This will also give you an opportunity to ask questions about the care and services that the facility provides and to clarify any issues.

Before you visit, search for information on the website, **Nursing Home Compare:** [www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)

This site provides detailed information about the past performance of Medicare and Medicaid certified nursing homes in the country. Review the “*Guide to Choosing a Nursing Home or Other Long-Term Services & Supports*” provided by the Centers for Medicare & Medicaid Services. Download the “*Nursing Home Checklist*” to bring with you on your visits to the facility.

When choosing a Nursing & Rehab Facility, some common questions to consider are:

- The number of beds at the facility, and how many are being used (occupied).
- The number of staff working at the facility.
- Information about the residents (a profile).
- Nursing home inspection summary results.
- Quality measures.

To view a list of **Medicaid Long Term Care Providers**, visit:

[https://www.michigan.gov/mdhhs/0,5885,7-339-71551\\_2945\\_42542\\_42543\\_42546\\_42551-20397--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71551_2945_42542_42543_42546_42551-20397--,00.html)

## LOCAL RESOURCES

### **Marwood Nursing & Rehab**

1300 Beard Street, Port Huron, MI 48060

Phone: 810-982-9500

Website: [www.mclaren.org/marwood](http://www.mclaren.org/marwood)

### **MediLodge of Port Huron**

5635 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810-385-7447

Website: [www.medilodgeofporthuron.com](http://www.medilodgeofporthuron.com)

### **MediLodge of St. Clair**

4220 Hospital Drive

East China, MI 48054

Phone: 810-329-4736

Website: [www.medilodgeofstclair.com](http://www.medilodgeofstclair.com)

### **MediLodge of Yale**

90 Jean Street, Yale, MI 48097

Phone: 810-387-3226

Website: [www.medilodgeofyale.com](http://www.medilodgeofyale.com)

### **Regency on the Lake**

5669 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810-385-7260

Website: [www.cienahealthcare.com/michigan-facilities/regency-on-the-lake](http://www.cienahealthcare.com/michigan-facilities/regency-on-the-lake)

# **PALLIATIVE CARE**

Palliative care is a patient-centered medical care approach designed to meet the physical, emotional and spiritual needs of people living with advanced illness. The goal is to improve quality of life for both the patient and the family. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment. Palliative care can be provided in at home and in some other settings.

## **LOCAL RESOURCES**

### **Beacon Home Care**

415 Quay Street, Port Huron, MI 48060

Phone: 810-966-3480

Website: [www.beaconcares.com](http://www.beaconcares.com)

### **McLaren Health Management Group**

1411 Third Street, Suite C, Port Huron, MI 48060

Phone: 866-323-5974

Website: [www.mclaren.org/homecaregroup](http://www.mclaren.org/homecaregroup)

### **VNA & Blue Water Hospice**

1430 Military Street, Port Huron, MI 48060

Phone: 810-984-4131

Website: [www.vnabwh.com](http://www.vnabwh.com)

# **PHYSICAL FITNESS AND RECREATION**

As we grow older, an active lifestyle is more important than ever. Regular exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. Exercise can even reverse some of the symptoms of aging. Fitness and recreation is good for your body and your mind. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness level.

## **LOCAL RESOURCES**

### **Anytime Fitness**

3270 Gratiot Boulevard, Marysville, MI 48040

Phone: 810-937-5974

Website: [www.anytimefitness.com](http://www.anytimefitness.com)

### **The Council on Aging, Inc. serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-987-8811

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **Curves**

2887 Krafft Road, Suite 300, Port Huron, MI 48060

Phone: 810-385-9171

Website: [www.curves.com](http://www.curves.com)

### **Cutting Edge Health & Fitness**

3520 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-966-0606

Website: [www.cuttingedgegym.com](http://www.cuttingedgegym.com)

More information: Silver Sneakers program available.

### **Planet Fitness**

4350 24<sup>th</sup> Avenue, Suite 504, Ft. Gratiot, MI 48059

Phone: 810-385-7400

Website: [www.planetfitness.com](http://www.planetfitness.com)

### **Port Huron Fitness Center**

500 Thomas Edison Parkway, Port Huron, MI 48060

Phone: 810-984-8811

### **St. Clair Wellness Center**

1306 South Carney Drive, St. Clair, MI 48079

Phone: 810-329-7292

Website: [www.stclairwellness.net](http://www.stclairwellness.net)

## LOCAL RESOURCES CONTINUED

### **Viking Fitness**

Marysville: 782 Huron Boulevard, Suite #5, Marysville, MI 48040

Phone: 810-364-4650

Port Huron: 2422 Lapeer Road, Port Huron, MI 48060

Phone: 810-985-8100

St. Clair: 201 N. Riverside Street, St. Clair, MI 48079

Phone: 810-364-4650

Website: [www.vikingfitnesscenters.com](http://www.vikingfitnesscenters.com)

### **YMCA of the Blue Water Area**

1525 3rd Street, Port Huron, MI 48060

Phone: 810-987-6400

Website: [www.bluewaterymca.com](http://www.bluewaterymca.com)

More information: Featuring Silver Sneakers Programs and much more.

# **PRESCRIPTION ASSISTANCE**

Many pharmaceutical companies offer patients discounted or free prescriptions. Examples of some of the resources available include: patient assistance programs, discount drugs cards, and medications from regional and national non-profit charities. Pharmacies as well as some medical and dental clinics can provide free or variable cost medication to income qualified individuals and families. Many will charge only what you can afford, and this is known as a *sliding scale fee*.

## **LOCAL RESOURCES**

### **Area Agency on Aging 1-B**

29100 Northwestern Highway, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

Website: [www.aaa1b.org](http://www.aaa1b.org)

### **The Council on Aging, Inc. Serving St. Clair County Benevolent Prescription Drug Assistance Program**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **Discount Rx Pharmacy**

4190 24<sup>th</sup> Avenue, Suite 100, Fort Gratiot, MI 48059

Phone: 810-216-3302

Website: [www.godiscountrx.com](http://www.godiscountrx.com)

### **People's Clinic for Better Health**

3111 Electric Avenue, Port Huron, MI 48060

Phone: 810-985-4747

### **St. Clair County Health Department Community Health Education & Outreach**

3415 28<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-987-5300

Website: [www.scchealth.co/](http://www.scchealth.co/)

### **United Way of St. Clair County**

1723 Military Street, Port Huron, MI 48060

Phone: 810-985-8169 or Dial 2-1-1

Website: [www.uwstclair.org](http://www.uwstclair.org)

## SAFE PRESCRIPTION DRUG DISPOSAL

Disposing of unused medications is a safety as well as an environmental concern. Please do not flush unused medications down the drain or toilet. If you have left-over or expired medications, call your pharmacy to inquire if they have a “drug take back program.” Controlled substances (often called prescription pain killers) can only be accepted under special collection arrangements due to Federal Drug Enforcement Agency regulations. Contact your local police department or the St. Clair County Sheriff Department to learn about their drug take back programs.

**St. Clair County Sheriff Department: 810-985-8115**

***See Non-Emergency Phone Numbers on Page 6 for your local police station.***

If you are unable to utilize a drug take-back program, follow these steps to properly dispose of old medications in the home:

- First, pour medication into a sealable plastic container. If medication is a solid (pill, liquid capsule, etc.), add enough water to dissolve it.
- Next, add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the container.
- Seal the container and put it in the trash.
- Lastly, remove and destroy all personal information on the prescription label before recycling or throwing them away.

# REHABILITATION

## INPATIENT REHABILITATION

An inpatient rehabilitation facility provides intensive rehabilitation services by using an interdisciplinary approach in a hospital environment. Admission to an inpatient rehabilitation facility is appropriate for patients with complex nursing, medical management and rehabilitation needs.

### **Lake Huron Medical Center**

2601 Electric Avenue, Port Huron, MI 48060

Phone: 810-216-3160

Website: [www.mylakehuron.com](http://www.mylakehuron.com)

## SKILLED NURSING REHABILITATION

A skilled nursing facility can provide daily skilled care services including rehabilitation. These skills are provided by a nurse and/or rehabilitation professional such as a physical, occupational, or speech therapist.

### **Marwood Nursing & Rehab**

1300 Beard Street, Port Huron, MI 48060

Phone: 810-982-9500

Website: [www.mclaren.org/marwood](http://www.mclaren.org/marwood)

### **MediLodge of Port Huron**

5635 Lakeshore Road, Ft. Gratiot, MI 48059

Phone: 810-385-7447

Website: [www.medilodgeofporthuron.com](http://www.medilodgeofporthuron.com)

### **MediLodge of St. Clair**

4220 Hospital Drive, St. Clair, MI 48079

Phone: 810-329-4736

Website: [www.medilodgeofstclair.com](http://www.medilodgeofstclair.com)

### **MediLodge of Yale**

90 Jean Street, Yale, MI 48097

Phone: 810-387-3226

Website: [www.medilodgeofyale.com](http://www.medilodgeofyale.com)

### **Regency on the Lake**

5669 Lakeshore Drive, Ft. Gratiot, MI 48059

Phone: 810-385-7260

Website: [www.cienahealthcare.com/michigan-facilities/regency-on-the-lake/](http://www.cienahealthcare.com/michigan-facilities/regency-on-the-lake/)

## OUTPATIENT REHABILITATION & PHYSICAL THERAPY

Outpatient rehabilitation centers provide therapeutic care for individuals requiring physical, occupational or speech therapy, to restore them to a former level of functioning.

### **Active Physical Therapy and Rehab Services**

718 Huron Avenue, Port Huron, MI 48060  
Phone: 810-966-8500

### **Ascension River District Hospital Physical Therapy**

4100 River Road, East China Twp. MI 48054  
Phone: 810-329-5383  
Website: [www.ascension.org](http://www.ascension.org)

### **Bone and Joint Institute**

2611 Electric Avenue, Port Huron, MI 48060  
Phone: 810-987-9871  
Website: [www.boneandjointph.com](http://www.boneandjointph.com)

### **Brickey and Associates**

1037 Water Street, Port Huron, MI 48060  
Phone: 810-982-9541

### **Lake Huron Medical Center Physical Therapy & Rehabilitation Services**

Fort Gratiot: 4190 24th Avenue, Suite 205, Ft. Gratiot, MI 48059  
Phone: 810-216-1802  
Marysville: 782 Huron Boulevard, Suite 4, Marysville, MI 48040  
Phone: 810-216-1801  
Port Huron: 2601 Electric Avenue, Port Huron, MI 48060  
Phone: 810-216-1800  
Website: [www.mylakehuron.com](http://www.mylakehuron.com)

### **McLaren Port Huron Physical Therapy**

Marysville: 3350 Gratiot Boulevard, Suite E, Marysville, MI 48040  
Phone: 810-364-1230  
Port Huron: 3504 Pine Grove Avenue, Port Huron, MI 48060  
Phone: 810-385-5531  
Yale: 7470 S. Brockway Road, Yale, MI 48097  
Phone: 810-387-3211  
Website: [www.mclaren.org/porthuron](http://www.mclaren.org/porthuron)

### **Munger Physical Therapy**

4351 24<sup>th</sup> Avenue, Suite 1, Fort Gratiot, MI 48059  
Phone: 810-385-7405  
Website: [www.mungerpt.com](http://www.mungerpt.com)

## OUTPATIENT REHABILITATION CONTINUED

### **Narayan & Shriji Physical Therapy/Yale**

333 Gordon Drive, Suite C, Yale, MI 48097

Phone: 810-387-9700

### **Orthopedic Associates**

940 River Centre Drive, Port Huron, MI 48060

Phone: 810-985-4900

Website: [www.oaph.com](http://www.oaph.com)

### **Prostaff Physical Therapy-Yale**

7609 Brockway Road, Brockway, MI 48097

Phone: 810-387-4900

Website: [www.prostaffphysicaltherapy.com](http://www.prostaffphysicaltherapy.com)

### **Rehab Care Group-Marine City**

540 Parker Street, Marine City, MI 48039

Phone: 810-765-4857

Website: [www.rehabcare.com](http://www.rehabcare.com)

### **Riverview Physical Therapy**

4940 24th Ave, Fort Gratiot, MI 48059

Phone: 810-937-5444

Website: [www.riverviewptandhandtherapy.com](http://www.riverviewptandhandtherapy.com)

### **Universal Rehabilitation Services**

329 Columbia Street, Algonac, MI 48001

Phone: 810-794-8040

## **RESPIRE CARE**

Respite care (also described as a “short break”) is a short-term accommodation in-home or in a facility outside the home in which a loved one may receive temporary services or is temporarily placed. This option provides relief to those who are caring for family members, who might otherwise require permanent placement in a facility outside the home.

Respite programs provide planned short-term and time-limited breaks for families and other unpaid care givers of the elderly. Respite care also provides a positive experience for the person receiving care by allowing for time away to manage the tasks of daily living.

The Dementia & Alzheimer’s Resource Committee provides grants for respite care to primary caregivers residing in St. Clair County. For more information, visit their website: [www.darcsc.org](http://www.darcsc.org) or call 810-990-9558.

### **REFERRAL TO RESPIRE SERVICES**

#### **Area Agency on Aging 1-B**

Phone: Information & Assistance: 800-852-7795

Website: [www.aaa1b.com](http://www.aaa1b.com)

#### **The Council on Aging, Inc. Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

#### **For help inside the home, see:**

- Home Health Care Chapter: Private Duty & Skilled Nursing

#### **For help outside of the home, see:**

- Adult Foster Care Chapter
- Assisted Living Chapter
- Nursing Facility Chapter

#### **Additional options for help outside the home see:**

- Adult Day Program Chapter

# **SENIOR APARTMENTS**

Residential housing communities where adults over age 55 can go to either live independently or be cared for in a community filled with other seniors.

Common questions to ask when considering a senior apartment:

- Do you have separate apartments for seniors?
- What kind of apartments do you offer?
- Do you offer activities?
- What amenities do you offer?

## **LOCAL RESOURCES**

### **Algonac Housing Commission**

1205 St. Clair River Drive, Algonac, MI 48001

Phone: 810-794-9369

Website: [www.lowincomehousing.us/MI/algonac.html](http://www.lowincomehousing.us/MI/algonac.html)

### **Bree Manor**

600 Bree Road D-1, Marine City, MI 48039

Phone: 810- 329-4994

Website: [www.kmgprestige.com](http://www.kmgprestige.com)

### **Belle River Court**

81393 Belle River Road #17, Memphis, MI 48041

Phone: 810-392-3274

Website: [www.michiganhousinglocator.rentlinx.com](http://www.michiganhousinglocator.rentlinx.com)

### **Desmond Village**

721 Pine Street, Port Huron, MI 48060

Phone: 810- 984-3173

Website: [www.phhousing.org](http://www.phhousing.org)

### **Dorchester Court Apartments**

2439 Dorchester Court, Port Huron, MI 48060

Phone: 810-966-8333

Website: [www.dorchestercourtapps.com](http://www.dorchestercourtapps.com)

## LOCAL RESOURCES CONTINUED

### **Grandview Tower Apartment**

1016 7<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-989-6190

### **Harbour Oaks**

333 Bree Road #7, East China, MI 48054

Phone: 810- 329-9390

Website: [www.kmgprestige.com](http://www.kmgprestige.com)

### **Mallards Landing**

4601 South River Road, East China, MI 48054

Phone: 810-329-7169

Website: [www.mallardslanding.net](http://www.mallardslanding.net)

### **Marysville Housing Commission**

#### **Vicksburg Hall Apartments**

1100 New York Avenue, Marysville, MI 48040

Phone: 810-364-4020

Website: [www.marysvillehousing.org](http://www.marysvillehousing.org)

### **Matteson Street Apartments**

130 North Matteson Street, Capac, MI 48014

Phone: 810- 395-2698

Website: [www.mthmgt.com](http://www.mthmgt.com)

### **Northport Village**

2631 Krafft Road, Port Huron, MI 48060

Phone: 810-987-1606

Website: [www.northportvillageapts.com](http://www.northportvillageapts.com)

### **Peru Village**

710 Glenwood Avenue, Port Huron, MI 48060

Phone: 810-984-3173

Website: [www.phhousing.org](http://www.phhousing.org)

### **Port Huron Housing Commission**

905 7<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-984-3173

Website: [www.phhousing.org](http://www.phhousing.org)

## LOCAL RESOURCES CONTINUED

### **Rolling Brook**

1500 Fruit Streey, Algonac, MI 48001

Phone: 810-794-2440

### **St. Clair Housing Commission**

400 S 3rd Street, St Clair, MI 48079

Phone: 810-329-9141

Website: [www.stclairhousingcommission.org](http://www.stclairhousingcommission.org)

### **St. Clair Landing**

3345 Military Street, Port Huron, MI 48060

Phone: 810-966-9339

Website: [www.rent.com/st.clairlanding](http://www.rent.com/st.clairlanding)

### **School Place Senior Apartments**

103 West Mechanic Street, Yale, MI 48097

Phone: 810-387-2945

Website: [www.rentlinx.com](http://www.rentlinx.com)

### **Yale Manor Senior Apartments**

420 North Street, Yale, MI 48097

Phone: 810-387-0377

Website: [www.rent.com/yalemanorseniorapartments](http://www.rent.com/yalemanorseniorapartments)

# **SENIOR CENTERS**

The Council on Aging, Inc., serving St. Clair County is a non-profit corporation created to provide programs and services to the seniors of this county. It is the Vision of the Council on Aging, Inc., serving St. Clair County that all senior citizens (60 years and older) of the county shall be able to live in their homes for as long as possible, that the agency may avail itself of all of the resources - public and private - needed to ensure that all seniors shall be able to receive those services and participate in those activities that will enhance their lives, and that no senior in the county will ever feel that he/she is alone.

The Council on Aging senior centers offer a variety of recreational, educational, and social events for senior citizens. All senior centers (listed below) are also available to assist seniors with aging issues and service needs. For more information, visit the website at: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

## **LOCAL RESOURCES**

### **The Council on Aging Inc., Serving St. Clair County**

#### **Port Huron Area Senior Center**

600 Grand River Avenue, Port Huron, MI 48060  
Phone: 810-984-5061  
Toll Free: 800-297-0099

#### **Conrad Community Center—Capac**

585 N. Main, Capac, MI 48014  
Phone: 810-395-7889  
Toll Free: 800-361-8877

#### **Washington Life Center**

403 N. Mary Street, Marine City, MI 48039  
Phone: 810-765-3523  
Toll Free: 800-779-4488

#### **Yale Area Senior Center**

3 First Street, Yale, MI 48097  
Phone: 810-387-3720  
Toll Free: 800-717-4422

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

# **SOCIAL SECURITY & PENSIONS**

Social Security is based on a simple concept: while you work, you pay taxes into the Social Security system. When you retire or become disabled, you, your spouse, and your dependent children receive monthly benefits that are based on your reported earnings. Some issues pertaining to social security or pensions are confusing to understand if you're not familiar with the system. Several resources are available to assist you.

## **LOCAL RESOURCES**

### **United States Social Security Administration**

2620 Krafft Road, Fort Gratiot, MI 48059

Phone: 800-772-1213

Website: [www.ssa.gov](http://www.ssa.gov)

## **STATE & NATIONAL RESOURCES**

### **Mid-American Pension Rights Project**

Michigan Office

3815 W Saint Joseph Street, Suite C-200, Lansing, MI 48917

Phone: 866-400-9164

Website: [www.elderlawofmi.org/pension](http://www.elderlawofmi.org/pension)

### **National Committee to Preserve Social Security and Medicare**

111 K St. NE Suite 700, Washington DC 20002

Phone: 202-216-0420

Senior Hotline/Legislative Updates: 1-800-998-0180

Website: <http://www.ncpssm.org/>

### **United States Department of Labor**

Employee Benefits Security Administration

200 Constitution Ave NW, Washington, DC 20210

Phone: 1-866-444-EBSA

Website: <http://www.dol.gov/ebsa/>

# **TRANSPORTATION**

Transportation consists of a centrally organized service for transportation of seniors to and from community facilities in order to receive support services, increase independence and reduce isolation.

## **LOCAL TRANSPORTATION RESOURCES**

### **Blue Water Area Transit and Dial a Ride**

2021 Lapeer Avenue, Port Huron, MI 48060

Downtown Transfer Center: 720 McMorran Boulevard, Port Huron, MI 48060

Phone: 810-987-7373

Website: [www.bwbus.com](http://www.bwbus.com)

### **City of St. Clair Transportation Department**

547 North Carney Drive, St. Clair, MI 48079

Phone: 810-329-3030

More information: The City of St. Clair provides door to door transportation service for senior citizens or handicapped persons for City of St. Clair residents only who are 60 years old and older.

### **The Council on Aging Inc., Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-4200

To call for a ride:

- Port Huron: 810-984-5061
- Washington Life Center: 810-765-3523
- Capac Senior Center: 810-395-7889
- Yale Senior Center: 810-387-3720

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

More information: Service is available Monday-Friday from 8:30am-4:30pm. Extended Wednesday hours in Port Huron only, on Wednesday evenings until 9:30pm. 24-hour or more notice is preferred to schedule a ride. Handicapped vans available for wheelchair bound riders.

### **Tri Hospital EMS**

Non-emergency transportation

309 Grand River Avenue, Port Huron, MI 48060

Phone: 810-985-7115

*Also see Home Health Care—Private Duty for a listing of agencies that assist with transportation.*

## OTHER TRANSPORTATION

### **American Cancer Society**

#### **Road to Recovery**

Volunteer program that provides transportation to cancer treatment

Phone: 1-800-227-2345

Website: [www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html](http://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html)

### **VA Hospital Transportation (Detroit/Ann Arbor)**

St. Clair County Department of Veterans Affairs

200 Grand River Avenue, Suite 104, Port Huron, MI 48060

Phone: 810-989-6945

Website: [www.sccvet.us](http://www.sccvet.us)

## TAXI SERVICES

### **Acme Cab Company**

Phone: 810-984-1515

### **Blue Water City Cab**

Phone: 810-984-4100

### **Port Huron Cab**

Phone: 810-989-9719

# **VETERAN'S SERVICES**

## **LOCAL RESOURCES**

### **St. Clair County Department of Veterans Affairs**

200 Grand River Avenue, Suite 104, Port Huron, MI 48060

Phone: 810-989-6945

Website: [www.sccvet.us](http://www.sccvet.us)

Email: [sccvet@stclaircounty.org](mailto:sccvet@stclaircounty.org)

### **St Clair County Community Mental Health - Veteran Navigator**

3111 Electric Avenue, Port Huron, MI 48060

Phone: 810-966-3755

Website: [www.scccmh.org/services/services-for-adults](http://www.scccmh.org/services/services-for-adults)

### **Yale VA Outpatient Clinic**

7470 Brockway Road, Yale, MI 48097

Phone: 810-387-3211

Website: [www.detroit.va.gov/locations/directions\\_Yale\\_CBOC.asp](http://www.detroit.va.gov/locations/directions_Yale_CBOC.asp)

## **VA MEDICAL CENTERS**

### **John D. Dingell VA Medical Center**

4646 John R. Street, Detroit, MI 48201

Phone: 313-756-1000

Toll Free: 800-511-8056

Website: [www.detroit.va.gov](http://www.detroit.va.gov)

### **VA Ann Arbor Healthcare System**

2215 Fuller Road, Ann Arbor, MI 48105

Phone: 734-769-7100

Toll Free: 800-361-8387

Website: [www.annarbor.va.gov](http://www.annarbor.va.gov)

## **SUPPORTIVE SERVICES TO VETERANS FACING HOMELESSNESS**

### **Blue Water Center for Independent Living**

1242 Griswold Street, Suite 2, Port Huron, MI 48060

Phone : 810-987-9337

Website: [www.bwcil.org](http://www.bwcil.org)

## **TRANSPORTATION FOR VETERANS**

### **VA Hospital Transportation (Detroit/Ann Arbor)**

St. Clair County Department of Veterans Affairs

200 Grand River Avenue, Suite 104, Port Huron, MI 48060

Phone: 810-989-6945

Website: <http://sccvet.us/transportation/>

## VETERANS SERVICE ORGANIZATIONS

### American Legion Posts

- Capac: 810-395-2588
- Marysville: 810-364-9366
- Memphis: 810-392-3237
- Port Huron: 810-982-9553
- St. Clair: 810-329-2871
- Detroit: 313-964-6640

Website: [www.legion.org](http://www.legion.org)

### Disabled American Veterans

- Port Huron: 810-984-1684
- Detroit: 313-964-6595

Website: [www.dav.org](http://www.dav.org)

### VFW Posts

- Algonac: 810-794-3033
- Emmett: 810-384-6586
- Port Huron 796: 810-982-0572
- Port Huron 8465: 810-982-6323
- Detroit: 313-964-6510

Website: [www.vfw.org](http://www.vfw.org)

### Directory of Veterans Service Organizations

Website: [www.va.gov/vso/](http://www.va.gov/vso/)

## NATIONAL & LOCAL ALLIED VETERAN CEMETERIES

### Fort Custer

15501 Dickman Road, Augusta, MI 49012

Phone: 269-731-4164 or 866-348-8603

### Great Lakes

Gratiot Avenue and Krafft Road

Port Huron, MI 48060

Phone: 810-984-9708

### Lakeside & Veterans Memorial Cemeteries

4200 Belford Road, Holly, MI 48442

Phone: 248-348-8603

## STATE & FEDERAL RESOURCES

### Federal Regional VA Michigan Hotline

Phone: 1-800-827-1000

### Michigan Department of Military & Veterans Affairs

Website: [www.michiganveterans.com](http://www.michiganveterans.com)

### Veterans Resource Center (2-1-1)

Phone: 1-800-MICH-VET 1-800-642-4838

### U.S. Department of VA (Federal)

Website: <http://www.va.gov/>

## VA SERVICES: PHONE NUMBERS & WEBSITES

<b>Bereavement Counseling</b>	1-313-576-1000 Ext. 63203
<b>Civilian Health and Medical Program (CHAMPA)</b>	1-800-733-8387
<b>Caregiver Support</b>	1-855-260-3274
<b>Headstones and Markers</b>	1-800-697-6947
<b>Health Care</b>	1-877-222-8387
<b>Home Loans</b>	1-888-827-3702
<b>Life Insurance</b>	1-800-669-8477
<b>Pension Management Center</b>	1-877-294-6380
<b>Presidential Memorial Certificate Program</b>	1-202-565-4964
<b>Special Health Issues</b>	1-800-749-8387
<b>Veterans Crisis Line</b>	1-800-273-8255 and Press 1 Website: <a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a> Text: 838255 Support for Deaf & Hard of Hearing: 1-800-799-4889
<b>Women Veterans</b>	1-313-576-1000, ext. 65955

# **VOLUNTEER OPPORTUNITIES**

Virtually every local listing included in this directory offers many flexible volunteer opportunities for senior citizens. For specific information, contact each agency directly and ask to speak with the volunteer coordinator.

Typical places where you might find a volunteer opportunity include churches, local civic groups, schools, non-profit agencies, hospitals, and professional associations.

## **LOCAL & STATE RESOURCES**

### **The Council on Aging, Inc. Serving St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061 or 800-297-0099

Website: [www.thecouncilonaging.org](http://www.thecouncilonaging.org)

### **Hunter Hospitality House, Inc.**

1010 Lincoln Avenue & 2509 10th Street, Port Huron, MI 48060

Phone: 810-824-3679

### **Lake Huron Medical Center Volunteer Coordinator**

2601 Electric Avenue, Port Huron, MI 48060

Phone: 810-216-1035

Website: [www.mylakehuron.com](http://www.mylakehuron.com)

### **McLaren Port Huron Volunteer Coordinator**

1221 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-989-3796

Website: [www.mclaren.org/ph](http://www.mclaren.org/ph)

### **National Websites:**

[www.experiencecorps.org](http://www.experiencecorps.org)

[www.getinvolved.gov](http://www.getinvolved.gov)

[www.mihospice.org](http://www.mihospice.org)

[www.nationalservice.gov](http://www.nationalservice.gov)

[www.serve.gov](http://www.serve.gov)

[www.volunteer.gov](http://www.volunteer.gov)

[www.volunteermatch.org](http://www.volunteermatch.org)

## Glossary of Terms

**Accreditation**--Seal of approval given by an autonomous governing body to a community or service provider. Some examples of accreditation bodies for the senior housing and care industry include CARF/CCAC (Commission on the Accreditation of Rehabilitation Communities and Continuing Care Accreditation Commission) and JCAHO (Joint Commission on the Accreditation of Healthcare Organizations).

**Accredited Facility**--Senior care facility such as a nursing home or assisted living facility that meets the standards of care set by third party organizations such as the Joint Commission on the Accreditation of Health Care Organizations (JCAHO).

**Activities of Daily Living (ADLs)**--Everyday functions and activities that a senior may require assistance with. These include dressing, eating, personal hygiene and transferring. Many insurance policies use the inability to perform a certain number of ADLs (i.e., 2 of 6) to determine eligibility for benefits.

**Acute Care**--Care that is provided in a medical setting such as a hospital, intensive care unit or emergency care facility. Also known as hospital care.

**Adult Day Care**--Structured programs with social activities and health-related and rehabilitation services provided in a safe setting during regular business hours. Some adult day care centers may also operate on weekends.

**Advance Directive**--Legal document providing information relating to the type of medical treatment that should be performed if your life is in danger and you are unable to communicate.

**Aging in Place**--Concept that advocates allowing a resident to remain in his/her living environment, regardless of the physical or mental decline that may occur with aging.

**Alzheimer's Disease**--The most common cause of dementia, Alzheimer's is a progressive, degenerative disease of the brain, characterized by loss of function and death of nerve cells in several brain areas, leading to loss of memory and learning.

**Ambulatory**--The ability to walk freely and independently. Not bedridden or hospitalized on a long-term basis.

**Americans with Disabilities Act (ADA)**--Passed by Congress in 1980, this law establishes a clear and comprehensive prohibition of discrimination on the basis of disability.

**Assisted Living**--Special combination of housing, personalized supportive services and health care designed to meet the needs — both scheduled and unscheduled — of those who need help with daily activities.

**Assistive Device**--Physical aid such as a cane, walker, wheelchair or hearing aid.

**Caregiver**--Primary person in charge of caring for an individual, usually a family member or a designated healthcare professional.

**Case Management**--Formal services planned by health care professionals.

**Continuing Care Retirement Community (CCRC)**—Senior community that offers several kinds of residences, including independent living, assisted living and skilled nursing care. CCRCs usually provide a written agreement or long-term contract between the resident (frequently lasting the term of the resident's lifetime) and the community, which offers a continuum of housing, services and health care, commonly all on one campus or site.

**Custodial Care**--Non-medical care that helps individuals with his or her activities of daily living, preparation of special diets and self-administration of medication not requiring constant attention of medical personnel. Providers of custodial care are not required to undergo medical training.

**Dementia**--The loss of intellectual functions (thinking, remembering, reasoning) of sufficient severity to interfere with a person's daily functioning. Not a disease itself, dementia is rather a group of symptoms that may accompany certain diseases or conditions. Symptoms may also include changes in personality, mood and behavior. Dementia is irreversible when caused by disease or injury, but may be reversible when caused by drugs, alcohol, depression, or imbalances of hormones or vitamins.

**Developmental Disability (DD)**--Affliction characterized by chronic physical and mental disabilities, which may include cerebral palsy, cognitive impairment, thyroid problems, seizures and quadriplegia.

**Elder Care**--Broad term that describes senior care services such as assisted living, adult day care, nursing care, hospice, and home care.

**Functional Impairment**--Requiring assistance with one or more personal care services including, but not limited to, bathing, dressing and undressing, meal preparation and clean up, grooming and toileting.

**Gerontology**--The scientific study of the biological, psychological and social effects of aging.

**HIPAA (Health Insurance Portability and Accountability Act of 1996)** --Law outlining the requirements a long-term care insurance policy must follow in order that paid premiums be deducted as medical expenses and unpaid benefits be considered taxable income. This act also has stipulations regarding privacy of medical information.

**Home Health Care**--Provision of medical and nursing services in the individual's home by a licensed provider. Medicare can cover this care, if it meets certain guidelines regarding a recent hospital stay.

**Hospice**--Care program that provides palliative and supportive services to terminally ill patients and their families in the form of physical, social and spiritual care.

**Independent Living**--Senior community with a residential living setting for seniors who require minimal or no extra assistance, this independent lifestyle may or may not provide hospitality or supportive services.

**Living Will**—Also called an Advance Directive is a written document stating, in advance, an individual's wishes concerning the use of life-saving devices and procedures in the event of terminal illness or injury, should the individual no longer be competent.

**Long-Term Care**--Broad term that describes care given in the form of medical and support services to people who, due to illness or injury, have lost some or all of their capacity to function without assistance.

**Long-Term Care Insurance**--Insurance that pays for a succession of caregiving services administered by a nurse or aide to the chronically ill and provided in a community or the individual's home.

**Medicaid**--United States government health insurance program for eligible individuals and families with low income and resources. Income eligibility criteria must be met to qualify for Medicaid, which accounts for about 52 percent of the nation's care costs. Medicaid is a state administered program and each state sets its own guidelines regarding eligibility and services.

**Medicare**--United States government health insurance program for individuals aged 65 and older, or for individuals who meet other special criteria. It also provides for hospital and skilled nursing care (called Medicare Part A) and physician services, therapies and home health care (called Medicare Part B).

**Medigap**--Private health insurance used to pay costs not covered by Medicare, such as deductibles and co-insurance.

**Memory Care**--Specialized programs dedicated to caring for patients needing memory care for dementia, Alzheimer's or other cognitive impairments. Usually services and amenities are on site, with group activities and events included.

**Non-ambulatory**--Inability to walk independently. Usually bedridden or hospitalized.

**Nursing Home**--Provides 24-hour skilled care for residents who generally rely on assistance for most or all daily activities (such as bathing, dressing and toileting). One step below hospital acute care, state-licensed nursing homes are mandated to make regular medical supervision and rehabilitation therapy available and are eligible to participate in the Medicaid program.

**Occupational Therapy**--Therapy based on the engagement in meaningful activities of daily life, especially to enable or encourage participation in such activities in spite of impairments or limitations in physical or mental functions.

**Ombudsman**--Government appointee who investigates complaints by private persons against the government. In a long-term care facility this person helps keep residents and their families informed of their rights and resolve complaints against the facility and/or staff.

**Palliative Care**--Any form of medical care or treatment that concentrates on reducing the severity of disease symptoms, rather than striving to halt, delay, or reverse progression of the disease itself or to provide a cure. The goal is to prevent and relieve suffering and to improve quality of life for people facing serious, complex and/or terminal illnesses.

**Physical Therapy**--Treatment of disease or injury by physical and mechanical means (as massage, regulated exercise, water, light, heat and electricity). Physical therapists plan and administer prescribed physical therapy treatments for patients to help restore their function and strength.

**Rehabilitation**--Therapeutic care for individuals requiring intensive physical, occupational or speech therapy, provided to restore them to a former capacity.

**Respite Care**--Services that provide caregivers with temporary relief from tasks associated with caregiving (e.g., home care services, short nursing home stays, adult day care).

**Skilled Nursing Care**--Level of care that includes services that can only be performed safely and correctly by a licensed nurse (either a registered nurse, RN or a licensed practical nurse LPN).

**Support Group**--Facilitated gathering of caregivers, family, friends or others affected by a disease or condition for the purpose of discussing issues related to the disease.

**Transfer**--To move a resident (or loved one) from one place to another — from the bed to a wheelchair, or from assisted living to skilled care.

**Transitional Care**--Type of care designed for those who are being discharged from an acute care situation, such as a hospital stay, but are not quite ready to return to their home. Short-term in nature, this care may be specialized for specific conditions and also includes rehabilitative services.

Glossary retrieved from: MySeniorCare, LLC  
Website: <http://www.myseniorcare.com>