### Education/Support/Volunteer
- Council on Aging: 810-395-7889
  - Conrad Community Center 810-987-8813
  - Foster Grandparent Program 810-984-5061
  - Port Huron Senior Center 810-982-4400
  - Senior Nutrition (Meals on Wheels) 810-987-8813
  - Senior Project Fresh 810-984-8970
  - Starpahl Adult Day Service 810-984-5053
  - Travel Service 810-987-3720
- American Red Cross 810-985-7117
- BW Community Action Agency 810-982-8541
- Lake Huron Medical Center
  - Volunteer Services 810-216-1500
- McLaren Port Huron Hospital
  - Health Access 810-228-1484
  - Volunteer Services 810-989-3796
- Ascension River District Hospital
  - Volunteer Services 810-329-8961

### Medical Loan Closets
- Council on Aging 810-984-5061
- United Way of St. Clair County 810-985-8169

### Medicare/Medicaid Information
- Council on Aging Call Local Center
- Area Agency on Aging 1-B 800-852-7795
- Lake Huron Medical Center 810-216-1500
- McLaren Port Huron Hospital
  - 55 Plus 810-989-3121
- MI Medicare/Medicaid Assistance Program 800-803-7174

### In-Home Services/Information and Referral
- Council on Aging Call Local Center
- Area Agency on Aging 1-B 800-852-7795
- Center for Human Resources 866-985-5168

### Prescription Assistance
- Council on Aging
  - BPAP Program 810-984-5061
- Area Agency on Aging 1-B 800-852-7795
- People’s Clinic 810-985-4747
- SCC Community Mental Health
  - Patient Assistance Program 888-225-4447
- SCC Health Department
  - Community Outreach 810-987-5300
- United Way of St. Clair County 810-985-8169

### Police/Fire/Medical Emergencies: 9-1-1
- Lake Huron Medical Center 810-216-1500
- McLaren Port Huron Hospital 810-987-5000
- St. John’s River District Hosp. 810-329-7111

### Hospitals
- Adult Protective Services (DHS) 810-966-2173
  - Toll Free 855-444-3911
- Safe Horizons 810-985-4950 Ext. 213

### Mental Health/Substance Abuse
- Blue Water Counseling 810-985-5125
- Catholic Charities of SE MI 810-987-9100
- Center for Human Resources 866-985-5168
- Colonial Woods Counseling 810-984-5571
- Community First Health Ctr. 810-794-4917
- McLaren PH Counseling 810-984-5156
- NorServ Group, LTD 810-329-4798
- Professional Counseling Ctr. 810-984-4202
- Renewal Christian Counseling 810-966-0099
- SCC Community Mental Health
  - Crisis Hot Line 888-225-4447

### Food Services
- Council on Aging
  - Meals on Wheels 810-982-4400
- Council on Aging Congregate Meal Sites:
  - Algonquin Place Apartments 810-434-0276
  - Conrad Center (Capac) 810-395-7889
  - Palmer Park Recreation Ctr. 810-434-2560
  - Pine Shores Golf Club (St. Clair) 810-434-3918
  - R.I.C. (Port Huron) 810-300-3209
  - Washington Life (Marine City) 810-765-3523
  - Yale Senior Center 810-387-3720
- Port Huron Senior Center (Café) 810-984-5061
- Soup Kitchen
  - Port Huron MidCity Nutrition 810-982-9621
  - St. Vincent de Paul - Rice Bowl 810-984-5392

### Legal Services
- Elder Law of Michigan 866-400-9164
- Lakeshore Legal Aid 810-985-5107
  - Toll Free 888-783-8190
- Legal Services of Eastern MI 800-322-4512
- Public Guardianship 810-985-2095
- SCC Probate Court 810-985-2066

### Council on Aging Services
- Offered through all 4 Senior Centers in St. Clair County
- Adult Day Service (Starpahl)
- Chore Service - Inside & Outside of Home
- Health & Fitness Classes & Workout Areas
- Foster Grandparent Program
- Friendly Callers and Visitors Program
- Home Injury Control - Grab Bars, Ramps, Etc.
- Home Repair - Minor Electrical, Plumbing, Etc.
- Homemaking

### Information and Referral Services
- Informational and Educational Programs & Activities
- Personal Care - Feeding, Bathing, Dressing, Etc.
- Recreational and Social Activities

### Resource Advocacy - Service Options Counseling
- Senior Nutrition - Congregate & Home Delivered Meals
- Transportation Services
- Travel Services - Trips for a Day or Longer

### Financial Assistance
- Council on Aging Call Local Center
- Blue Water Independent Living 810-987-9337
- Blue Water Community Action 810-982-8541
- Community First Health Ctr. 810-794-4917
- Department of Human Services 810-966-2000
- St. Vincent de Paul 810-984-5392
- Salvation Army 810-984-2679
- United Way 810-985-8169 Ext. 128

### Health Information
- Council on Aging 810-987-8811
- Lake Huron Medical Center 810-216-1500
- McLaren Port Huron Hospital 810-989-3199
- SCC Community Mental Health 810-985-8900
- SCC Health Department 810-987-5300
- St. John River District Hospital 810-329-7111

### Fitness
- Council on Aging
  - Fitness & Exercise Classes Call Local Center
  - Workout Equipment Call Local Center
- YMCA 810-987-6400

### Transportation
- Council on Aging Port Huron 810-984-4200
- Council on Aging Capac/Yale 844-289-7784
- Council on Aging Downriver 810-765-8570
- Blue Water Transportation 810-987-7373
- City of St. Clair 810-329-3030
- Starpahl Adult Day Service 810-984-8970
- Visiting Nurse Association 810-388-6056

### Veterans Resources
- Council on Aging - PH Club 810-984-5061
  - WLC Veterans Club/Museum 810-765-3523
- St. Clair County
  - Dept. of Veterans Affairs 810-989-6945
- Veterans Crisis Line 800-273-8255
- Yale VA Outpatient Clinic 810-387-3211

### Guardianship & Conservatorship
- SCC Probate Court 810-985-2066
- Public Guardian’s Office 810-985-2095

Additional and More Detailed Information: www.thecouncilonaging.org

Council on Aging, Inc., serving St. Clair County
www.thecouncilonaging.org

Port Huron Senior Ctr.
60 Grand River Ave.
Port Huron 48060
(810) 984-5061
(800) 297-0099

Conrad Community Ctr.
585 N. Main St.
Capac 48014
(810) 395-7889
(800) 361-8877

Yale Senior Center
3 First Street
Yale 48097
(810) 387-3720
(800) 717-4422

Administrative Offices: (810) 987-8811
Foster Grandparent Program: (810) 987-8813
Senior Nutrition: (810) 982-4400
Starpahl Adult Day Service: (810) 984-8970
Transportation Services: (810) 984-4200
Travel Services: (810) 984-5063