SENIOR HELP CARD

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

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

Washington Life Ctr.
403 N. Mary St.
Marine City 48039
(810) 765-3523
(800) 779-4488

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
Starpath Adult Day Service: (810) 984-8970
Transportation Services: (810) 984-4200
Travel Services: (810) 984-5063

Council on Aging Services

Offered through all 4 Senior Centers in St. Clair County

Adult Day Service (Starpath)

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

Police/Fire/Medical Emergencies: 9-1-1

Hospitals

- Ascension River District Hosp. 810-329-7111
- Lake Huron Medical Center 810-216-1500
- McLaren Port Huron Hospital 810-987-5000

Elder Abuse

- Adult Protective Services (DHS) 810-966-2173
  Toll Free 855-444-3911
- Safe Horizons 810-985-4950 Ext. 213
  - Crisis Hotline 888-985-5538

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 810-984-5575
- Community First Health Ctr. 810-794-4917
- McLaren PH Counseling 810-984-5156
- National Suicide Hotline 800-273-8255
- NorServ Group, LTD 810-329-4798
- Professional Counseling Ctr. 810-984-4202
- SCC Community Mental Health 810-985-8900
  Crisis Hot Line 888-225-4447

Education/Support/Volunteer

- Council on Aging:
  - Conrad Community Center 810-395-7889
  - Foster Grandparent Program 810-987-8813
  - Port Huron Senior Center 810-984-5061
  - Senior Nutrition (Meals on Wheels) 810-982-4400
  - Senior Project Fresh 810-987-8813
  - Starpath Adult Day Service 810-984-8970
  - Travel Service 810-984-5063
  - Washington Life Center 810-765-3523
  - Yale Senior Center 810-387-3720
- Ascension River District Hospital
  - Volunteer Services 810-329-8961
- BW Community Action Agency 810-982-8541
- Lake Huron Medical Center
  - Volunteer Services 810-216-1500
- McLaren Port Huron Hospital
  - Health Access 810-987-5000
  - Volunteer Services 810-989-3796

Medical Loan Closets

- Council on Aging 810-984-5061

Food Services

- Council on Aging
  - Meals on Wheels 810-982-4400
- Council on Aging Congregate Meal Sites:
  - 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
- BWCA (Armory Green Card) 810-982-8541
- Blue Water Food Depot 810-987-7886
- Soup Kitchen
  - Port Huron MidCity Nutrition 810-982-9261

Legal Services

- 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

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

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
- Ascension River District Hosp. 810-329-7111
- 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

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

Adult Day Care

- Starpath Adult Day Service 810-984-8970
- Life Skills Centers 810-385-3710

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