

# St. Clair County Senior Resource Guide

2023



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**The Council on Aging, Inc.,  
serving St. Clair County  
(810) 987-8811**

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# St. Clair County Senior Resource Guide 2023

The ***St. Clair County Senior Resource Guide*** was designed to help you find the information and resources you need. This resource guide was made possible through the Senior Outreach Services (SOS) 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.

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. Many other agencies may provide services in St. Clair County, but only agencies that have a location within the county or who are active members of the SOS workgroup are included in this directory.

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 as of the date the resource guide was created. Revisions are made periodically but information may be outdated or changed at any time.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 April 2023

## 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: [211nemichigan.org](http://211nemichigan.org)

### **Alivity Care Advocates**

8300 Hall Road, Suite 100

Utica, MI 48317

Phone: 586-789-7632

Website: [alivitycare.com](http://alivitycare.com)

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

29100 Northwestern Highway, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

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

### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.org)

### **St. Clair County Community Services Coordinating Body**

3111 Electric Avenue, Port Huron, MI 48060 (c/o SCC Community Mental Health)

Phone: 810-985-8900

Website: [cscbinfo.org](http://cscbinfo.org)

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

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

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

# 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 Facilities .....	12
Caregiver Resources.....	13
Dementia & Alzheimer’s Disease .....	14
Dental Services .....	16
Disability Services .....	17
Elder Abuse & Crime Prevention .....	19
Financial Assistance.....	21
Food & Nutrition.....	22
Home Health Care.....	24
Private Duty Home Care & Personal Care .....	24
Skilled Home Health Care .....	25
Home Maintenance .....	27
Repair & Weatherization .....	27
Wheelchair Lifts & Ramps .....	27
Homelessness.....	28
Hospice Care.....	29
Hospitals & Urgent Care Centers .....	30
Immunizations .....	32
Independent Senior Living.....	33
Senior Apartments.....	34
Legal Assistance .....	36
Estate Planning .....	37
Guardianship & Conservatorship .....	39
Long-term Care Ombudsman.....	40
Library Services.....	41
Medical Care at Home.....	43
Medical Equipment & Supplies.....	44
Medicare/Medicaid Assistance .....	45
Mental Health Services & Counseling .....	47
Nursing & Rehab Facilities .....	49

Palliative Care .....	51
Physical Fitness & Recreation .....	52
Prescription Assistance .....	54
Safe Drug Disposal .....	55
Rehabilitation.....	56
Inpatient Rehabilitation.....	56
Skilled Nursing Rehabilitation.....	56
Outpatient Rehabilitation & Physical Therapy .....	57
Respite Care.....	59
Senior Centers.....	60
Social Security & Pensions.....	61
Transportation .....	62
Veteran’s Services.....	64
Volunteer Opportunities .....	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..... 810-794-3431

Berlin ..... 810-395-7061

Burtchville..... 810-385-4443

Clay ..... 810-794-9347

Clyde ..... 810-324-2380

Emmett..... 810-384-6991

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

Grant..... 810-327-1122

Harsens Island..... 810-748-3046

Ira..... 586-725-0263

Kenockee Station 1 ..... 810-324-2305

Kenockee Station 2 ..... 810-387-9009

Kimball Station 1..... 810-982-9461

Kimball Station 2..... 810-367-3225

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

Marysville ..... 810-364-6611

Memphis ..... 810-392-2185

Mussey/Capac..... 810-395-2549

Port Huron City Central/North/South ..... 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 (Lapeer) ..... 810-664-2905

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  
Water Quality Hotline ..... 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** ..... **988** or 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**

### **Life Skills Centers Memory Care**

716 17<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-331-0030

Website: [lifeskillscentersinc.org](http://lifeskillscentersinc.org)

### **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: [thecouncilonaging.org](http://thecouncilonaging.org)

## **State Resources**

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

29100 Northwestern Highway, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

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

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

Phone: 616-485-5018

Website: [mimadsa.org](http://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 who 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: [michigan.gov/mdhhs](http://michigan.gov/mdhhs)

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:

[adultfostercare.apps.lara.state.mi.us](http://adultfostercare.apps.lara.state.mi.us)

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 for complaint/investigational reports.

## **Local Resources**

### **Sanborn Gratiot Memorial Home**

2732 Cherry Street, Port Huron, MI 48060

Phone: 810-985-5631

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

### **Lakeshore Woods**

4851 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810-385-3185

Website: [randallresidence.com](http://randallresidence.com)

# **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: [aadistrict23.org](http://aadistrict23.org)

### **Blue Water Recovery & Outreach Center**

617 10<sup>th</sup> Street, Port Huron, MI 48060

Phone: 810-689-4858 or 888-68-BWROC

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

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

1001 Military Street, Port Huron, MI 48060

Phone: 810-985-5437

Toll Free: 866-985-5168

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

### **Families Against Narcotics**

Phone: 810-334-4867

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

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

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

Phone: 810-984-8781

Website: [huronhouseinc.org](http://huronhouseinc.org)

### **Blue Water Area Narcotics Anonymous**

Michigan Hotline: 877-338-1188

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

### **Odyssey House – Port Huron**

718 Griswold Street, Port Huron, MI 48060

Phone: 810-937-5366

Website: [odysseyvillage.com](http://odysseyvillage.com)

## **Local Resources**

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

520 Superior Street, Port Huron, MI 48060

Phone: 810-984-4202

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

### **Sacred Heart Rehabilitation Center**

Adult & Residential Clearview Women's Treatment Center: 400 Stoddard Road, Richmond, MI 48062

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

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

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

Phone: 810-985-8900

**Region 10 Access Center (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: [scccmh.org](http://scccmh.org)

### **SAMHSA**

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

Phone: 800-662-HELP

### **Vision Quest Recovery**

1218 Lapeer #1220, Port Huron, MI 48060

Phone: 810-300-8536

Website: [visionquestrecovery.com](http://visionquestrecovery.com)

## **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: [adultfostercare.apps.lara.state.mi.us](http://adultfostercare.apps.lara.state.mi.us)

*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.*

Personalized guidance is available through the following organizations:

### **A Place for Mom**

Phone: 586-873-3692

Website: [aplaceformom.com](http://aplaceformom.com)

### **CarePatrol of Port Huron – MI Thumb**

Phone: 810-328-3582

Website: [carepatrol.com](http://carepatrol.com)

# Caregiver Resources

A caregiver refers to anyone who provides assistance to someone else, who is to some degree incapacitated, and needs help. **Informal caregivers** and family caregivers 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 providers 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: [aaa1b.org](http://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: [thecouncilonaging.org](http://thecouncilonaging.org)

### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.org)

## Support Groups

Support groups are sponsored throughout the community to enable people 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 or community centers.

# **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**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-8970

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

### **Dementia & Alzheimer's Association of St. Clair County**

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-990-9558

Website: [daascc.org](http://daascc.org)

More information: The Dementia & Alzheimer's Association'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 online at [nia.nih.gov/health/about-adear-center](http://nia.nih.gov/health/about-adear-center).
- **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 [alz.org](http://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 [alzfdn.org](http://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 [nia.nih.gov](http://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 Services**

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**

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

Phone: 810-488-8004

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

More information: Dental services are available at the New Haven location. Transportation may be arranged through local offices.

#### **My Community Dental Centers of Port Huron**

3037 Electric Avenue, Port Huron, MI 48060

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

New patients call: 877-313-6232

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

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

Phone: 517-346-9455

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

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: [thearccsc.org/](http://thearccsc.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

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

### **Disability Network Eastern Michigan**

4351 24<sup>th</sup> Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.org)

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

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

Phone: 810-987-9333

Website: [goodwillsc.org](http://goodwillsc.org)

## **Local Resources Continued**

### **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

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

Toll Free TTY: 888-225-1973

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

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

2620 Krafft Road, Fort Gratiot, MI 48059

Phone: 800-772-1213

Website: [ssa.gov](http://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: 855-444-3911

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

### **Blue Water Safe Horizons**

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

Phone: 810-989-5246

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

**Crisis Text Line:** 810-824-7948

Website: [bluewatersafehorizons.org/elder-abuse/](http://bluewatersafehorizons.org/elder-abuse/)

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.

### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.org)

## **Local Resources Continued**

### **Lakeshore Legal Aid**

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

Phone: 810-985-5107

Senior Toll-free: 888-783-8190

Website: [lakeshorelegalaid.org/](http://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.

## **State Resources**

### **Disability Rights Michigan**

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

Phone: 517-487-1755

Toll-free: 800-288-5923

TTY: 517-374-4687

Website: [drmich.org](http://drmich.org)

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

# **Financial Assistance**

Most 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: [211nemichigan.org](http://211nemichigan.org)

### **Blue Water Community Action**

302 Michigan Street, Port Huron, MI 48060

Phone: 810-982-8541 or 877-627-0422

Website: [bwcaa.org](http://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: [ccsem.org](http://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: [thecouncilonaging.org](http://thecouncilonaging.org)

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

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

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

### **Saint Vincent DePaul Society**

3198 Gratiot Blvd., Marysville, MI 48040

Phone: 810-204-9835

Website: [ssvpusa.org/programs-ways-we-help/](http://ssvpusa.org/programs-ways-we-help/)

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

2000 Court Street, Port Huron, MI 48060

Phone: 810-984-2679

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

# **Food & Nutrition**

Most 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, or emergency food resources. To find a free food resource near you go to [freefood.org](http://freefood.org).

## **Local Resources**

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

1723 Military Street, Port Huron, MI 48060

Phone: 2-1-1

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

### **Blue Water Community Action**

302 Michigan Street, Port Huron, MI 48060

Phone: 810-982-8541

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

### **Downriver Helping Hands**

310 S. Parker Street, Marine City, MI 48039

Phone: 810-765-3848

Website: [freefood.org/l/downriver-helping-hands](http://freefood.org/l/downriver-helping-hands)

### **Harbor Impact Ministries**

1963 Allen Road, Kimball, MI 48074

Phone: 810-982-5312

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

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

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-987-8811

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

### **Mid-City Nutrition**

805 Chestnut Street, Port Huron, MI 48060

Phone: 810-982-9261

Website: [midcitynutrition.org](http://midcitynutrition.org)

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

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

Phone: 810-989-6935

Website: [msue.stclaircounty.org](http://msue.stclaircounty.org)

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

Phone: 888-642-7434 or 810-966-2000

## **Local Resources Continued**

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

2000 Court Street, Port Huron, MI 48060

Phone: 810-984-2679

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

Current list of local food pantries:

[uwstclair.org/food](http://uwstclair.org/food)

[freefood.org](http://freefood.org)

# Home Health Care

## Private Duty Home Care & Personal Care

Private Duty Home Care 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 insurances do not cover private duty services.

### Local Resources

#### **Comfort Keepers Home Care**

936 Military Street, Port Huron, MI 48060

Phone: 810-249-2561

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

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

1100 Degurse Avenue, Marine City, MI 48039

Phone: 810-765-7144

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

#### **Relevar Home Care**

Phone: 888-493-3513

Website: [relevar.com](http://relevar.com)

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

306 Jay Street, St. Clair, MI 48079

Phone: 810-637-1044

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

#### **Vinculum Care**

Phone: 810-357-8792

Website: [vinculumcare.com](http://vinculumcare.com)

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

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

Phone: 810-966-2273 or 877-618-4748

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

#### **Visiting Friends Home Care**

14711 Koehn Road, Capac, MI 48014

Phone: 586-201-0096

Website: [visitingfriendshomecare.com](http://visitingfriendshomecare.com)



## **Local Resources Continued**

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

3403 Lapeer Rd Suite B101, Port Huron, MI 48060

Phone: 810-984-4131

Website: [vnabwh.org](http://vnabwh.org)

More information: Access to grants available for underserved.

## **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 home care.

## **Local Resources**

### **Beacon Home Care**

415 Quay Street, Port Huron, MI 48036

Phone: 810-966-3480

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

### **Elara Caring**

Phone: 800-379-1600

Website: [elara.com](http://elara.com)

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

1100 Degurse Avenue, Marine City, MI 48039

Phone: 810-765-7144

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

### **Harmony Cares Medical Group Home Health**

3081 Commerce Drive, Suite 200, Fort Gratiot, MI 48060

Phone: 810-294-8600

Website: [harmonycares.com](http://harmonycares.com)

### **McLaren Health Management Group**

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

Phone: 866-323-5974

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

### **Relevar Home Care**

Phone: 888-493-3513

Website: [relevar.com](http://relevar.com)

## **Local Resources Continued**

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

306 Jay Street, St. Clair, MI 48079

Phone: 810-637-1044

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

### **Vinculum Care**

Phone: 810-357-8792

Website: [vinculumcare.com](http://vinculumcare.com)

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

3403 Lapeer Rd Suite B101, Port Huron, MI 48060

Phone: 810-984-4131

Website: [vnabwh.org](http://vnabwh.org)

## **Home Maintenance**

### **Repair & Weatherization**

#### **Blue Water Community Action**

3403 Lapeer Road, Port Huron, MI 48060

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

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

#### **City of Port Huron**

Municipal Office Center, 100 McMorran Boulevard, Port Huron, MI 48060

Phone: 810-984-9736 – Community Development Department

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

## **Wheelchair Lifts & Ramps**

#### **Community Enterprises**

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

Phone: 810-982-3261

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

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

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-987-8811

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

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

220 Fort Street, Port Huron, MI 48060

Phone: 810-966-2000

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

# 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: [211nemichigan.org](http://211nemichigan.org)

### **Blue Water Development Housing**

1600 Gratiot Boulevard # 1, Marysville, MI 48040

Phone: 810-388-1200

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

### **Blue Water Community Action Agency (HARA)**

3403 Lapeer Road, Port Huron, MI 48060

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

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

### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

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

### **Sanborn Gratiot Memorial House**

2732 Cherry Street, Port Huron, MI 48060

Phone: 810-985-5631

Website: [sanborngratiot.org/](http://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**

### **Harmony Cares Medical Group Palliative & Hospice**

3081 Commerce Drive, Ste. 100, Fort Gratiot, MI 48059

Phone: 810-294-8580

Website: [harmonycares.com](http://harmonycares.com)

### **Elara Caring**

Phone: 800-379-1600

Website: [elara.com](http://elara.com)

### **McLaren Hospice**

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

Phone: 800-862-3132

Website: [mclaren.org/hospice](http://mclaren.org/hospice)

### **Vinculum Care**

Phone: 810-357-8792

Website: [vinculumcare.com](http://vinculumcare.com)

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

3403 Lapeer Road, Ste B101, Port Huron, MI 48060

Phone: 810-984-4131

Website: [vnabwh.org](http://vnabwh.org)

## **Hospice Facility**

### **Blue Water Hospice Home (VNA & Blue Water Hospice)**

2795 Edison Drive, Marysville, MI 48040

Phone: 810-984-4131

Website: [vnabwh.org](http://vnabwh.org)

More information: Access to grants available through United Way and other sources.

## **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 will not 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

ER Phone: 810-329-5350

Main Phone: 810-329-7111

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

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

2601 Electric Avenue, Port Huron, MI 48060

ER Phone: 810-216-1580

Main Phone: 810-216-1500

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

#### **McLaren Port Huron**

1221 Pine Grove Avenue, Port Huron, MI 48060

ER Phone: 810-989-3300

Main Phone: 810-987-5000

HealthAccess: 800-228-1484

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

## **Housing Near Hospitals**

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

Lake Huron Medical location: 2509 10th Street, Port Huron, MI 48060

McLaren Port Huron location: 1010 Lincoln Avenue, Port Huron, MI 48060

Family Home (near Lake Huron Medical): 1015 Vanderburgh Place, Port Huron, MI 48060

Phone: 810-824-3679 (all locations)

Website: [hunterhospitalityhouse.com](http://hunterhospitalityhouse.com)

\*Registrations by appointment only, between the hours of 9 a.m. - 7:30 p.m.

More Information: Hunter Hospitality House provides a free, welcoming, relaxing home-away-from-home steps away from each hospital in Port Huron for those 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.

### **Blue Water Urgent Care**

3941 24<sup>th</sup> Avenue, Fort Gratiot, MI 48059

Phone: 810-882-9373

Website: [bluewateruc.com](http://bluewateruc.com)

### **Physicians Health Care Network**

Fort Gratiot: 4190 24th Ave., Fort Gratiot, MI 48059

Phone: 810-989-7788

Marysville: 3350 Gratiot Blvd., Marysville, MI 48040

Phone: 810-364-4000

Website: [physicianhealthcare.com](http://physicianhealthcare.com)

### **Wellnow Urgent Care**

3550 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-989-2530

Website: [wellnow.com](http://wellnow.com)

# **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: 810-987-5300

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

Hours: 10 a.m. - 6:30 p.m., Monday; and 8 a.m. - 4:30 p.m., 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 surroundings 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 Senior 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.)?
- Is there on-site medical staff? If so, how often & what type of services are provided?
- 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- 243-1700

Website: [holidayseniorliving.com](http://holidayseniorliving.com)

### **The Village of Lake Huron Woods**

5221 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810- 385-9516

Website: [pvm.org](http://pvm.org)

### **Mallards Landing**

4601 South River Road, East China, MI 48054

Phone: 810-329-7169

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

### **Porthaven Manor**

3900 Aspen Drive, Port Huron, MI 48060

Phone: 810- 985-4222

Website: [porthavenmanor.com](http://porthavenmanor.com)

### **Mercy Village**

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

Phone: 810- 989-7440

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

## **Senior Apartments**

Low-income residential apartment complexes, buildings, etc. where adults over age 55 can live independently or cared for privately in their apartment. Some listings may not be exclusive to 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 – Algonquin Place**

1205 St. Clair River Drive, Algonac, MI 48001

Phone: 810-794-9369

Website: [algonachousing.org](http://algonachousing.org)

### **Bree Manor**

600 Bree Road D-1, East China, MI 48054

Phone: 810- 329-4994

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

### **Desmond Village (Port Huron Housing Commission)**

721 Pine Street, Port Huron, MI 48060

Phone: 810- 984-3173

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

### **Dorchester Court Apartments**

2436 Dorchester Court, Port Huron, MI 48060

Phone: 810-966-8333

### **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: [kmgprestige.com](http://kmgprestige.com)

### **Mallards Landing**

4601 South River Road, East China, MI 48054

Phone: 810-329-7169

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

## **Local Resources Continued**

### **Marysville Housing Commission**

#### **Vicksburg Hall Apartments**

1100 New York Avenue, Marysville, MI 48040

Phone: 810-364-4020

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

### **Matteson Street Apartments**

130 North Matteson Street, Capac, MI 48014

Phone: 810- 395-2698

### **North Port Village**

2631 Krafft Road, Port Huron, MI 48060

Phone: 810-987-1606

Website: [rosecommunity.com/apartments/north-port/](http://rosecommunity.com/apartments/north-port/)

### **Peru Village**

718 Erie Street, Port Huron, MI 48060

Phone: 810-984-3173

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

### **Port Huron Housing Commission**

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

Phone: 810-984-3173

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

### **Rolling Brook**

1500 Fruit Street, Algonac, MI 48001

Phone: 810-794-2440

Website: [rollingbrookapts.com](http://rollingbrookapts.com)

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

400 S 3rd Street, St Clair, MI 48079

Phone: 810-329-9141

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

### **St. Clair Landings**

3345 Military Street, Port Huron, MI 48060

Phone: 810-966-4614

Website: [saintclairlandings.com](http://saintclairlandings.com)

### **School Place Apartments**

103 West Mechanic Street, Yale, MI 48097

Phone: 810-387-2945

### **Yale Manor Senior Apartments**

420 North Street, Yale, MI 48097

Phone: 810-387-0377

Website: [yalemanorapartments.com](http://yalemanorapartments.com)

# **Legal Assistance**

Elder Laws affect 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**

803 10th Avenue #C, Port Huron, MI 48060

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

Website: [lakeshorelegalaid.org/](http://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**

Phone: 800-322-4512

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

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

201 McMorrان Blvd, Room 2700, Port Huron, MI 48060

Phone: 810-985-2066

More information: Probate Court can assist residents with decedent estates and the supervision of trusts, guardianship and conservatorships, and cases involving the mentally ill.

## **Estate Planning**

### **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: [delektalaw.com](http://delektalaw.com)

#### **Fullmer Law Office**

300 S. Riverside Ave, St. Clair, MI 48079  
Phone: 810-329-8900

#### **John J. Genord**

2014 Holland Avenue, #802, Port Huron, MI 48060  
Phone: 810-543-5708

#### **Kelly Law Firm**

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

#### **Marilyn Knak**

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

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

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

#### **Simasko Law**

3895 24<sup>th</sup> Avenue, Fort Gratiot, MI 48059  
Phone: 810-987-1645  
Website: [simaskolawoffices.com](http://simaskolawoffices.com)

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

316 McMorrان Boulevard, Port Huron, MI 48060  
Phone: 810-987-5915

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

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

## **State and National Legal Resources**

### **Center for Civil Justice**

436 S. Saginaw Street, Suite 400, Flint, MI 48502

Phone: 800-724-7441

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

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

3815 West St. Joseph Street, Suite C-200, Lansing, MI 48917

Phone: 1-866-400-9164

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

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

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

More information: NAELA is a professional association of attorneys who are dedicated to improving the quality of legal services provided to older adults and people with disabilities.

### **The Resolution Center**

176 S. Main Street, Suite 2, Mount Clemens, MI 48043

Phone: 586-469-4714

Toll Free: 1-800-8-RESOLVE

Website: [theresolutioncenter.com](http://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)**

Phone: 586-468-8300

Toll-Free: 800-968-0738

Website: [lrs.michbar.org/Find-a-Lawyer](http://lrs.michbar.org/Find-a-Lawyer)

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.

## **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.

**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 McMorrان Boulevard, Port Huron, MI 48060  
Phone: 810-985-2066

**Public Guardian's Office**  
201 McMorrان 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

## **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: [mltcop.org](http://mltcop.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 a 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.



# **Library Services**

The St. Clair County Library System offers a variety of services for older adults. These services include large print, braille and talking books for those who are unable to use standard print materials because of a temporary or permanent visual impairment, physical disability, or reading disability. Cultural programs, activities, genealogy, and outreach to the homebound are also available.

Contact your nearest branch for assistance.

## **Local Branches**

### **Port Huron/Main Library**

210 McMorrان Blvd., Port Huron, MI 48060

Phone: 810-987-7323

Website: [scccl.lib.mi.us](http://scccl.lib.mi.us)

### **Algonac-Clay Public Library**

2011 St Clair River Dr., Algonac, MI 48001

Phone: 810-794-4471

### **Burtchville Township Library**

7093 2nd Street, Lakeport, MI 48059

Phone: 810-385-8550

### **Capac Public Library**

111 N. Main Street, Capac, MI 48014

Phone: 810-395-7000

### **Ira Township Library**

7013 Meldrum Road, Ira, MI 48023

Phone: 586-725-9081

### **Kimball - G. Lynn Campbell Library**

1955 Allen Road, Kimball, MI 48074

Phone: 810 -982-9171

### **Marine City Public Library**

300 S Parker St., Marine City, MI 48039

Phone: 810-765-5233

### **Marysville Public Library**

1175 Delaware Ave., Marysville, MI 48040

Phone: 810-364-9493

### **Memphis Public Library**

34830 Potter Street, Memphis, MI 48041

Phone: 810-392-2980

## **Local Resources Continued**

### **St. Clair Public Library**

310 South 2nd Street, St. Clair, MI 48079

Phone: 810-329-3951

### **Yale Public Library**

2 Jones Street, Yale, MI 48097

Phone: 810-387-2940

# **Medical Care at Home**

## **Local Resources**

Locally based Primary Care Physicians (PCP) care for elderly and homebound patients including physical examinations, disease management, medication management, home infusion, laboratory testing, mobile x-ray, cardiology and pulmonology consultation, transitional care expertise, and home care coordination.

### **Harmony Cares Medical Group**

3081 Commerce Drive, Ste. 400, Fort Gratiot, MI 48059

Phone: 810-364-5050

Website: [harmonycares.com](http://harmonycares.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: [medicare.gov/supplierdirectory](https://www.medicare.gov/supplierdirectory)

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

- Able Orthopedics: 810-985-8006
- Comfort Prosthetics & Orthotics: 810- 990-8285
- Crescent Corporation: 810-982-2786
- IRB (Hart) Medical Equipment: 810-982-0700
- Sheldon Medical Supply: 800-922-5101
- Wright & Fillipis: 810-385-6330
- Harmony Cares Medical Group DME: 810-294-8600

## **Local Loan Closets**

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

Port Huron: 600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

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

Phone: 810-765-3523

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

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

### **Harbor Impact Ministries**

1963 Allen Road. Kimball, MI 48074

Phone: 810-982-5312

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

### **United Way**

1725 Military Street, Port Huron, MI

Phone: 810-985-8169

Website: [uwstclair.org](http://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 [medicare.gov](https://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 [medicaid.gov](https://www.medicaid.gov).

### **Local Resources**

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

29100 Northwestern Hwy, Suite 400, Southfield, MI 48034

Phone: 800-852-7795

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

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

Phone: 800-803-7174

Website: [mmapinc.org](https://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.

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

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

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

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

## **Local, State, and National Resources Continued**

### **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: [newmibridges.michigan.gov](http://newmibridges.michigan.gov)

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: [ssa.gov](http://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, MI 48014

Phone: 810-395-4343

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

Phone: 810-765-5010

**Region 10 Access Center**: 888-225-4447

**Mobile Crisis Unit**: 810-966-2575

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

## **Local Resources**

### **Blue Water Counseling**

1501 Kraft Road, Fort Gratiot, MI 48059

Phone: 810-985-5125

Website: [bluewaterclinic.com](http://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: [ccsem.org](http://ccsem.org)

### **Colonial Woods Counseling**

1101 Military St., Port Huron, MI 48060

Phone: 810-984-5575

Website: [cwmc.church/counseling](http://cwmc.church/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: [communityfirsthc.org](http://communityfirsthc.org)

## **Local Resources**

### **Eastern Michigan Counseling Associates**

1600 Gratiot Boulevard # 4, Marysville, MI 48040

Phone: 810-364-5800

Website: [easternmichigancounseling.com/](http://easternmichigancounseling.com/)

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

1001 Military Street, Port Huron, MI 48060

Phone: 810-985-5437

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

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

1322 North River Road, St. Clair, MI 48079

Phone: 810-329-4798

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

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

520 Superior Street, Port Huron, MI 48060

Phone: 810-984-4202

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

### **Renewal Christian Counseling Center**

1024 Superior Street, Port Huron, MI 48060

Phone: 810-966-0099

Website: [renewalcenter.org](http://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:** [medicare.gov/nursinghomecompare](http://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.

### **Local Resources**

#### **Marwood Nursing & Rehab**

1300 Beard Street, Port Huron, MI 48060

Phone: 810-982-9500

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

## **Local Resources Continued**

### **MediLodge of Port Huron**

5635 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810-385-7447

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

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

4220 Hospital Drive, East China, MI 48054

Phone: 810-329-4736

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

### **MediLodge of Yale**

90 Jean Street, Yale, MI 48097

Phone: 810-387-3226

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

### **Regency on the Lake**

5669 Lakeshore Road, Fort Gratiot, MI 48059

Phone: 810-385-7260

Website: [cienahealthcare.com/locations/regency-on-the-lake](http://cienahealthcare.com/locations/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.

## **Local Resources**

### **Beacon Home Care**

415 Quay Street, Port Huron, MI 48060  
Phone: 810-966-3480  
Website: [beaconcares.com](http://beaconcares.com)

### **Harmony Cares Medical Group Palliative & Hospice**

3081 Commerce Dr., Ste. 100, Fort Gratiot, MI 48059  
Phone: 810-294-8580  
Website: [harmonycares.com](http://harmonycares.com)

### **McLaren Health Management Group**

1411 Third Street, Suite C, Port Huron, MI 48060  
Phone: 866-323-5974  
Website: [mclaren.org/palliative](http://mclaren.org/palliative)

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

3403 Lapeer Rd, Suite B101, Port Huron, MI 48060  
Phone: 810-984-4131  
Website: [vnabwh.org](http://vnabwh.org)

## **Physical Fitness & 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 are 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**

#### **Afterburn Fitness**

206 Huron Avenue, Suite 102, Port Huron, MI 48060

Website: [afterburnfitnessclub.com](http://afterburnfitnessclub.com)

#### **Anytime Fitness**

3270 Gratiot Blvd., Marysville, MI 48040

Phone: 810-937-5974

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

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

Port Huron: 600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-987-8811

Marine City (Washington Life Center): 430 N. Mary Street, Marine City, MI 48039

Phone: 810-765-3523

Capac (Conrad Community Center): 585 N. Main Street, Capac, MI 48014

Phone: 810-395-7889

Yale: 3 First Street, Yale, MI 48097

Phone: 810-387-3720

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

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

3520 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-966-0606

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

More information: Silver Sneakers program available.

#### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.org)

## **Local Resources Continued**

### **Obscurus Crossfit**

3777 Lapeer Road., Port Huron, MI 48060

Phone: 810-824-6552

Website: [obscuruscrossfit.com](http://obscuruscrossfit.com)

### **Planet Fitness**

4350 24<sup>th</sup> Ave., Suite 504, Fort Gratiot, MI 48059

Phone: 810-385-7400

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

### **Port Huron Fitness Center** (inside DoubleTree by Hilton)

800 Harker St., Port Huron, MI 48060

Phone: 810-984-8811

### **Port Huron Viking Gym**

2422 Lapeer Road, Port Huron, MI 48060

Phone: 810-985-8100

### **Viking Fitness**

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

Phone: 810-364-4650

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

Phone: 810-462-1239

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

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

1525 3rd Street, Port Huron, MI 48060

Phone: 810-987-6400

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

## **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: [aaa1b.org](http://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: [thecouncilonaging.org](http://thecouncilonaging.org)

#### **Discount Rx Pharmacy**

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

Phone: 810-216-3302

#### **Huron Family Pharmacy**

1209 10<sup>th</sup> Street, Suite D1, Port Huron, MI 48060

Phone: 810-215-7750

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

3111 Electric Avenue, Port Huron, MI 48060

Phone: 810-985-4747

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

1723 Military Street, Port Huron, MI 48060

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

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

## **Safe 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: [mylakehuron.com](http://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: [mclaren.org/marwood](http://mclaren.org/marwood)

### **MediLodge of Port Huron**

5635 Lakeshore Rd, Fort Gratiot, MI 48059

Phone: 810-385-7447

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

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

4220 Hospital Drive, St. Clair, MI 48079

Phone: 810-329-4736

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

### **MediLodge of Yale**

90 Jean Street, Yale, MI 48097

Phone: 810-387-3226

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

### **Regency on the Lake**

5669 Lakeshore Drive, Fort Gratiot, MI 48059

Phone: 810-385-7260

Website: [cienahealthcare.com/locations/regency-on-the-lake/](http://cienahealthcare.com/locations/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 Ave., Port Huron, MI 48060

Phone: 810-966-8500

Website: [activephysicaltherapyandrehabservicesinc.com](http://activephysicaltherapyandrehabservicesinc.com)

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

4100 River Road, East China Twp. MI 48054

Phone: 810-329-5383

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

### **Bone and Joint Physical Therapy**

600 Fort Street, Port Huron, MI 48060

Phone: 810-987-9711

Website: [boneandjointpt.com](http://boneandjointpt.com)

### **Brickey and Associates**

1037 Water Street, Port Huron, MI 48060

Phone: 810-982-9541

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

North: 4190 24<sup>th</sup> Avenue, Suite 205, Fort Gratiot, MI 48059

Phone: 810-216-1802

Marysville: 1985 Gratiot Blvd., Marysville, MI 48040

Phone: 810-216-1801

South: 2601 Electric Avenue, Port Huron, MI 48060

Phone: 810-216-1800

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

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

Marysville: 3350 Gratiot Blvd., Suite E, Marysville, MI 48040

Phone: 810-364-1230

Port Huron: 3504 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-385-5531

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

### **McLaren Port Huron Speech Therapy**

1221 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-989-3178

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

## **Local Resources Continued**

### **Munger Physical Therapy**

4351 24<sup>th</sup> Avenue, Suite 5, Fort Gratiot, MI 48059

Phone: 810-385-7405

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

### **Orthopedic Associates**

940 River Centre Drive, Port Huron, MI 48060

Phone: 810-985-4900

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

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

7609 Brockway Rd., Yale, MI 48097

Phone: 810-387-4900

Website: [prostafphysicaltherapy.com](http://prostafphysicaltherapy.com)

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

540 Parker Street, Marine City, MI 48039

Phone: 810-765-4857

### **Riverview Physical Therapy**

Fort Gratiot: 4940 24th Ave, Fort Gratiot, MI 48059

Phone: 810-937-5444

Port Huron: 1702 Water St., Port Huron, MI 48060

Phone: 810-966-9102

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

## **Respite 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: [darcsc.org](http://darcsc.org) or call 810-990-9558.

### **Referral to Respite Services**

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

Phone: Information & Assistance: 800-852-7795

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

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

600 Grand River Avenue, Port Huron, MI 48060

Phone: 810-984-5061

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

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

- Home Health Care chapter: Private Duty Home Care & Skilled Nursing

#### **For facilities offering temporary respite care, see:**

- Adult Foster Care/Homes for the Aged chapter
- Assisted Living Facilities chapter
- Nursing & Rehab Facilities chapter

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

- Adult Day Program chapter

## **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: [thecouncilonaging.org](http://thecouncilonaging.org)

### **Local Resources**

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

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

600 Grand River Ave., 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 St., Marine City, MI 48039

Phone: 810-765-3523

Toll Free: 800-779-4488

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

3 First St., Yale, MI 48097

Phone: 810-387-3720

Toll Free: 800-717-4422

Website: [thecouncilonaging.org](http://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: [ssa.gov](http://ssa.gov)

### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.org)

## **State & National Resources**

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

Michigan Office

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

Phone: 866-400-9164

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

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

Employee Benefits Security Administration

200 Constitution Ave NW, Washington, DC 20210

Phone: 1-866-444-EBSA

Website: [dol.gov/ebsa/](http://dol.gov/ebsa/)

# **Transportation**

Transportation consists of a centrally organized service for transportation of seniors to and from community facilities to receive support services, increase independence and reduce isolation. \*Medicaid – contact the 800# on the back of your card for transportation to medical appointments.

## **Local Resources**

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

2021 Lapeer Ave., Port Huron, MI 48060

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

Phone: 810-987-7373

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

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

547 North Carney Drive, St. Clair, MI 48079

Phone: 810-329-3030

Website: [cityofstclair.com/senior-transportation/](http://cityofstclair.com/senior-transportation/)

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: 810-984-4200
- Washington Life Center: 810-765-8570
- Capac Senior Center: 810-984-4200 \*Dispatched from Port Huron Sr. Transportation
- Yale Senior Center: 810-984-4200 \*Dispatched from Port Huron Sr. Transportation

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

More information: Service is available Monday-Friday from 8 a.m.- 4 p.m. At least 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

Website: [thems.org](http://thems.org)

*Also see Home Health Care—Private Duty Home Care 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: [cancer.org/treatment/support-programs-and-services/road-to-recovery.html](http://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: [sccvet.us](http://sccvet.us)

## **Taxi Services**

### **A Port Huron Cab**

Phone: 810-989-9719

### **Blue Water City Cab**

Phone: 810-984-4109

Website: [citycabporthuroninc.com](http://citycabporthuroninc.com)

# **Veteran's Services**

## **Local Resources**

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

200 Grand River Ave., Suite 104, Port Huron, MI 48060

Phone: 810-989-6945

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

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

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

3111 Electric Ave., Port Huron, MI 48060

Phone: 810-966-3755

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

### **Yale VA Outpatient Clinic**

7470 Brockway Road, Yale, MI 48097

Phone: 810-387-3211

Website: [va.gov/detroit-health-care/locations/yale-va-clinic/](http://va.gov/detroit-health-care/locations/yale-va-clinic/)

## **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: [detroit.va.gov](http://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: [annarbor.va.gov](http://annarbor.va.gov)

## **Supportive services to Veterans facing homelessness**

### **Disability Network Eastern Michigan**

4351 24th Avenue, Suite 1, Fort Gratiot, MI 48059

Phone: 810-987-9337

Website: [dnemichigan.org](http://dnemichigan.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: [sccvet.us/resources-2/](http://sccvet.us/resources-2/)



## **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: [legion.org](http://legion.org)

### **Disabled American Veterans**

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

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

### **Directory of Veterans Service Organizations**

Website: [va.gov/vso/](http://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**

4200 Belford Road, Holly, MI 48442  
Phone: 248-348-8603

### **Lakeside & Veterans Memorial Cemeteries**

Gratiot Avenue and Krafft Road  
Port Huron, MI 48060  
Phone: 810-984-9708

## **State & Federal Resources**

### **Michigan Veterans Affairs Agency**

3423 N. Martin Luther King, Jr. Blvd, Lansing, MI 48906

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

Website: [michigan.gov/mvaa](http://michigan.gov/mvaa)

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

Phone: 800-827-1000

Website: [va.gov/](http://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>	988 and Press 1 Website: <a href="http://veteranscrisisline.net">veteranscrisisline.net</a> Support for Deaf & Hard of Hearing: Text: 838255
<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: [thecouncilonaging.org](http://thecouncilonaging.org)

### **Harmony Care Medical Group**

3081 Commerce Dr., Suite 100, Fort Gratiot, MI 48059

Phone: 810-294-8580

Website: [harmonycares.com](http://harmonycares.com)

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

Lake Huron Medical location: 1010 Lincoln Ave., Port Huron, MI 48060

McLaren Port Huron location: 2509 10th Street, Port Huron, MI 48060

Family house (near Lake Huron Medical): 1015 Vanderburgh Pl, Port Huron, MI 48060

Phone: 810-824-3679 (all locations)

Website: [hunterhospitalityhouse.com](http://hunterhospitalityhouse.com)

### **Lake Huron Foundation Volunteer Organization**

2601 Electric Avenue, Port Huron, MI 48060

Phone: 810-216-1523

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

### **McLaren Hospice**

Phone: 810-834-8071

Website: [mclaren.org/hospice](http://mclaren.org/hospice)

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

1221 Pine Grove Avenue, Port Huron, MI 48060

Phone: 810-989-3796

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

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

3403 Lapeer Rd., Suite B101, Port Huron, MI 48060

Phone: 810-984-4131

Website: [vnabwh.org](http://vnabwh.org)