



# Community Resources Guide

provided by



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

The complete **Community Resources Database** is available to you on the OPNS website at [www.opns.org](http://www.opns.org) under the link OPNS Clinical Resources.

Information contained in the **Community Resources Database** is updated on a semiannual basis or as the latest information/resources become available. Please refer to the OPNS website for the most current information.

You may also contact **Oakland Physician Network Services** at 248-682-0088, ext.117 with any questions you may have or if you would like to provide information regarding additional community resources. Thank you.

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## A First Step...Find Help

<a href="http://www.findhelp.org">www.findhelp.org</a>	<p><b>NEW Free or Reduced Cost Community Resources at Your Fingertips</b></p> <p><b>ADCES partners with Find Help to address social determinants of health</b></p> <p>Finding community resources for your patients just got easier. ADCES has partnered with Find Help (formerly known as Aunt Bertha) to offer an easy way to find and make referrals to appropriate programs and services for food, shelter, health care, work, financial assistance and more. Only services that are offered for free or at a reduced cost are included. Simply provide your (or their) zip code and you're off and running!</p>
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# Adult Day Services

<b>Alzheimer’s Association Greater Michigan Chapter- Southfield</b> 800-272-3900 <a href="http://www.alz.org/gmc">www.alz.org/gmc</a>	<b>Catholic Charities of Southeast Michigan- Auburn Hills</b> 248-537-3300 x 3803 <a href="http://www.ccsem.org/senior-citizen-services/adult-day-health-services">www.ccsem.org/senior-citizen-services/adult-day-health-services</a>
<b>City of Farmington Hills/ Costick Activities Center Senex Adult Day Services</b> 248-473-1872 <a href="http://www.fhgov.com">www.fhgov.com</a>	<b>Bloomfield Township Senior Center the Friendship Club</b> 248-723-3530 <a href="http://www.bloomfieldtp.org/government/services/senior-services">www.bloomfieldtp.org/government/services/senior-services</a>
<b>Jewish Senior Life/ Brown Adult Day Services- West Bloomfield</b> 248-592-532 <a href="http://www.jslmi.org">www.jslmi.org</a>	<b>JVS Human Services/Brown Adult Day Services- Southfield</b> 248-223-4000 <a href="http://www.jvshumanservices.org/who-we-serve/seniors">www.jvshumanservices.org/who-we-serve/seniors</a>
<b>Older Persons commission- Rochester</b> 248-608-0261 <a href="http://www.opcseniorcenter.org">www.opcseniorcenter.org</a>	<b>Waterford Senior Center/ Encore Adult Day Service</b> 248-682-9450 <a href="http://www.waterford.k12.mi.us/seniorcenter">www.waterford.k12.mi.us/seniorcenter</a>
<b>Woodhaven Retirement Community</b> 734-261-9000	<b>Engaging Adults in Interaction Adult Day Services</b> 313-291-2713

## Arthritis:

### Local Resources for Arthritis:

Contact Information	Details:
<b>Arthritis Tai Chi Program</b> Gardner City Senior Services 734-793-1856 Redford Township Senior Services 313-387-2788 Van Buren Township Senior Center 734-699-8919	
<b>Arthritis Foundation of Michigan, Great Lakes Chapter</b> 888 W. Big Beaver Rd. STE. 305 Troy, MI 48084 (947)282-2955 <a href="http://www.arthritis.org/michigan">www.arthritis.org/michigan</a>	-Provides public health education -Conducts evidence-based programs to improve the quality of life for those living with arthritis
<b>Arthritis Exercise Program</b> Garden City Senior Adult Services 734-793-1856 Sumpter Township Senior Center 734-461-9373 Van Buren Township Senior Center 734-699-8918	

## Auto Related

<b>Paul Tregembo</b> 586-445-5542	Roseville High School, Auto shop Instruction Roseville High School offers very low-cost repairs provided by their auto tech students
<b>Department of Human Services</b> 248-975-4800 28 N. Saginaw Rd, Pontiac <a href="http://www.mibridges.michigan.gov/access">www.mibridges.michigan.gov/access</a>	
<b>Mother Waddles</b> 313-923-3537 1700 W. Hamlin Rd, Ste 203, Rochester 48309 <a href="https://motherwaddles.org">https://motherwaddles.org</a>	
<b>OLHSA</b> 248-209-2600 or 248-542-5860 196 Cesar E. Chavez, Pontiac 48343 345 E. Nine Mile Rd, Ferndale 48220 <a href="http://www.olhas.org">www.olhas.org</a>	
<b>Volunteers of America</b> 800-552-1515 21415 Civic Center Drive, #210 Southfield, 48076 <a href="http://www.carshelpingpeople.org">www.carshelpingpeople.org</a>	

# Behavioral Health & Substance Abuse:

## National Resources for Behavioral Health & Substance Abuse:

Contact Information:	Details:
<p><b>Alcoholics Anonymous</b>            P.O. Box 459            New York, NY 10163            (212) 870-3400  <a href="http://www.aa.org">www.aa.org</a></p>	<ul style="list-style-type: none"> <li>-Find AA meetings in your area for recovering alcoholics</li> <li>-Treatment facilities</li> <li>-Public information</li> </ul>
<p><b>Common Ground</b>            1410 South Telegraph (Admin)            Bloomfield Hills, MI 48302            (248) 456-8150  <i>24-Hour Crisis Line: (800) 231-1127</i>            E-mail: <a href="mailto:chat@commongroundhelps.org">chat@commongroundhelps.org</a>  <a href="http://www.commongroundhelps.org">www.commongroundhelps.org</a></p>	<ul style="list-style-type: none"> <li>- Helping people move from crisis to hope supported by 24/7 crisis services</li> <li>-Services accessed by phone, text, computer chat and walk into Resource &amp; Crisis Center in Pontiac</li> <li>-provides a lifeline for individuals and families in crisis, victims of crime, persons with mental illness, people trying to cope with critical situations and homeless youths.</li> </ul>
<p><b>National Institute of Mental Health (NIMH)</b>            Science Writing, Press, and Dissemination Branch            6001 Executive Boulevard, Room 8184, MSC 9663            Bethesda, MD 20892 - 9663            (866) 615-6464            E-mail: <a href="mailto:nimhinfo@nih.gov">nimhinfo@nih.gov</a>  <a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a></p>	<ul style="list-style-type: none"> <li>-Largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health</li> </ul>
<p><b>National Institute on Drug Abuse</b>            (800) 662-4357            E-mail: <a href="mailto:information@nida.nih.gov">information@nida.nih.gov</a>  <a href="http://www.nida.nih.gov">www.nida.nih.gov</a></p>	<ul style="list-style-type: none"> <li>-Information on drugs and drug abuse</li> <li>-Meetings &amp; events</li> <li>-News</li> </ul>
<p><b>Sage Tree Psychology Group</b>            925 N. Lapeer Rd. STE 151            Oxford, MI 48371            248-800-4250  <a href="https://www.sagetreepsych.com/">https://www.sagetreepsych.com/</a></p>	<ul style="list-style-type: none"> <li>Advocacy, information, and resources for lesbian, gay, bisexual, or transgender older adults. Friendly caller program matches volunteers with LGBT older adults for weekly phone calls</li> </ul>
<p><b>Substance Abuse and Mental Health Services Administration</b>            SAMHSA's Health Information Network            1 Choke Cherry Rd.            Rockville, MD 2085            (877) 726-4727  <b>Disaster Distress Helpline:</b> (800)273-8255</p>	<ul style="list-style-type: none"> <li>-Drug &amp; alcohol treatment</li> <li>-Mental health services</li> <li>-Programs and resources</li> <li>-Family guide to keeping youth mentally healthy &amp; drug-free</li> <li>-Find local mental health treatment facilities and</li> </ul>



<a href="http://www.samhsa.gov">www.samhsa.gov</a>	programs at: <a href="http://findtreatment.samhsa.gov">findtreatment.samhsa.gov</a>
<b>Suicide Prevention Hotlines</b> 1-800-273-8255 1-800-799-4889 (deaf hotline) Call or text 988 <a href="http://www.Michigan.gov">www.Michigan.gov</a>	-24 hours -7 days a week -Toll-free

## Local Resources for Behavioral Health & Substance Abuse:

Agency	Services Provided
<b>Horizon Treatment Center</b> 24681 Northwestern Hwy. Ste. 306 Southfield, MI 48075 (248) 423-1728 <a href="http://www.horizontreatment.org">www.horizontreatment.org</a>	-Outpatient counseling clinic specializing in behavioral health, and substance abuse -Court services -Domestic Violence Intervention Program
<b>Oakland Family Services</b> <b>Pontiac Central Administration</b> 114 Orchard Lake Road Pontiac, MI 48341 (248) 858-7766 2045 E. West Maple Rd, Suite D407 Walled Lake, MI 48390 (248) 624-3812 130 Hampton Circle, Suite 100 Rochester Hills, MI 48307 (248) 853-0750 2351 W. 12 Mile Rd. Berkley, MI 48072 (877) 211-4495 <a href="http://www.oaklandfamilyservices.org">www.oaklandfamilyservices.org</a>	-Mental health treatment services for individuals, families, and groups of all ages. -Alcohol and drug treatment, adolescent substance abuse, women's specialty substance treatment, family trauma, adult anger management, older adult's specialty programs. -Bilingual service and hearing-impaired services are available. -Most insurances are accepted. A sliding fee scale is available for those who qualify. _Takes Medicare
<b>ADF Counseling</b> 5600 W. Maple West Bloomfield, MI 48322 (586) 994-9757 <a href="http://www.adfcounseling.com">www.adfcounseling.com</a>	- providing services that span from therapy for depression and grief counseling to parenting support, couples counseling, academic guidance, sports counseling -Takes Medicare
<b>AI/Anon/Alateen Central Oakland County</b> Office (248) 706-1020	
<b>Alcoholics Anonymous of Southeast Michigan</b> (313) 831-5550 (24-hour hotline) (248) 332-3521 (24-hour hotline) Toll Free (877) 337-0611 <a href="http://www.aa-semi.org">www.aa-semi.org</a>	-Hotlines -Meetings -Calendar of events -Group registrations -Information for young people in AA -international fellowship of adults who have had a drinking problem. It is nonprofessional, self-supporting, multiracial,

	apolitical, and available almost everywhere. There are no age or education requirements.
<b>American Hospice Foundation</b> (800)347-1413	
<b>Arab American and Chaldean Council (ACC)</b> 363 W. Big Beaver Rd. Ste. 300 Troy, MI 48084 (248) 559-1990 <a href="http://www.myacc.org">www.myacc.org</a>	-Provides a comprehensive, community based, outpatient program committed to prevention & treatment of psychological & social problems in the Arab American & Chaldean community
<b>Ascension Brighton</b> 12851 Grand River Rd. Brighton, MI 48116 (877)976-2371 <a href="http://www.brightonrecovery.org">www.brightonrecovery.org</a>	-Provides both inpatient and outpatient treatment programs to aid in recovery based on individual need -Support services available for family members ages 7 and above
<b>Association for Children’s Mental Health (ACMH)</b> (517) 372-4016	
<b>Association for Children’s Mental Health (ACMH)</b> Oakland County 248.514.0099 <a href="http://www.acmh-mi.org">www.acmh-mi.org</a>	- Statewide, non-profit family organization dedicated to meeting the needs of families of children and youth with serious emotional, behavioral, or mental health challenges
<b>Blue Care Network of Michigan</b> <i>Depression Management Program</i> (800) 392-4247 – Chronic Condition Nurse Line <a href="http://www.BCBSM.com">www.BCBSM.com</a>	-Program for BCN members 18 years of age or older diagnosed with depression -Self-care handbook -Prescription refill reminders
<b>Catholic Social Services</b> (248) 548-4044 <a href="http://www.ccsem.org">www.ccsem.org</a>	Family, martial & substance abuse counseling
<b>Centro Multicultural La Familia</b> 35 West Huron Ste. 500 Pontiac, MI 48342 (248) 858-7800 <a href="http://www.centromulticultural.org">www.centromulticultural.org</a>	-Provide Spanish/English: -Outpatient Mental Health services/workshops -Substance Abuse Services -Domestic Violence Program -Youth Mental Health First Aid -Parenting Workshops -Cultural Competence Training -Bilingual Health Education -Assistance with Health Insurance Applications
<b>Christian Family Services</b> (248) 557-8390 Southfield	
<b>Common Ground Sanctuary</b> 800-231-1127 or 248-456-0909 <a href="http://www.commongroundhelps.org">www.commongroundhelps.org</a>	Suicide prevention, youth & family Services Victims of Crime and Mental Health resources
<b>Community Network Services</b> 279 Summit Drive Waterford, MI 48328 (248) 745-4900 (800) 615-0411 <a href="http://www.cnsmi.org/private-practice/">www.cnsmi.org/private-practice/</a>	-provides integrated treatment for people with co-occurring mental illness and substance abuse diagnoses. -offers a wide spectrum of community-based support services. -in partnership with the Oakland Integrated Healthcare Network (OIHN)

	-takes Medicare
<b>Community Programs, Inc (248) 406-0090</b>	
<b>Completion House Inc (248) 334-7760</b> Pontiac	
<b>Counseling Associates</b> 6960 Orchard Lake Road West Bloomfield, MI 48322 (248) 626-150 <a href="http://www.counselingassociates.com">www.counselingassociates.com</a>	-offers a broad range of mental health, therapeutic, and evaluation service -Takes Medicare
<b>Covenant Community Care</b> Detroit (313) 554-1095 Royal Oak (248) 556-4900	
<b>Detroit Department of Health/ Bureau of Substance Abuse (SEMCA)</b> 800-686-6543 <a href="http://www.semca.org">www.semca.org</a>	
<b>Easter Seals of Michigan</b> 2399 E. Walton Blvd. Auburn Hills, MI 48326  (248)475-6400 (800) 75-SEALS <a href="http://www.easterseals.com">www.easterseals.com</a>	-provides comprehensive, office and community based behavioral health services for families with children from birth to 18 years of age -Services for adults to support recovery from substance abuse and/or mental health disorders
<b>Grace Centers of Hope 248-334-2176</b> 35 E. Huron Street, Pontiac <a href="http://www.gracecentersofhope.org">www.gracecentersofhope.org</a>	
<b>Harbor Oaks Hospital</b> 35031 23 Mile Road New Baltimore, MI 48047 <a href="http://www.harboroaks.com">www.harboroaks.com</a>	-Inpatient rehab, hospital inpatient drug program -Residential short term (≤ 30 days)/ long term (≥ 30 days) sober living - Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment
<b>HAVEN 248-334-1274</b> <a href="http://www.haven-oakland.org">www.haven-oakland.org</a>	24-hour crisis/ support line, counseling, and support groups
<b>Havenwyck Hospital</b> 1525 University Drive Auburn Hills, MI 48326 (248) 373-9200 <a href="http://www.havenwyckhospital.com">www.havenwyckhospital.com</a>	-provides a continuum of individualized treatment to children, adolescents and adults needing psychiatric and/or substance abuse treatment
<b>Henry Ford Behavioral Health – Maplegrove Center</b> 6773 West Maple Road West Bloomfield, MI 48322 (248) 661-6100	-inpatient, outpatient, and preventive care provider for substance use disorders -Adolescents and adults

<a href="http://www.henryfordhealth.org">www.henryfordhealth.org</a>	
<b>Heron Ridge Associates</b> 3694 Clarkston Rd. Ste. D Clarkston, MI 48348 (248) 693-8880 <a href="http://www.heronridgeassoc.com">www.heronridgeassoc.com</a>	-Provides individual, family, conjoint, parent and group consultations -Alcohol and Other Drugs/Addictions -Mental Health -Takes Medicare
<b>Jewish Family Services</b> 248-592-2300 or 2313 25900 Greenfield, Oak Park 6555 W. Maple Rd, West Bloomfield Twp. <a href="http://www.jfsdetroit.org/">http://www.jfsdetroit.org/</a>	Focuses on needs of the Jewish community
<b>Kingswood Hospital</b> 10300 West Eight Mile Rd. Ferndale, MI 48220 (248) 398-3200 <a href="http://www.henryford.com">www.henryford.com</a>	-A leading comprehensive psychiatric treatment center with specialized programs for children, adolescents, adults, and seniors. -Offers a full spectrum of services, including acute psychiatric hospitalization, day hospitalization, and specialized intensive outpatient treatment programs.
<b>Lake Orion Haven Crisis Center</b> (248) 334-1274	24-hour crisis/ support line, counseling & support groups
<b>Love, Inc.</b> 248-693-4357 PO Box 104, Lake Orion <a href="http://loveincfnoc.org">http://loveincfnoc.org</a>	
<b>Michigan Narcotics Anonymous</b> 877-338-1188 <a href="http://www.semca.org">www.semca.org</a>	
<b>Narcotics Anonymous</b> (248) 543-7200	
<b>National Suicide Hotline</b> (800) 784-2433	
<b>National Suicide Prevention Lifeline</b> (800) 273-8255	
<b>Neighborhood House</b> (248) 651-5836 Rochester	
<b>New Oakland Family Center</b> Clarkston: (248) 620-6400 Farmington Hills: (248) 855-1540 Livonia: (734) 422-9340 <b>24 hr. Crisis Intervention:</b> <b>(877) 800-1650</b>	- provides both inpatient and outpatient counseling services for individuals and families experiencing mental health and/or substance abuse issues -may provide transportation for inpatient services (FACE to FACE program) -accepts most insurances
<b>Northville Counseling Center</b> (248) 347-3470	
<b>Oakland County Community Mental Health Authority</b> Customer Service: 800-341-2003	

Hot Line 800-231-1127	
<b>Oakland County Community Mental Health Network</b> 5505 Corporate Dr. Ste. 2614 Troy, MI 48098 248-858-1210 <a href="https://www.oaklandchn.org/">https://www.oaklandchn.org/</a>	-Provides information & resources on serious emotional disturbances, developmental disabilities, and mental illness -Provides a listing of providers for mental illness -Newsletters & resource guides - Many of the providers listed accept Medicaid.
<b>Oakland County Probate Court</b> 1200 North Telegraph Rd. Department 457 Pontiac, MI 48341-0457 (248) 858-0260 <a href="http://www.Oakgov.com/courts/probate">www.Oakgov.com/courts/probate</a>	-Information on guardianship
<b>Oakland County Substance Abuse Program</b> 248-424-6363 <a href="https://www.oakgov.com/health/information/Pages/Substance-Abuse.aspx">https://www.oakgov.com/health/information/Pages/Substance-Abuse.aspx</a>	
<b>Oakland County Youth Suicide Prevention</b> <a href="http://www.oakgov.com/suicideprevention">www.oakgov.com/suicideprevention</a>	-A Task Force was established in 2011 to coordinate suicide prevention efforts in Oakland County and has created many resources to bring awareness to the topic and provide guidance on supporting a loved one in need. Key resources include: <ul style="list-style-type: none"> <li>• <a href="#">Suicide Prevention Toolkit for Parents</a></li> <li>• <a href="#">Suicide Prevention Toolkit for Schools</a></li> <li>• <a href="#">Suicide Warning Signs Flyer</a></li> <li>• <a href="#">“Make Your Home Suicide-Safe” Brochure</a></li> </ul> -Local suicide prevention trainings are offered regularly and funded by grants awarded to the Health Division, Oakland Community Health Network, Oakland Schools, and Jewish Family Service of Metro Detroit.
<b>Oakland Integrated Health Network (OIHN) Health and Mental Health Services</b> (248) 724-7600	
<b>Oakland Psychological Clinic</b> Bloomfield Hills (248) 322 – 0001 Lake Orion (248) 393 – 5555 Livonia (734) 522 – 0280 Milford (248) 684 – 6400 Southfield (248) 559 – 5558 <a href="http://www.oakpsych.com/">http://www.oakpsych.com/</a>	-Counseling services that treat a number of mental health issues, including Stress, Depression, Anxiety, Attention Deficit Disorder, Alcohol and Drug Abuse and Marital problems -Takes Medicare
<b>Oakland University</b> (248) 370-2633 Email: <a href="mailto:dunham@oakland.edu">dunham@oakland.edu</a> <a href="http://www.oakland.edu/sehs/cc">www.oakland.edu/sehs/cc</a>	No-cost service offering personal and career counseling. A teaching and research facility for the counselor education program.
<b>Offices of Substances Abuse Services (OSAS)</b> (248) 858-0001	Provides prevention & treatment programs, education & information about substance abuse issues, & investigates

	complaints about substance abuse treatment providers
<b>Prior Authorization &amp; Central Evaluation (PACE)</b> 1200 North Telegraph Rd. Building 34 East Pontiac, MI 48341 (248) 858-5200 <a href="http://www.oakgov.com">www.oakgov.com</a>	-The PACE program of the Oakland County Health Division's Office of Substance Abuse Services (OSAS) provides the first step to substance abuse treatment for Medicaid, low-income and under insured individuals. PACE offers confidential services for persons abusing or dependent on alcohol and/or other drugs.
<b>Problem Gambling Helpline (800) 270-7117</b>	24 hours, 7 days
<b>Quality Behavioral Health</b> 751 East Grand Boulevard Detroit, MI 48207 855.838.4222 <a href="http://www.qbhrecovery.org">www.qbhrecovery.org</a>	-Inpatient rehab, hospital inpatient drug program -Residential short term ( $\leq 30$ days)/ long term ( $\geq 30$ days) sober living - Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment
<b>Rochester Area Neighborhood House</b> 1726 S. Livernois, Rochester Hills <a href="http://www.ranh.org">www.ranh.org</a>	Serves Addison Twp., Auburn Hills, Oakland Twp, Rochester, and Rochester Hills residents
<b>Sacred Heart Rehabilitation Center</b> 400 Stoddard Rd. Richmond, MI 48062 810-392-2167 <a href="http://www.sacredheartcenter.com">www.sacredheartcenter.com</a>	-Detoxification services -Inpatient as well as outpatient rehab for substance use disorders
<b>Saint Joseph's Mercy</b> 43411 Garfield Road Clinton Township, MI 48038 586-263-2760 <a href="https://www.stjoeshealth.org/">https://www.stjoeshealth.org/</a>	-Inpatient rehab, hospital inpatient drug program -Residential short term ( $\leq 30$ days)/ long term ( $\geq 30$ days) sober living - Outpatient drug rehab, partial hospitalization drug treatment/substance abuse day treatment
<b>SAMHSA SOAR Program</b> <a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a> 248-858-3172 for information or to make a referral	-aims to increase access to disability benefits administered by the Social Security Administration. -sponsored by SAMHSA
<b>Smart Recovery 866-851-5357</b> <a href="http://www.smartrecovery.org">www.smartrecovery.org</a>	
<b>Solutions to Recovery</b> 24 W. Tennyson Ave. Pontiac, MI 48340 248-454-0130 <a href="http://www.soltorec.org">www.soltorec.org</a>	-Drug rehab, alcohol treatment, inpatient drug rehab -Outpatient, substance use treatment -Residential treatment and Inpatient rehab
<b>Substance Abuse Hotline (800) 662-4357</b>	
<b>Substance Use Treatment (800) 834-3393</b>	24 hours, 7 days- referral to treatment
<b>Training &amp; Treatment Innovations, Inc. Mental Health and Development Disabilities</b> 1450 S. Lapeer Rd, Oxford 48371 248-979-9932 or 1225 E. Big Beaver, Troy	

48083 248-524-8801 248-524-8880 Counseling Services <a href="http://www.ttinc.org">www.ttinc.org</a>	
<b>YWCA Interim House</b> Detroit (313) 861-5300	

## Cancer:

### National Resources for Cancer:

Contact Information:	Details:
<b>American Cancer Society</b> (800) 227-2345 <a href="http://www.cancer.org">www.cancer.org</a>	-Cancer facts & figures -Treatment decision tools -Access to health care
<b>National Cancer Institute</b> (800) 4-CANCER <a href="http://www.cancer.gov">www.cancer.gov</a>	-Comprehensive cancer information -Cancer topics; cancer statistics -Clinical trials

### Local Resources for Cancer:

Contact Information:	Details:
<b>American Cancer Society</b> Metro Detroit Area Service Center 20450 Civic Center Drive Southfield, MI 48076 (248) 663-3400 or Toll free (800) 227-2345 <a href="http://www.cancer.org">www.cancer.org</a>	-Search for support groups and services in your area -Local program information -Upcoming events -Michigan mammogram facility guide
<b>Breast and Cervical Cancer Control Program (BCCCP)</b> <i>ACS Metro Detroit Service Center</i> (888) 242-2702 <a href="http://www.karmanos.org">www.karmanos.org</a>	-Free for all who qualify -Must meet government guidelines for income levels -Must be uninsured or under insured -Ages 40-64 or ages 19-39 who have been identified with a cervical abnormality
<b>Breast Cancer Support Group</b> 21st Century Oncology 6770 Dixie Highway Clarkston, Michigan 48346  Jo Vaara..... (248)625-3841 Ilene Hockey..... (248)942-3459 Penny Stoglin.... (248)625-0920	-Presents a variety of programs aimed at informing survivors of latest developments in the field -Discusses how to maintain a healthy lifestyle and enjoy life after breast cancer  <b>Meets the second Tuesday, each month at 7:00 P.M. (Excluding July and August)</b>

<b>Karmanos Cancer Institute</b> 4100 John R. Detroit, MI 48201 (800) 527-6266 <a href="http://www.karmanos.org">www.karmanos.org</a>	-Information on cancer by type -Support groups for men, women, children, and families -Nutrition counseling -Smoking cessation classes & resources -Classes on cancer-related topics
<b>Kids Kicking Cancer</b> 27600 Northwestern Hwy. #220 Southfield, MI 48034 (248) 864-8238 <a href="http://www.Heroscircle.org">www.Heroscircle.org</a>	-pediatric healing program - school program - adult healing program
<b>Leukemia &amp; Lymphoma Society</b> (800) 955-4572 <a href="http://www.Lls.org">www.Lls.org</a>	-Provides supplemental financial assistance to patients in significant need -Covers specific drugs related to the treatment/control of leukemia, Hodgkin & non-Hodgkin lymphoma & myeloma
<b>New Day Foundation</b> 245 Barclay Circle Suite 300 Rochester Hills, MI 48307 (248) 648-1105 <a href="http://www.foundationforfamilies.org">www.foundationforfamilies.org</a>	-Must have an immediate family member in treatment for a cancer diagnosis, be represented by a health care professional, social worker or financial navigator and demonstrate financial hardship -Eligible expenses for assistance include necessities, such as health insurance premiums, mortgage or rent payments, car payments, car insurance, utilities, food and/or fuel costs, childcare, funeral/memorial expenses
<b>Trinity Health Lymphedema Clinic</b> Susan Evans, OT 248-758-7220 Fax 248-758-7222	-Performs assessments including measurements, interventions including massage, wrapping and compression garments. -Typically, 3x per week. -Goal is to progress pt. to Lymphedema pump. They will facilitate obtaining all equipment. -Located across the street from SJM-O. -Requires a physician order
<b>Trinity Health Oakland</b> <b>Supportive care and services</b> (734) 712-4673 <a href="http://www.stjoesmercyoakland.org">www.stjoesmercyoakland.org</a>	-emotional and spiritual support -Cancer support groups -Financial assistance for patients with cancer and survivors
<b>Young Survival Coalition</b> (877) 972-1011 <a href="http://www.youngsurvival.org">www.youngsurvival.org</a>	-Provides informational resources and support from diagnosis through long term survivorship

## Cardiovascular Diseases:

### Resources for Cardiovascular Diseases:

<b>Contact Information:</b>	<b>Details:</b>
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<p><b>American Heart Association</b>  7272 Greenville Avenue  Dallas, TX 75231  (888) 242-2453  <a href="http://www.americanheart.org">www.americanheart.org</a></p>	<ul style="list-style-type: none"> <li>-Diseases &amp; conditions</li> <li>-Healthy lifestyle</li> <li>-Warning signs of heart attacks and strokes</li> <li>-Local information</li> <li>-Children’s health</li> </ul>
<p><b>American Lung Association</b>  Lung HelpLine: (800) 586-4872  <a href="http://www.lung.org">www.lung.org</a></p>	<ul style="list-style-type: none"> <li>-Information on asthma, lung cancer, allergy, quit smoking, etc.</li> <li>-Services &amp; supports</li> <li>-Special reports</li> <li>-Fact sheets</li> </ul>
<p><b>American Lung Association of Michigan</b>  1475 E. 12 Mile Rd.  Madison Heights, MI 48071  Direct: (248) 784-2000  <a href="http://www.lung.org">www.lung.org</a></p>	<ul style="list-style-type: none"> <li>-Information on lung diseases</li> <li>-Local events</li> <li>-Advocacy</li> <li>-Research</li> </ul>
<p><b>American Stroke Association</b>  7272 Greenville Avenue  Dallas, TX 75231  Customer support (800)-AHA-USA-1  (800) 242-8721  <a href="http://www.stroke.org">www.stroke.org</a></p>	<ul style="list-style-type: none"> <li>-Recognizing a stroke</li> <li>-Recovery &amp; support groups in your area</li> <li>-Healthy living after a stroke</li> <li>-Resources &amp; links</li> </ul>
<p><b>Asthma Initiative of Michigan (AIM)</b>  (517) 335-9463  E-mail: <a href="mailto:info@GetAsthmaHelp.org">info@GetAsthmaHelp.org</a>  <a href="http://www.getasthmahelp.org">www.getasthmahelp.org</a></p>	<ul style="list-style-type: none"> <li>-Provides information about asthma resource</li> <li>-Kids &amp; Teens</li> <li>-Asthma management tools</li> <li>-Events calendar</li> <li>-Insurance tips</li> </ul>
<p><b>Better Breathers Clubs</b>  <i>American Lung Association</i>  <b>-Royal Oak</b>  4949 Coolidge Hwy.  Royal Oak, MI 48073  3rd Thursday of month, 3-4 p.m.  Beaumont Health Center  (248) 655-5790  <b>-Troy</b>  4300 Dequindre Rd.  Sterling Heights, MI 48314  3<sup>rd</sup> Thursday, every other month  Troy Beaumont  (248) 964-1140</p>	<ul style="list-style-type: none"> <li>-These support groups meet regularly to learn about tips and techniques to better manage their disease</li> <li>-Get answers to questions about traveling with Oxygen or Pulmonary Rehabilitation? COPD or Asthma?</li> <li>-Talk to others who might have the same questions, share stories of support and help, and connect with those in your community with chronic lung disease</li> </ul>

<p><b>Blue Care Network of Michigan</b>  <i>Asthma Management Program</i>  (800) 392-4247 – Chronic Condition Nurse Line  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<ul style="list-style-type: none"> <li>-Program for BCN and Blue Choice members ages 2 and older</li> <li>-Interventions include asthma action plan, special events, &amp; educational materials</li> </ul>
<p><b>Blue Care Network of Michigan</b>  <i>Cardiovascular Program</i>  (800) 392-4247 – Chronic Condition Nurse Hotline  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<ul style="list-style-type: none"> <li>-Program that helps BCN members ages 18 and older reduce their risk of disease</li> <li>-Specific information on risk factors (tobacco smoke, high blood pressure, obesity, etc.)</li> </ul>
<p><b>Blue Care Network of Michigan</b>  <i>Congestive Heart Failure Program</i>  (800) 392-4247 – Chronic Condition Nurse Hotline  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<p>Program for managing congestive heart failure for BCN and Blue Choice members ages 18 and older.</p>
<p><b>Local American Heart Association</b>  40 Oak Hollow St.  Suite 100  Southfield, MI 48033  (248) 827-4214</p>	<ul style="list-style-type: none"> <li>-Nutrition Center</li> <li>-Stress Management</li> <li>-Healthier kids’ program</li> <li>-CPR classes</li> <li>-Quit smoking programs</li> </ul>
<p><b>Michigan Society for Respiratory Care</b>  1000 W. St. Joseph Hwy, Suite 200  Lansing, MI 48915  (866) 989-6772  E-mail: <a href="mailto:info@michiganrc.org">info@michiganrc.org</a>  <a href="http://www.michiganrc.org/education/resources">www.michiganrc.org/education/resources</a></p>	<ul style="list-style-type: none"> <li>-not for profit organization providing education, advocacy, and resources to promote respiratory health</li> </ul>
<p><b>National Heart, Lung, and Blood Institute</b>  (301) 592-8573  E-mail: <a href="mailto:nhlbiinfo@nhlbi.nih.gov">nhlbiinfo@nhlbi.nih.gov</a>  <a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a></p>	<ul style="list-style-type: none"> <li>-Information on heart, lungs, and blood diseases</li> <li>-Heart healthy recipes</li> <li>-Assessment tools</li> </ul>
<p><b>Pulmonary Hypertension Association</b>  801 Roeder Rd. Ste. 1000  Silver Spring, MD 20910  Toll Free Helpline: (800) 748-7274  <a href="http://www.phassociation.org">www.phassociation.org</a></p>	<ul style="list-style-type: none"> <li>-Information on pulmonary hypertension</li> <li>-Community connection</li> <li>-Medical resources</li> <li>-Toll free helpline</li> <li>-Message boards</li> <li>-Support groups</li> </ul>

## Care Giver Resources

<p><b>Catholic Charities of Southeast Michigan</b>                  248-559-1147  <a href="http://www.ccsem.org">www.ccsem.org</a></p>	
<p><b>Interfaith Volunteer Caregivers</b>                  586-757-5551  <a href="http://www.ivcinfo.org">www.ivcinfo.org</a></p>	<p>Volunteers provide one-time or ongoing assistance. No toileting, bathing, or other personal care available</p>
<p><b>The Caregiver Action Network</b>                  202-454-3970  <a href="http://www.caregiveraction.org">www.caregiveraction.org</a></p>	<p>Provides education, information, support and validation, public awareness, and advocacy for caregivers</p>
<p><b>Well Spouse Association</b>                  800-838-0879  <a href="http://www.wellspouse.org">www.wellspouse.org</a></p>	<p>Emotional support and comfort to spousal caregivers. Offers in-person support groups, telephone support groups, mentor programs, online chat forum, respite weekends and national conference</p>

## Chore/ Home Maintenance

Assistance with lawn mowing, yard work and snow shoveling. Residency requirements may apply.

<p><b>Birmingham Next</b>                  248-203-5270  <a href="http://www.BirminghamNext.org">www.BirminghamNext.org</a></p>	<p><b>Oak Park Senior Center</b>                  248-691-7577  <a href="http://www.ci.oak-park.mi.us">www.ci.oak-park.mi.us</a></p>
<p><b>Older Persons commission-Rochester</b>                  248-656-1403  <a href="http://www.opcseniorcenter.org">www.opcseniorcenter.org</a></p>	<p><b>OLHSA- Oakland, Livingston, Human Service Agency</b>                  248-209-2600  <a href="http://www.olhsa.org">www.olhsa.org</a></p>

# Chronic Kidney Disease:

## National Resources for Chronic Kidney Disease:

Contact Information:	Details:
<b>Toll Free Kidney Helpline</b> (888) 335-4363	Information concerning dialysis treatment, transplant recipients and their loved ones, before, during and after emergencies
<b>American Association of Kidney Patients</b> 2701 N. Rocky Point Dr. Ste. 150 Tampa, FL 33607 (800) 749-2257 <a href="http://www.aakp.org">www.aakp.org</a>	-Chronic Kidney Disease information -Dialysis information -Transplant information -Pediatric information -Educational programs & events
<b>National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)</b> 3 Information Way Bethesda, MD 20892 (800) 891-5390 <a href="http://www.kidney.niddk.nih.gov">www.kidney.niddk.nih.gov</a>	-Information on Kidney and Urologic diseases -Statistics -Awareness and Prevention -Resources
<b>National Kidney Foundation</b> 30 East 33rd Street New York, NY 10016 (800) 622-9010 <a href="http://www.kidney.org">www.kidney.org</a>	-Facts, symptoms, & causes of CKD -Emergency resources -Information on Kidney Early Evaluation Program (KEEP)

## Local Resources for Chronic Kidney Disease:

Contact Information:	Details:
<b>DaVita Dialysis Centers</b> (800) 244 - 0680 or (800) 424 - 6589 <i>Call to find the nearest center.</i> <a href="http://www.davita.com">www.davita.com</a>	-Center locations include Clarkston, Commerce Twp., Novi, Rochester Hills, Southfield, Warren & Waterford -Home dialysis also available
<b>NKF of Michigan, Inc.</b> 1169 Oak Valley Dr Ann Arbor, MI 48108 (734) 222-9800 Toll Free: (800) 482-1455 E-mail: <a href="mailto:info@nkfm.org">info@nkfm.org</a> <a href="http://www.nkfm.org">www.nkfm.org</a>	-Local events & news -Information on transplantation, bed-wetting, dialysis, CKD, nutrition & diet

# Clothes Closet

<p><b>Baldwin Center</b>                  212 Baldwin Avenue                  Pontiac, 48342                  248-332-6101                  M, W, F (10a-2p) Tu, Th (9a-12)  <a href="http://www.baldwincenter.org">www.baldwincenter.org</a></p>	<p><b>Community Sharing</b>                  For residents in the Huron Valley School District                  5061 Duck Lake Rd, Highland                  248-889-0347                  Gently used clothing for adults and children plus back to school</p>
<p><b>God's Helping Hands</b>                  2191 Avon Industrial, Rochester Hills 48309                  248-852-7400                  Call for hours  <a href="http://www.ghhmichigan.org">www.ghhmichigan.org</a></p>	<p><b>Hope Closet</b>                  Royal Oak First United Methodist Church                  320 W. Seventh Street (corner of Lafayette &amp; 7<sup>th</sup> Street), Royal Oak, 48067                  248-347-1309</p>
<p><b>Troy People Concerned</b>                  For Troy residents only, connects clients with appropriate resources                  2045 Austin Drive, Troy 48083                  248-528-9199</p>	<p><b>Ladies of Charity</b>                  Must submit order online and use chrome  <a href="https://www.ladiesofcharity.site/my-account/">https://www.ladiesofcharity.site/my-account/</a>  <b>username:</b> <a href="mailto:Theresa.Krell@stjoeshealth.org">Theresa.Krell@stjoeshealth.org</a>  <b>Password:</b> loc02242020</p>
<p><b>Kid's Closet</b>                  (Children up to age 6)                  5449 Clarkston Rd, Clarkston 48348                  248-394-0200</p>	<p><b>Love, Inc.</b>                  Lake Orion, 48362                  248-693-4357 (call for locations)  <a href="http://loveincfnoc.org/">http://loveincfnoc.org/</a></p>
<p><b>Neighbor for Neighbor, Inc</b>                  Meet with potential customers to determine eligibility every Wednesday from 10am-1:30p and the last Saturday of each month (by appt only) from 9a-12                  Hart Community Center                  495 Broadway, Davisburg 48350                  248-634-0900  <a href="http://www.neighborforneighbor.net">www.neighborforneighbor.net</a></p>	<p><b>Open Door Outreach Center Retail Store</b>                  7140 Colley Lake Rd, Waterford 248-360-4977                  Mon-Sat, 10a-4:30p</p>
<p><b>Rochester Area Neighborhood House</b>                  (Serves Rochester, Rochester Hills, Oakland Twp., Addison Twp., Auburn Hills)                  1726 S. Livernois, Rochester 48307  <a href="http://www.ranh.org">www.ranh.org</a></p>	<p><b>Southfield Human Service</b>                  (For Southfield Residents only)                  2600 Evergreen Rd, Southfield 48076                  248-796-4700</p>

# CPR (BLS) Training

<b>Theodore Rhyndress</b> 248-240-3255 <a href="mailto:allsecuredandprotected@gmail.com">allsecuredandprotected@gmail.com</a>	Training in CPR and AED. BLS certified. Class time 2 hours for renewals with a cost of \$30 per person and 4 hours for new with cost of \$60 per person this includes BLS card
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## Crisis Management:

### National Resources for Human Trafficking:

<b>Contact Information:</b>	<b>Details:</b>
<b>National Human Trafficking Hotline</b>  1-888-373-7888	-Available 24/7 -Confidential

### Local Resources for Human Trafficking:

<b>Oakland County</b>  1200 N. Telegraph Bldg. 34 East Pontiac, MI 48341 (248) 858-1280  Human Trafficking website: <a href="http://www.oakgov.com/humantrafficking">www.oakgov.com/humantrafficking</a>	-Oakland County Human Trafficking Task Force is developing a plan that addresses the issue of human trafficking countywide that will guide and implement activities to educate, create public awareness, conduct outreach to the community, and work with victims of human trafficking.
<b>Oakland County Medical Society</b> 30700 Telegraph Rd. #3445 Bingham Farms, MI 48025 (248) 792-7062 <a href="http://www.ocms-mi.org/domestic-violence--crisis-centers.html">www.ocms-mi.org/domestic-violence--crisis-centers.html</a>	-The Society works in tandem with the Michigan State Medical Society whose purpose is to advocate for, inform and empower physicians so they can focus on providing the best quality patient care now and in the future. -Provides a Human Trafficking Physician Education Video

# Dental Resources

<b>A-1 Dentures</b> 248-577-1300	
<b>Auburn Hills Covenant Community Care Family Dental Center Detroit</b> 313-554-3880	General dentistry, oral surgery, and orthodontics
<b>Baker College</b> 34401 S. Gratiot, Clinton Twp, 586-790-5238	Low-cost dental hygiene clinic Make appointment
<b>Dental Hygiene Health Services</b> Linda McLaren, RDH 989-928-5205 Karen Pavlawk, RDH 989-385-5174	Traveling dental services including dental cleanings, fluoride varnish treatments, sealants, assessments, nutritional counseling, etc.
<b>Dental Lifeline Network</b> 888-471-6334 <a href="http://www.nfdh.org">www.nfdh.org</a>	
<b>Detroit Donated Dental Services</b> 800-850-5913	Private dental offices throughout the state. Must be unable to afford dental treatment & permanently disabled, chronically ill or elderly. Must need extensive dental work- no routine or emergency care
<b>Detroit Receiving Hospital Dental Clinic</b> 313-494-6700	Low-income residents. Discounted basic & emergency dental services & dental outreach clinics
<b>Gary Burnstein Health Clinic</b> 45580 Woodward, Pontiac 248-309-3752 <a href="http://www.garyburnsteinclinic.org">www.garyburnsteinclinic.org</a>	Adults only; client must be uninsured for dental care and at or below 250% of the poverty level
<b>Honor Community Health</b> 248-758-1231 <a href="http://www.honorcommunityhealth.org">www.honorcommunityhealth.org</a>	
<b>Joseph-Mercy- Oakland Dental Clinic</b> 248-858-6100	
<b>Joslyn Smile Center- Pontiac</b> 248-758-1231	
<b>Mott Community College Dental Hygiene Clinic</b> 810-762-0493	Exam, x-rays, cleaning & fluoride
<b>Oakland County Dental Discount Program</b> 1200 N. Telegraph, Building 34E, Pontiac 248-858-1306 866-498-7914 <a href="http://www.oakgov.com/health/services/pages/dental.aspx">www.oakgov.com/health/services/pages/dental.aspx</a>	For eligible, low-income, Oakland County residents without dental insurance. Financial application, enrollment fee & co-pays may be required. Program includes one course of Exam & x-rays, cleaning, fillings & extractions & full & partial dentures
<b>OCC Dental Hygiene Clinic</b> 248-942-3260	Exam, x-rays, cleaning & fluoride

<b>Portable/ In Home Dental Services</b> 586-873-5567	
<b>Same Day dentures &amp; repairs</b> <b>Madison Heights Baker College Dental Hygiene Clinic</b> 586-790-5238	Exam, x-rays, cleaning & fluoride & periodontal cleanings
<b>Smile Programs- Mobile Dentists</b> 888-833-8441 <a href="http://www.mobiledentists.com">www.mobiledentists.com</a>	
<b>Smiles Change Lives</b> 816-421-4949	Braces for children ages 10-18: low-income families
<b>St. John Dental Services</b> 313-499-4775	
<b>Super Teeth</b> 23105 Van Dyke Avenue, Warren 586-756-6888 <a href="http://superteeth.com/services.php">http://superteeth.com/services.php</a>	
<b>Tri-County Dental Health Council</b> 248-559-7767 <a href="http://www.dentalhealthcouncil.org">www.dentalhealthcouncil.org</a>	Adult/Child programs, referral for services for Medicaid, low income, uninsured & emergency care
<b>University of Detroit Mercy Pediatric Dental Clinic</b> 313-494-6701 <a href="http://dental.udmercy.edu">http://dental.udmercy.edu</a>	
<b>University of Detroit Mercy School of Dentistry</b> 313-494-6700 or 248-233-4410 <a href="http://dental.udmercy.edu">http://dental.udmercy.edu</a>	
<b>Waterford Portable Dental Services</b> 586-873-5567	

## Developmental Disabilities & Autism:

### National Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<b>The ARC of the United States</b> 1825 K Street NW Ste. 1200 Washington, DC 20006 (800) 433-5255 <a href="http://www.thearc.org">www.thearc.org</a>	-Online community -Resources for disabilities -Information on special education & specific conditions - Medicaid information
<b>American Association of People with Disabilities</b> 2013 H Street NW 5 <sup>th</sup> Floor Washington, DC 20006 (800) 840-8844 <a href="http://www.aapd.com">www.aapd.com</a>	-Programs -Advocacy -Disability resources



<p><b>Autism Society of America</b> 4340 East-West Hwy Ste 350 Bethesda, Maryland 20814 (800) 328-8476 <a href="http://www.autism-society.org">www.autism-society.org</a></p>	<ul style="list-style-type: none"> <li>-Autism 101</li> <li>-Helpful resources</li> <li>-Family issues</li> <li>-Research and programs</li> </ul>
<p><b>National Autism Association</b> One Park Ave. Ste. 1 Portsmouth, RI 02871 (877) 622-2884 <a href="http://www.nationalautismassociation.org">www.nationalautismassociation.org</a></p>	<ul style="list-style-type: none"> <li>-All about autism</li> <li>-Resources</li> <li>-Services to help families</li> <li>-Treatments</li> <li>-Autism and safety</li> </ul>
<p><b>The Center for Autism and Related Disorders (CARD)</b> 19019 Ventura Blvd, Suite 300 Tarzana, CA 91356 (855) 345-2273 <a href="http://www.centerforautism.com">www.centerforautism.com</a></p>	<ul style="list-style-type: none"> <li>-CARD Services</li> <li>-Special education laws</li> <li>-Research and development</li> <li>-Treatments &amp; interventions</li> <li>-Recommended reading</li> <li>-Information on Applied Behavior Analysis (ABA)</li> </ul>

## Local Resources for Developmental Disabilities & Autism:

Contact Information:	Details:
<p><b>Angel's Place</b> 29299 Franklin Rd. Southfield, MI 48034 (248) 350-2203 <a href="http://www.angelsplace.com">www.angelsplace.com</a></p>	<p>-Provides people-centered services, including homes and professional support for adults with developmental disabilities in a Christian family environment of love and compassion, an atmosphere of acceptance, dignity, well-being and the potential for personal growth and acceptance.</p>
<p><b>Autism Society of Oakland County</b> P.O. Box 70207 Rochester Hills MI 48307 (248) 631-4612 E-mail: <a href="mailto:asocmi@gmail.com">asocmi@gmail.com</a> <a href="http://www.autismsocietyoaklandcounty.org">www.autismsocietyoaklandcounty.org</a></p>	<p>Friendship Club Social -for teens age 13 and up -parents/care providers are encouraged to stay -\$15/family or \$5/individual</p>
<p><b>Easter Seals of Michigan</b> 2387 E. Walton Blvd. Auburn Hills, MI 48326 (248)475-6400 <a href="http://www.easterseals.com">www.easterseals.com</a></p>	<p>-Provides a continuum of person-centered behavioral health services that are researched based to address mental health &amp; substance abuse concerns -Easter Seals provides a variety of services for children as well as adults</p>
<p><b>JARC</b> 6735 Telegraph Rd. STE 100 Bloomfield Hills, MI 48301 (248) 940-2617</p>	<p>-Residential services for adults -Services for children, teens, and adults living with their family -Services include transportation, recreation, group</p>

<a href="http://www.jarc.org">www.jarc.org</a>	homes, respite care, and financial assistance
<b>Judson Center</b> (248) 549-4339 <a href="http://www.judsoncenter.org">www.judsoncenter.org</a>	-Services include Applied Behavior Analysis (ABA), Counseling, Social Skills Groups, Facilitated Playdates, Sib shops, Parent support groups, summer programs, and family events. All services are designed to enhance the lives of children, teens and young adults with ASD and their families
<b>Macomb-Oakland Regional Center (MORC)</b> Toll Free: (866) 807-6940 <a href="http://www.morcinc.org">www.morcinc.org</a>	-Vocational services -Respite services -Supports coordination -Clinical operations -Enhanced family supports
<b>The ARC of Oakland County</b> 1641 West Big Beaver Road Troy, Michigan 48084-3501 (248) 816-1900 <a href="http://thearcoakland.org">thearcoakland.org</a>	-Latest local news -Financial information -Forms & resources -Advocacy
<b>The Friendship Circle</b> 6892 West Maple Road West Bloomfield, MI 48322 (248) 788-7878 E-mail: <a href="mailto:friend@friendshipcircle.org">friend@friendshipcircle.org</a> <a href="http://www.friendshipcircle.org">www.friendshipcircle.org</a>	-Therapy and activities for children with special needs -Parent resources -On-going programs -School programs

## Diabetes:

### National Resources for Diabetes:

Contact Information:	Details:
<b>American Diabetes Association (ADA)</b> 1701 North Beauregard Street Alexandria, VA 22311 (800) DIABETES (342-2383) <a href="http://www.diabetes.org">www.diabetes.org</a>	-Nutrition -Fitness -Community programs & local events -Diabetes Research -For parents & kids
<b>The Diabetic Gourmet Magazine</b> Dedicated to diabetic dining and healthy living <a href="http://diabeticgourmet.com">diabeticgourmet.com</a>	-Recipes for diabetics -Eating out -Healthy living tips
<b>National Diabetes Education Program</b> One Diabetes Way	-Overview of Diabetes

<p>Bethesda, MD 20814-9692  Email: <a href="mailto:ndep@info.nih.gov">ndep@info.nih.gov</a>  <a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a>  To order publications: (888) 693 – 6337</p>	<ul style="list-style-type: none"> <li>-Diabetes control</li> <li>-Diabetes prevention</li> <li>-Children &amp; adolescents</li> <li>-Resources</li> </ul>
<p><b>National Diabetes Information Clearinghouse</b>  A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)  1 information way  Bethesda, MD 20892-3560  (800) 860-8747  (301) 654-3327  Fax (301) 907-8906  <a href="http://www.health.ny.gov">www.health.ny.gov</a></p>	<ul style="list-style-type: none"> <li>-A-Z list of diabetes topics</li> <li>-Diabetes treatments</li> <li>-Diabetes complications</li> <li>-Statistics</li> <li>-Awareness &amp; prevention</li> <li>-Tools &amp; resources</li> </ul>
<p><b>Type 2 Diabetes Pathway to Better Health</b>  <a href="https://docs.google.com/forms/d/e/1FAIpQLSdglLOPKIDIQV7IFAquqOX8laX5pEWjMN_rUHUt-P5FRbPa9A/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdglLOPKIDIQV7IFAquqOX8laX5pEWjMN_rUHUt-P5FRbPa9A/viewform</a>    <b>313-866-5333 also on Facebook</b>  <b>World Medical Relief Inc.,</b>  <b>21725 Melrose Ave, Southfield, MI 48075</b>    <b>For Michigan residents only</b></p>	<ul style="list-style-type: none"> <li>-Diabetic medication and insulin assistance</li> <li>-Diabetic medical supplies</li> <li>-Resource assistance</li> <li>-Diabetic Management Information and Education</li> </ul>

## Local Resources for Diabetes:

Contact Information:	Details:
<p><b>Blue Care Network of Michigan</b>  <i>Diabetes Management Program</i>  (800) 392-4247 – Chronic Condition Nurse Hotline  <a href="http://www.BCBSM.com">www.BCBSM.com</a></p>	<p>-Program for BCN and Blue Choice members of all ages diagnosed with Type 1 or Type 2 diabetes mellitus</p>

<p><b>Gary Burnstein Clinic</b>  45580 Woodward Ave.  Pontiac, MI 48341  <i>Diabetes Prevention Program</i>  (800) 482-1455  <a href="http://www.nkfm.org/dpp">www.nkfm.org/dpp</a></p>	<p>-Prevention program for those diagnosed with prediabetes or may be at risk of developing type 2 diabetes  - Cost is covered by various funders and insurers -  Coordinates Diabetes programs</p>
<p><b>Southeast Michigan Diabetes Outreach Network</b>  2727 Second Ave. Ste. 144  Detroit, MI 48201  (313) 965-2351  E-mail: <a href="mailto:semidon@nkfm.org">semidon@nkfm.org</a>  <a href="http://www.diabetesinmichigan.org/">www.diabetesinmichigan.org/</a></p>	<p>-Local Support Groups  -Community Events  -Resource Directory for Southeast Michigan (transportation, foot care, insurance assistance, smoking cessation, nutrition, medical assistance, and more)</p>
<p><b>Trinity Health Oakland</b>  Diabetes self-management training program  (248) 858-3020  <a href="http://www.stjoesoakland.org/outreach_diabetes.htm">www.stjoesoakland.org/outreach_diabetes.htm</a></p>	<p>-Free support group held in the lobby of the Alice Gustafson Center September through June, on every third Wednesday from 7 p.m. to 8:30 p.m.</p>
<p><b>STAT Toolkit</b> <i>created by</i>  <b>Center for Disease Control and American Medical Association</b>  <a href="http://www.Amapreventdiabetes.org">www.Amapreventdiabetes.org</a></p>	<p>- Toolkit that patients and health care teams can use as a guide to <b>screen, test and act</b> by referring to in-person or online diabetes prevention programs</p>

## Local Resources for Discounted Medical Care:

Contact Information:	Details:
<p><b>Childhelp National Child Abuse Hotline</b>  (800) 4-A-CHILD (800-422-4453)  <a href="http://www.childhelp.org">www.childhelp.org</a></p>	<p>-Provides child sexual abuse, physical abuse information and support</p>
<p><b>CorsoCare</b>  950 Corporate Office Drive, Suite 150  Milford, MI 48381  Phone: 248-438-8535  <b>Website:</b> <a href="http://www.corsocare.com">www.corsocare.com</a></p>	<p>-Provides Care Navigator Services and Certified Home Health Care utilizing a patient centered medical model  - Assist patients and their families navigate the health care system as the patient traverses through the health care continuum.  - Facilitates smooth discharge plan and transition, and promotes better quality of life and client satisfaction  - CorsoCare provides Care Navigator Services and utilizes Compassionate Home Health.</p>

<p><b>Haven (Help Against Violent Encounters Now)</b>  30400 Telegraph Rd. Ste. 101  Bingham Farms, MI 48025  (248) 334-1284  Toll free: (877) 922-1274  <a href="http://www.haven-oakland.org">www.haven-oakland.org</a></p>	<p>-Provides counseling, shelter, advocacy, and support for victims of domestic violence and sexual assault  -Crisis line operates 24 hours a day, 7 days a week, 365 days a year</p>
<p><b>National Domestic Violence Hotline</b>  (800) 799-7233 or online at  <a href="http://www.thehotline.org">www.thehotline.org</a></p>	<p>-Provides counseling/support in domestic violence situations  -Call toll-free 24 hours a day anywhere in the U.S. Trained counselors provide confidential crisis intervention, support, information, and referrals to local programs to victims of domestic violence, their families, and friends. The hotline links people to help in their area including shelters, legal and social assistance programs.</p>
<p><b>T.O.N.E.</b>  <b>Home Health Services Inc.</b>  30701 Woodward Ave. Ste. 452  Royal Oak, MI 48073  (248) 545-8306  Email: <a href="mailto:info@tonehhs.com">info@tonehhs.com</a>  <a href="http://www.tonehhs.com">www.tonehhs.com</a></p>	<p>-Provides comprehensive patient and family centered care in the patient's place of residence -Focus is on each patient's individual health care needs to assist the patient in maximizing his/her well-being</p>

## Domestic Violence: Local Resources for Domestic Violence:

Contact Information:	Details:
<p><b>First Step Domestic Violence</b>  888-453-5900 or 734-722-6800  44567 Pinetree Drive, Plymouth  <a href="http://www.firststep-mi.org">www.firststep-mi.org</a></p>	<p>24-hour crisis line</p>
<p><b>HAVEN</b>  877-922-1274 or 248-334-1274  801 Vanguard Drive, Pontiac  <a href="http://www.haven-oakland.org">www.haven-oakland.org</a></p>	<p>24-hour crisis line  8:30a-5p for information about counseling resources</p>
<p><b>National Domestic Violence Hotline</b>  (800) 799-7233 or online at  <a href="http://www.thehotline.org">www.thehotline.org</a></p>	<p>-Provides counseling/support in domestic violence situations  -Call toll-free 24 hours a day anywhere in the U.S. Trained counselors provide confidential crisis intervention, support, information, and referrals to local programs to victims of domestic violence, their families, and friends. The hotline links people to help in</p>

their area including shelters, legal and social assistance programs.

## Employment Assistance

<p><b>Grace Centers of Hope</b>          35 East Huron, Pontiac 48342          248-334-2187  <a href="http://gracecentersofhope.org">http://gracecentersofhope.org</a></p>	<p><b>Jewish Vocational Services</b>          248-559-5000          Provides career development and employment services. Offers specialized programs for refugees and individuals with developmental, emotional, and other disabilities. Also offers programs for young adults preparing to enter the workforce or college</p>
<p><b>Michigan Works</b>          4141 Stephens Rd          Waterford, 48329 248-682-3417  <a href="http://www.michiganworks.org">www.michiganworks.org</a> or          1850 North Perry Rd.          Pontiac, 48340 248-276-1777  <a href="http://www.michiganworks.org">www.michiganworks.org</a></p>	<p><b>Oakland County Workforce Development</b>          248-858-0721          One-stop access to job training and services for job seekers and employers through electronically linked career centers.  <a href="http://www.oakgov.com/advantageoakland/workforce/Pages/default.aspx">www.oakgov.com/advantageoakland/workforce/Pages/default.aspx</a></p>
<p><b>Oakland University Adult Career Counseling Center</b>          Pawley Hall, Rm 25A          Rochester 48309 248-370-3092  <a href="http://www.oakland.edu/sehs/accc">www.oakland.edu/sehs/accc</a></p>	<p><b>Temporary Services</b>  <b>First Choice Staffing Company 248-454-8000</b>          Kelly Services 248) 362-4444</p>
<p><b>Job Search Websites</b>          Career Builder: <a href="http://www.careerbuilder.com">www.careerbuilder.com</a>          Indeed: <a href="http://www.indeed.com">www.indeed.com</a>          Monster: <a href="http://www.monster.com">www.monster.com</a>          Zip Recruiter: <a href="http://www.ziprecruiter.com">www.ziprecruiter.com</a>          Clarkston News:  <a href="http://clarkstonnews.com/?pageid=73870&amp;categoryid+24%2Fhelp-wanted">http://clarkstonnews.com/?pageid=73870&amp;categoryid+24%2Fhelp-wanted</a>          Detroit News: <a href="http://www.jobs.detroitnews.com">www.jobs.detroitnews.com</a>          Oakland Press:  <a href="http://jobstheoaklandpress.com/jobwall.asp">http://jobstheoaklandpress.com/jobwall.asp</a></p>	

## Financial Assistance with Trinity Health

<p><b>Access One Med Card</b> Payment Plan Options <b>Internal Payment Plan</b> Patients who are able to pay the account balance due within 90 days can call to make arrangements <b>External Payment Plan</b> <a href="http://www.AccessOneMedCard.com">www.AccessOneMedCard.com</a> <b>888-394-3133</b></p>	<p>We offer extended payment plans through our partner AccessOne. They offer no-interest and flexible low-interest payment plans that are tailored to your health and financial situation. Their program covers all patients regardless of credit history- and they never report to credit bureaus.</p>
<p><b>Trinity Health Apply for Financial Assistance application:</b></p>	<p><a href="#">kws v=22z z z lwlg lw khdokp lfkljdg truj 2w ror0 dgg 0hvrxufhv2e kdg j 0dgg 0gvxudg fh2ilqdg fld0 dvvkwgdg fh2</a></p>

## Food Resources

Contact Information:	Details:
<p><b>*Fill-A-Bag Feed a Family Food Pantry</b> Trinity Missionary Baptist Church: 113-123 Wessen St Pontiac, MI 48341</p>	<p>every Thursday at 4pm</p>
<p><b>*Oakland HOPE:</b> You are able to receive it once a week if needed. 373 Summit Dr. Waterford 248-309-3658</p>	<p>Open Tuesday- Saturday 11am-3pm and Fridays at 10am.</p>
<p><b>Active Faith</b> 248-437-9790 S. Lyon</p>	
<p><b>AGAPE Center</b> 347 S. Main Street Romeo 586-336-6842</p>	
<p><b>Baldwin Center</b> 212 Baldwin Center, Pontiac 248-332-6101</p>	

<b>Believers Outreach</b> 248-230-0262 Pontiac	
<b>Bethel Lutheran</b> 26400 Little Mack Ave St. Clair Shores 586-778-0021	
<b>Bethlehem Temple</b> 22645 Quinn Rd Charter Twp Of Clinton 586-791-4530	
<b>Cares</b> 248-474-8231 Farmington	
<b>Central United Methodist Church</b> 3882 Highland Rd, Waterford 248-681-0040	By appointment only
<b>Christian Trinity Church</b> 21770 Kelly Rd Eastpointe 586-778-2760	
<b>Church of the Holy Spirit- Christian Service</b> 3700 Harvey Lake Rd, Highland 248-887-1441	M, W 1p-4p and by appointment
<b>Clawson</b> 248-307-0850	
<b>CLOSET OF HOPE AT HOPE UNITED METHODIST CHURCH</b> 26275 Northwestern Hwy Southfield 48076 Phone: 248-356-4408	Hours: 1st Saturday of the Month 10a – 1p By Appointment Only
<b>Columbia Avenue Baptist Church</b> 64 W. Columbia, Pontiac 248-335-9960	Wednesday 10a-11a, 2-4p
<b>Community Christian</b> 42400 Ryan Rd Sterling Heights 586-323-1730	
<b>Community Sharing</b> 248-889-0347 5061 Duck Lake Rd, Highland	Tu 10a-1p; 2 <sup>nd</sup> /4 <sup>th</sup> Tu 6p-8p; 2 <sup>nd</sup> Sa 10a-12p, We/Th by appointment only
<b>Covenant Christian</b> 91 Welts St Mt Clemens 586-944-8829	
<b>Department of Human Services (DHS)</b> 855-275-6424	
<b>Door of Faith Christian Church</b> 511 S. Sanford Street, Pontiac 248-335-4656	Thursdays 11a-12p by appointment only
<b>EASTSIDE CHURCH OF CHRIST</b> 149 Martin Luther King Blvd. North Pontiac 48342 Hours: Phone: 248-335-9333	3 <sup>rd</sup> Saturday of the Month 9 – 12
<b>Edna Burton Senior Center</b> 248-627-6447 Ortonville	
<b>Faith Lutheran</b> 50600 Shelby Rd Shelby Charter Township 586-731-8112	



<b>F.I.S.H./ Oxford-Orion</b> 487 First Street, Oxford Twp 248-628-3933	
<b>Fellowship Lutheran</b> 35537 Ryan Rd Sterling Heights 586-977-7377	
<b>First Baptist Church</b> 248-634-8772 15030 N. Holly Rd, Holly	Tu, W, Th 10-2p
<b>First Baptist Church of Clarkston</b> 248-625-3380 5972 Paramus Drive, Clarkston	
<b>First Congregational Church</b> 248-394-0200 5449 Clarkston Rd, Clarkston	2 <sup>nd</sup> Saturday of each month
<b>Five Points Community Church of Jacob</b> 3411 E. Walton, Auburn Hills 248-373-1381	1 <sup>st</sup> and 3 <sup>rd</sup> Saturday, 9a-4p
<b>Food Bank Council of Michigan</b> 800-552-4483 <a href="http://www.fbcmich.org">www.fbcmich.org</a>	SNAP helpline provides assistance in applying for SNAP benefits. Referrals for food resources
<b>Food Pantry</b> <b>St Mary Mystical Rose</b> 24040 Armada Ridge Rd Armada 586-784-5966	
<b>Franciscan</b> 248-356-6350 Southfield (CSFP/TEFAP)	
<b>Free Diabetic Food Pantry</b> Spirit of Grace Church 2399 Figa Ave, West Bloomfield <a href="http://www.spiritofgrace.church/diabetic-food-pantry/">www.spiritofgrace.church/diabetic-food-pantry/</a>	Check the website for dates and available food. Cash donations
<b>Glenwood Food Distribution</b> 67 S Glenwood Ave Pontiac, MI 48342	Second Wednesday every month at 12pm
<b>Glorious Way</b> 34 Oakland Avenue, Pontiac 248-335-9881	Wednesday 1-4p
<b>GOD'S HELPING HANDS</b> 1866 Star Batt Rochester Hills 48309 Phone: 248-852-7400	Hours: T & W 10-1 & 4-7, TH 4-7 Needed Items: Valid Driver's License or MI State ID / Birth Certificate or Social Security Card for Everyone in Household During the Month of August: Call to make sure pantry is operating
<b>Good Samaritan Lutheran Church</b> 248-335-9881 517 W. Walton, Pontiac	2 <sup>nd</sup> /4 <sup>th</sup> Saturday 8-10a
<b>Good Shepard</b> 248-548-3111 Royal Oak	
<b>Grace Gospel</b> 115 S. Main St Mt. Clemens 586-465-4573	

<b>Greater Morning Star</b> 85 Beyne St. Mt. Clemons 586-468-4418	
<b>GUARDIAN ANGEL'S</b> Clawson Residents Phone: 248-588-1222	Only Hours: M-TH 8:30a – 8:30p; F 8:30a – 4:30p; Sat 2p –6p Picture ID Required
<b>Holy Cross Lutheran/ New Hope Outreach</b> 30003 Ryan Rd Warren 586-751-2550	
<b>HOPEWELL MISSIONARY BAPTIST CHURCH</b> 97 Mariva St Pontiac 48342 Phone: 248-338-1928	Hours: 12pm – 4pm By Appointment Only
<b>Hospitality House</b> 248-960-9975 1600 W. Maple Rd, Se B/C, Walled Lake	M 12p-7p, Th 10a-2p, Sa 11a-2p
<b>Immanuel Lutheran</b> 47120 Romeo Plank Rd Macomb 586-286-4231	
<b>Jewish Family Services</b> 25900 Greenfield, Oak Park, 248-592-2300 or 2313 6555 W. Maple Rd, West Bloomfield Twp,	
<b>Johnson Memorial</b> 252 Wesson, Pontiac 248-335-4858	2 <sup>nd</sup> & 4 <sup>th</sup> Monday 10:30-1p
<b>Lake Crest Baptist Church</b> 35 Airport Rd, Waterford, 248-681-3214	Saturday distribution
<b>Lakeshore Presbyterian</b> 27801 Jefferson Ave St. Clair Shores 586-777-8533	
<b>Lakeside Bible Chapel</b> 39939 Hayes Rd Sterling Heights 586-247-5226	
<b>Liberties South</b> 26345 Gratiot Ave Roseville 586-776-9565	
<b>LIGHTHOUSE EMERGENCY SERVICES {PONTIAC}</b> 46156 Woodward Ave Pontiac Phone: 248-920-6100	48342 Hours: M-W-F 9 -12 & 1–4; T & TH 10-1 & 2-6 ID Required for Everyone in Household 3-Day supply of emergency food
<b>Lighthouse Food Pantry</b> 46156 Woodward Ave Pontiac, MI 48342 When you arrive, call 248-920-6000 Option 2 and they will bring out food.	- Monday, Wednesday, Friday anytime from 9am-3pm
<b>Lighthouse Outreach</b> 28571 Gratiot Ave Roseville 48066	

<b>LOGIA at Vox Church</b> 26950 23 Mile Rd Chesterfield 586-598-5830	
<b>Macomb Community Action Central Center</b> 196 N. Rose St, ste 37 Mt Clemens 586-469-6964	
<b>Macomb community Action North Center</b> 30375 Clark St. New Haven 48048 586-749-5146	
<b>Macomb Community Action South Center</b> 11370 Hupp Ave Warren 586-759-9150	
<b>Mount Calvary Lutheran</b> 8129 Packard Ave Warren 586-757-0319	
<b>Neighbor for Neighbor, Inc</b> Hart Community Center 495 Broadway, Davisburg 248-634-0900	Must be eligible. Make an appointment.
<b>Neighbor House</b> 248-656-4904 Rochester	
<b>New Haven Food Pantry</b> 58725 Haven Ridge Rd New Haven 586-336-6842	
<b>New Hope Christian Fellowship</b> 6020 Pontiac Lake Rd, Waterford 248-886-1500	Tuesdays 11a-2p
<b>New Springfield Missionary Baptist Church</b> 124 Prospect St Pontiac, MI 48341	Every second Saturday 9am-12pm
<b>NEWMAN AME</b> 233 Bagley St Pontiac 48341 Phone: 248-332-2800	Hours: By Appointment Only: Thursday 1 – 4
<b>New Life Assembly</b> 16975 E. Twelve Mile Rd Roseville 586-771-0308	
<b>Oakland County Farmers Market</b> 2350 Pontiac Lake Road Waterford 248-858-5495 or 248-858-0906 <a href="mailto:www.ocmarket@oakgov.com">www.ocmarket@oakgov.com</a>	7a-1:30p, May- December Tues, Thurs, and Sat Jan- Apr, Saturdays only
<b>OPC</b> 248-656-1403 Rochester	
<b>Open Arms Food Pantry</b> 248-334-3280 451 W. Kennett, Pontiac	2 <sup>nd</sup> Thursday, 9:30-12:30p regular service for 48340 zip code clients
<b>Open Door Outreach Center</b> 248-360-2930 7170 Cooley Lake Rd, Waterford	Serves Clarkston, Lake Orion, Oxford, Pontiac Tu-F 10a-4p

<b>OPEN HANDS ~ ST. JOHN'S EPISCOPAL CHURCH</b> 26998 Woodward Ave Royal Oak 48067 248-546-1255	Hours: M 12:30 – 3; Sat. 9:30 – 12 Needed Items: Identification Required Phone:
<b>Providence Missionary</b> 311 Bagley, Pontiac 248-334-3262	3 <sup>rd</sup> Monday 11a-1p
<b>PROVIDENCE MISSIONARY BAPTIST CHURCH</b> 311 Bagley Pontiac 48341 Phone: 248-334-3262	Hours: 3 rd Monday 11 am – 1 pm Picture ID Required
<b>Redemption</b> 248-541-5152 Madison Heights	
<b>RENAISSANCE VINEYARD CHURCH</b> 1841 Pinecrest Ferndale, MI 48220 Phone: 248-840-2408	By Appointment Only 1ST & 3RD Monday
<b>Riverwood Community</b> 12000 Clinton River Rd Sterling Heights 586-739-9157	
<b>Rochester Area Neighborhood House</b> 1726 S. Livernois, Rochester 248-651-5836 <a href="http://www.ranh.org">www.ranh.org</a>	Serves Rochester, Rochester Hills, Oakland Twp, Addison Twp, Auburn Hills
<b>Safe Harbor Community Services</b> 45 N. Saginaw, Pontiac 248-838-9289	Call for appointment
<b>SALVATION ARMY – ROYAL OAK</b> 3015 N. Main Royal Oak 48073 Phone: 248-585-5600	Hours: M-F 8:30a – 4p By Appointment Only
<b>SALVATION ARMY FARMINGTON HILLS</b> 27500 Shiawassee Farmington 48336 248-477-1153	Hours: By Appointment Only Phone:
<b>Senior Project Market Fresh MSU Extension-Oakland Co.</b> 248-858-0904 <a href="http://www.msue.msu.edu">www.msue.msu.edu</a>	Free nutrition counseling and \$20 in coupons that can be exchanged for fresh fruits and vegetables sold at local farmers markets and roadside stands. Financial eligibility requirements.
<b>Southeast Michigan Indians</b> 26641 Lawrence Center Line 586-756-1350	Hours 9-4pm
<b>Southfield Human Services</b> 248-796-4540 Southfield	
<b>St. Ephrem</b> 38900 Dodge Park Rd Sterling Heights 586-264-1230	
<b>St Francis/ St Maximilian Kolbe</b> 62811 New Haven Rd Ray 586-598-3314	

<b>St Hubert Catholic</b> 38775 Prentiss St Harrison Charter Twp 586-463-5877	
<b>St Louis Catholic</b> 24415 Crocker Blvd Charter Twp of Clinton 586-468-4332	
<b>ST. ALEXANDER</b> 27835 Shiawassee Rd. Farmington 48335 Phone: 248-474-8231	Hours: T- F 9:30 am – 11 am Boundaries: Farmington/Farmington Hills/Southfield West of Telegraph
<b>St. Anne</b> 825 Ortonville Rd, Ortonville 248-627-3965	Tuesday-Friday 10a-12p
<b>St. Anne</b> 5920 Arden Ave Warren 586-264-2911	
<b>St. Lucy</b> 23401 Jefferson Ave St Clair Shores 586-771-8300	
<b>St. Margaret Scotland</b> 21201 E. 13 Mile Rd St. Clair Shores 586-293-2240	
<b>St. Mary Queen of Creation</b> 50931 Maria St. New Baltimore 586-725-2441	
<b>St. Matthias</b> 12509 19 Mile Rd Sterling Heights 86-731-1300	
<b>ST. MICHAELS FRIARY</b> 25225 Code Rd Southfield 48034 248-356-6350	Hours: M - W 9 – 11:30 Need Current Picture ID Phone:
<b>St Paul of Tarsus</b> 41300 Romeo Plank Rd Charter Twp of Clinton 586-228-1210	
<b>St. Peter Catholic</b> 95 Market St. Mt. Clemons 586-468-4578	
<b>St Peter Lutheran</b> 23000 Gratiot Ave Eastpointe 586-777-6300	
<b>St. Pio of Pietrelcina</b> 18430 Utica Rd Roseville 586-777-9116	
<b>St. Rita</b> 309 East Maple, Holly 248-634-4841	Tuesday 9a-12p

<b>St. Stephens Baptist Church</b> 69 S. Astor Street, Pontiac 248-335-5873	2 <sup>nd</sup> /4 <sup>th</sup> Wednesday, 10-6:30p
<b>St. Thomas Lutheran</b> 8771 15 Mile Rd Sterling Heights 586-268-2170	
<b>Tabernacle</b> 14205 E. Twelve Mile Rd Warren 586-778-5130	
<b>The Emergency Food Assistance Program (TEFAP)</b> 734-721-4470 <a href="http://www.samaritas.org">www.samaritas.org</a>	
<b>The Shore Church</b> 24905 Manhattan St. Clair Shores 586-772-9050	
<b>Tired Stone Missionary Baptist Church</b> 23512 Henry B Joy Blvd Charter Twp of Clinton 586-463-9430	
<b>TRINITY MBC FOOD PANTRY</b> 113-123 Wesson St. Pontiac, MI 48341 Phone: 248-334-5053	Hours: 2nd week of month T & W 1-3 4th week of month T & W 1-3
<b>TROY PEOPLE CONCERNED</b> Phone: 248-528-9199	Troy Residents Only Hours: M - F 9 – 12pm By Appointment Only
<b>Utica United Methodist</b> 8650 Canal Rd Sterling Heights 586-731-7667	
<b>Veterans Food Bank</b> 18025 15 Mile Rd Clinton Twp	
<b>Waltham Avenue Baptist</b> 21038 Waltham Rd Warren 586-772-6710	
<b>Waterford Baptist Cathedral</b> 2640 Airport Rd, Waterford 248-673-5022	Hours by appointment
<b>Wayne County Office of Nutrition Services</b> 800-815-1112	Halal Home Delivered Meals Holiday Meal Need to meet criteria
<b>Zion</b> 248-398-5510 Ferndale	

# Home Care:

## Local Resources for Home Care:

Contact Information:	Details:
<b>Affordable Home Care</b> Email: <a href="mailto:info@affordablehomecare.org">info@affordablehomecare.org</a> (248)-419-5010	-Specializes in non-medical live in care and customized hourly care
<b>CareLinx</b> <i>Affiliated with Trinity Health at Home</i> (855)444-9329 <a href="http://www.Carelinx.com/care4u">www.Carelinx.com/care4u</a>	-CareLinx is a nationwide professional caregiver marketplace, empowering families to easily find, hire, manage and pay licensed caregivers online. -CareLinx has more than 200,000 caregivers across the country.
<b>Harmony Cares formerly VPA</b> Toll free - (877) 468-7322  <a href="https://harmoni-cares-medical-group.com/">https://harmoni-cares-medical-group.com/</a>	-Provides high-quality, personalized, and confidential medical care at home -Provides mobile physicians, nurses, and medical assistants -Offers full-service laboratory testing -Physical therapy and rehabilitation services -Transitional Care Program from hospital to home -Community placement consultations
<b>Jeffrey Danto, DPM</b> 4396 Dixie Hwy. Waterford, MI (248) 674-4141 15873 Middlebelt Rd. Ste. 400 Livonia, MI 48154 (734) 261-4444	-Provides in-home podiatry (foot care) services for Wayne and Oakland counties (out of the Waterford office only)
<b>National Home Care LLC</b> 25210 5 Mile Rd Redford 313-387-1571	Offer wide range of health care services in home for illness or injury
<b>North Oakland Home Care</b> 7736 Ortonville Rd. Ste. B Clarkston, MI 48348 (248) 625-5865	Offers nursing care, physical therapy, occupational therapy, speech pathology, medical, social, and home health aide services.
<b>Residential Home Health &amp; Hospice</b> 5440 Corporate Dr. Ste. 400 Troy, MI 48098 (866) 902-4000 <a href="http://www.residentialhomehealth.com">www.residentialhomehealth.com</a>	Focus is post-acute in-home care. -Provides in-home skilled nursing and therapy, individualized to meet patients' needs, as coordinated by their physician
<b>Samaritas At Home</b> (800) 552-1183 <a href="http://www.samaritas.org">www.samaritas.org</a>	-leading provider of non-medical in-home care services that offers a positive balanced approach to aging centered on the specific needs of older adults -Care Team comprised of employees and client care managers, available 24/7 to address client and family needs or concerns -innovative care programs designed to help seniors live healthier more independent lives

<b>T.O.N.E.</b> <b>Home Health Services Inc.</b> 30701 Woodward Ave. Ste. 452 Royal Oak, MI 48073 (248) 545-8306 Email: info@tonehhs.com <a href="http://www.tonehhs.com">www.tonehhs.com</a>	-Provides comprehensive patient and family centered care in the patient's place of residence -Focus is on each patient's individual health care needs to assist the patient in maximizing his/her well-being
<b>Trinity Home Health Services</b> <b>Mercy Home Care, Oakland</b> 1111 W. Long Lake Rd. Ste. 102 Troy, MI 48098 (248) 858-7735 <a href="http://www.trinityhealthathome.org/">http://www.trinityhealthathome.org/</a>	-Skilled Nursing, home health aide, therapy, and social work visits -Needs assessment and care plan development -Patient education related to current medical conditions and chronic illness -Treatments, such as wound care and follow up -Specialty programs developed by clinical staff
<b>Visiting Nurse Association of Southeast Michigan</b> 30800 Telegraph Rd. Ste. 1728 Bingham Farms, MI 48025 (800) 852-1232 E-mail: <a href="mailto:vna@vna.org">vna@vna.org</a> <a href="http://www.vna.org">www.vna.org</a>	-Home healthcare -Hospice -Immunizations -Maternal/child health -Senior health tips

## Home Repair

<b>Bloomfield Township Senior Services</b> 734-723-3500 <a href="http://www.bloomfieldtpw.org/seniors">www.bloomfieldtpw.org/seniors</a>	Must be resident of Bloomfield Township age 60 and older with low income.
<b>Faith in Action Oakland County</b> 248-820-3767 <a href="http://www.faithinactionoakland.org">www.faithinactionoakland.org</a>	Volunteers provide minor home maintenance.
<b>Independence Township Senior Center</b> Theresa 248-625-8231	Resident of Independence Township or city of the Village of Clarkston. Age 62 or older, disabled adult 18 or older or low income and the owner of the home in need of repair. Max dollar value \$5000
<b>LOVE Inc of North Oakland County</b> 248-693-4357 <a href="http://www.lakeorion.loveincfnoc.org">www.lakeorion.loveincfnoc.org</a>	Network of churches that provides assistance with a variety of needs, including home, appliance, and auto repairs. Must be a resident of northern Oakland County.
<b>Oakland County Community &amp; Home Improvement Division</b> 248-858-5401 or 888-350-0900 x 85401 <a href="http://www.OCHousingPrograms.com">www.OCHousingPrograms.com</a>	Zero percent interest for eligible home improvements. Home improvement examples: barrier free access, heating, plumbing, bathrooms, porches, doors, and kitchens



<b>Older Persons Commission-Rochester</b> 248-656-1403 <a href="http://www.opcseniorcenter.org">www.opcseniorcenter.org</a>	
<b>Pontiac Home Repair Program</b> 248-758-3040	Appointments can be scheduled. Application and requirements to be met. Located City of Pontiac
<b>Rebuilding Together Southeast Michigan</b> 248-482-8061 <a href="http://www.rebuildingtogethersem.org">www.rebuildingtogethersem.org</a>	Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability.

## Home Safety/Home Injury

**Assistance with installation of handrails and grab bars**

<b>Birmingham Next</b> 248-203-5270 <a href="http://www.birminghamnext.org">www.birminghamnext.org</a>	Must be the owner/occupant of a home in Birmingham or Beverly Hills. Income eligibility requirements.
<b>Michigan Home Fire Campaign</b> <a href="http://www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign">www.redcross.org/local/michigan/about-us/our-work/home-fire-campaign</a>	The American Red Cross Home Fire Campaign helps save lives by installing free smoke alarms in homes that don't have them, and by educating people about home fire safety.
<b>OLHSA- Oakland Livingston Human Service Agency</b> 248-209-2600 <a href="http://www.olhsa.org">www.olhsa.org</a>	

## Hope Recuperative Care

<b>Hope Recuperative Care Center</b> 1416 Joslyn Ave. Pontiac, MI 48340 248-499-6437 F 248-499-6828 <a href="http://www.hopewarmingpontiac.org">www.hopewarmingpontiac.org</a>	HOPE Recuperative Care Center (HOPE RCC) is a specialty homeless shelter for those who are hospitalized but need a “discharge to home” option from an inpatient medical or psychiatric hospital setting. Some of our past guests have included those who needed a safe, clean place to recover from illness, injury, surgery, cancer, etc. Hope RCC provides emergency shelter, meals, service navigation/coordination of services to resolve homelessness and medical oversight to individuals experiencing homelessness who are recovering from an acute illness or injury. In addition to providing a place to safely recover, HOPE also provides coordination of care with services such as behavioral health, primary care, and housing. Our goal is to discharge every guest to
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	<p>their own home with supportive services in place. HOPE is committed to serving the homeless population through two distinct yet complementary programs, Adult Shelter Program, and our Recuperative Care Center.</p> <p><b>There is admission criteria. There is exclusion criteria. There is required documentation. A referral needs to be made M-F 8a-3p.</b></p>
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## Household Goods (Furniture)

<p><b>Furniture Bank</b>          333 N. Perry, Pontiac 48342          P: 248-332-1300, F: 248-332-2525  <b>Email: <a href="mailto:info@furniture-bank.org">info@furniture-bank.org</a></b>          \$60 Non-refundable apt fee          Lighthouse can refer clients to Furniture Bank</p>	<p><b>Humble Design</b>          180 N. Saginaw, Pontiac 48342          248-243-7144  <b>Email: <a href="mailto:info@humbledesign.org">info@humbledesign.org</a></b>          Helps families transition from homeless shelters to housing. Provides furnishings and designs services</p>
<p><b>Troy People Concerned</b>          For Troy residents only, connects clients with appropriate resources.          2045 Austin Drive, Troy 48083          248-528-9199</p>	

## Housing Shelters

<p><b>Common Ground Sanctuary</b>          751 Hendrie Blvd, Royal Oak 48067          248-547-2260 or 800-231-1127          3-week runaway shelter for homeless children          Ages 10-17 years of age          Step Forward Program          Youth transition living shelter for homeless ages 16-20 years of age</p>	<p><b>Coalition on Temporary Shelter (COTS)</b>          26 Peterboro, Detroit 48201  <a href="http://www.cotsdetroit.org">www.cotsdetroit.org</a></p>
<p><b>Family Promise of Genesee County</b>          (Men, women, and children)          2111 Flushing Rd, Flint 810-234-9444</p>	<p><b>Grace Centers of Hope 248-334-2187</b>          35 E. Huron St, Pontiac  <a href="http://www.gracecentersofhope.org">www.gracecentersofhope.org</a></p>

<p><a href="http://www.familypromiseofg.org">www.familypromiseofg.org</a> Scattered site shelter, provides life-skill courses, laundry facilities, access to PC's/phone and Day Center for guest families</p>	<p>18 and older. Parent/legal guardian must accompany children.</p>
<p><b>Haven</b> 801 Vanguard Drive, Pontiac 48341 General Inquiries: 248-334-1284 Crisis &amp; Support: 248-334-1274 or 877-922-1274 <a href="http://www.haven-oakland.org">www.haven-oakland.org</a> Female victims of domestic violence</p>	<p><b>Hope Hospitality &amp; Warming Center</b> 249 Baldwin Avenue, Pontiac 48342 248-499-7345 <a href="http://www.hopewarmingpontiac.org">www.hopewarmingpontiac.org</a> Does not require sobriety or identification</p>
<p><b>MCrest</b> 20415 Erin St, Roseville 48066 586-415-5101 Provides referrals to area churches for men, women, and children <a href="http://www.mcrest.org">www.mcrest.org</a></p>	<p><b>Salvation Army (MATTs)</b> 24140 Mound Rd Warren 48091 586-755-5191</p>
<p><b>South Oakland Shelter (SOS)</b> 18505 W. 12 Mile Rd, Lathrup Village 48076 248-809-3773 <a href="http://www.southoaklandshelter.org">www.southoaklandshelter.org</a> Serves men, women, and children</p>	<p><b>Welcome Inn Day Center for the Homeless Located at Covenant Presbyterian Church</b> December through March 21575 Ten Mile Rd, Southfield 48075 248-850-3219 Email: <a href="mailto:welcmeinnsoch@gmail.com">welcmeinnsoch@gmail.com</a> <a href="http://www.sochwi.org">www.sochwi.org</a></p>

## Insurance Assistance:

### Local Resources for Insurance Assistance:

Contact Information:	Details:
<p><b>AARP Insurance</b> (888) 687-2277 <a href="http://www.aarp.org/health/insurance">www.aarp.org/health/insurance</a></p>	<p>-Information on insurance for retired people</p>
<p><b>Accounting Aid Society</b> Full-service tax help for families and incomes up to \$54,000 for federal, state, and local tax returns. Low Income Tax Clinic (LITC) for a low-income individual who has trouble with the IRS. Financial Capability for individuals who want to learn how to get out of debt, make their money work harder and build savings for the future. 313-556-1920 Sessions were held at various locations in Wayne, Oakland, and Macomb County. <a href="http://www.accountingaidsociety.org">www.accountingaidsociety.org</a></p>	

<b>Medicare Choices Helpline</b> (800) 633-4227 <a href="http://www.medicare.gov">www.medicare.gov</a>	-Answer questions specific to Medicare
<b>Medicare Medicaid Assistance Program</b> 800-803-7174 <a href="http://www.aaa1b.org/medicare-medicaid-helpstatewide">www.aaa1b.org/medicare-medicaid-helpstatewide</a>	Free and unbiased help with Medicare and Medicaid Free of charge
<b>Michigan’s Insurance Information Hotline</b> <b>Insurance Institute of Michigan</b> 334 Townsend St. Lansing, MI 48933 (517) 371-2880 Email: <a href="mailto:iim@iiminfo.org">iim@iiminfo.org</a> <a href="https://joywallet.com/article/best-car-insurance-companies/">https://joywallet.com/article/best-car-insurance-companies/</a>	-Ready source of information on all types of insurance -Personnel respond to complaints and provide for prompt, objective resolution of disputes between policyholders and insurance companies -Website Resources
<b>Oakland County Department of Human Services</b> Pontiac District – (248) 975-5400 <a href="https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/oakland/quicklinks/oakland-co--pontiac-saginaw-st-">https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices/oakland/quicklinks/oakland-co--pontiac-saginaw-st-</a>	-Medicaid -Bridge Card -Medical assistance Children, pregnant women, families, adults

# Legal Assistance

<b>Counsel and Advocacy Law Line (CALL)</b> 888-783-8190 or 248-569-9658 <a href="http://counseladvocacylawline.org/">http://counseladvocacylawline.org/</a>	Division of Lakeshore Legal Aid offering an attorney-staffed telephone advice, brief service, per SE and referral system serving low income and/ or seniors.
<b>Disability Attorneys of Michigan</b> 888-886-6400 30500 Van Dyke, Ste. 400, Warren 48093	The Law Offices of Stu Johnson & Associates works on a contingent basis (you do not pay a fee unless your claim is successful).
<b>Eldercare Locator</b> 800-677-1116 <a href="http://www.eldercare.acl.gov">www.eldercare.acl.gov</a>	
<b>Elderlaw of Michigan</b> 866-400-9164 <a href="http://www.elderlawofmi.org">www.elderlawofmi.org</a>	Information, advocacy, legal advice and professional services for older adults and people with disabilities
<b>Family Law Assistance Program (FLAP)</b> 248-858-0012	

<b>Justice for Our Neighbors (JFON) 734-709-1151</b> <a href="http://www.jfonsemi.org">www.jfonsemi.org</a>	Faith-driven ministry for immigrants who cannot afford a private attorney
<b>Lake Shore Legal Aid</b> 248-335-0125 or 888-783-8190 <a href="http://www.lakeshorelegalaid.org">www.lakeshorelegalaid.org</a>	Free legal help for low-income people and seniors (60+)
<b>National Academy of Elder Law Attorneys</b> 703-942-5711 <a href="http://www.elderlawofmi.org">www.elderlawofmi.org</a>	
<b>National Elder Law Foundation</b> 520-881-1076 <a href="http://www.nelf.org">www.nelf.org</a>	
<b>Neighborhood Legal Services of Michigan</b> 313-847-5497 <a href="http://www.nlsmichigan.org">www.nlsmichigan.org</a>	
<b>Oakland Mediation Center</b> 248-338-4280	Mediation & education services to resolve conflict & bullying
<b>Pontiac Friend of the Court</b> 248-858-0424	
<b>Pontiac Legal Aid &amp; Defender</b> 877-964-4700 <a href="http://semasg.org/lada/lada-programs/">http://semasg.org/lada/lada-programs/</a> Oakland County Courthouse, North Lobby 1200 North Telegraph, Pontiac	Helps clients free of charge with eviction diversion programs, mortgage/tax foreclosure prevention. Joined forces with Beaumont Health System to create legal Aid for Children and Families (LACF). Adds a legal service provider to the patient's larger medical treatment team at no cost. Also hosts a Help Desk each Thursday. Hours: 12-2p
<b>Prosecutor's Office</b> 248-858-0656 550 Hulet Drive, Ste 102, Bloomfield Hills, 48302	Provides an alternative to going to court
<b>Salvation Army William Booth Legal Aid Clinic</b> 313-361-3640	Contact for prescreening to determine eligibility and to schedule an appointment at the Pontiac location. For clients who are at or below federal poverty guidelines. Provides general counsel and advise in Consumer Debt, Landlord/Tenant, Juvenile Guardianship, Immigration, Wills, Public Benefits and General Advocacy

## Lifeline Alarms

<b>Assurance 888-898-4888</b> <a href="http://www.virginmobileusa.com">www.virginmobileusa.com</a>	Free cell phones +250 free voice minutes. One phone per address. If a previous tenant received one at your address, you will not be eligible.
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<b>Guardian Medical Monitoring</b> 800-782-9688 <a href="http://www.guardianalarm.com">www.guardianalarm.com</a>	Local based in Southfield- great customer service, med dispensers, gps pers, fall sensor pers
<b>Medical Guardian</b> 855-298-2282	Home guardian or mobile guardian portable gps 1 month free for, free shipping, free lock box
<b>Phillips Lifeline</b> 855-406-4552	Motion / fall detection
<b>Safelink</b> <a href="http://www.safelinkwireless.com/EnrollmentPublic/">www.safelinkwireless.com/EnrollmentPublic/</a>	To qualify you must participate in one of the following assistance programs or your total household income is at or below 150% of the Federal Poverty Guidelines.  -Federal Public Housing/ Section 8 -Food Stamps - Low-income Home Energy Assistance Program -Supplemental Security Income (SSI) -Free school lunch program -Medicaid -Temporary Assistance for Needy families

## Low Income Families:

### Local Resources for Low Income Families:

Contact Information:	Details:
<b>Access to Benefits Coalition</b> <a href="http://www.accesstobenefits.org">www.accesstobenefits.org</a> (202) 479-6670 Email – <a href="mailto:info@accesstobenefits.org">info@accesstobenefits.org</a>	-national program (available in 37 states) dedicated to helping Medicare beneficiaries identify and apply for prescription drugs and reducing their costs
<b>Catholic Social Services (Catholic Charities of Southeast Michigan)</b> (724) 697-4285 Email us: <a href="mailto:help@cssoc.org">help@cssoc.org</a> <a href="http://www.cssoc.org">www.cssoc.org</a>	-Provides services/programs to all people regardless of race, religion, or socio-economic status -Services include <ul style="list-style-type: none"> <li>• Foster Care and Adoption</li> <li>• Counseling &amp; Substance Abuse</li> <li>• Hispanic Outreach</li> <li>• Older Adult &amp; Caregiver Support</li> </ul>
<b>Chronic Illness Coalition of Michigan</b> (800) 905-8862 e-mail <a href="mailto:cicmich@cicmich.org">cicmich@cicmich.org</a> <a href="http://www.cicmich.org">www.cicmich.org</a>	-Membership of health organizations working together to provide information and support to those with chronic illness. -Serving low-income families is a major focus
<b>Findhelp.org (formally aunt bertha)</b>	-search for free or reduced cost services like medical care, food, job training and more; search by zip code

<p><b>Gary Burnstein Clinic</b>  <b>45580 Woodward Ave.</b>  Pontiac, MI 48341 (248) 309-3752</p>	<p>- Provides free medical and dental care to the low-income uninsured, and homeless of Oakland County</p>
<p><b>Gleaners Food Bank</b>  (866) 453-2637  Email us: <a href="mailto:siteadmin@gcfb.org">siteadmin@gcfb.org</a>  <a href="http://www.gcfb.org">www.gcfb.org</a></p>	<p>-Provides food relief to people in need  -Call for referral to food distribution center</p>
<p><b>Grace Centers of Hope</b>  (855) HELP-GCH  <a href="http://www.gracecentersofhope.org">www.gracecentersofhope.org</a></p>	<p>-Outreach providing basic necessities of food, shelter, and clothing  -Programs are intended to provide clients with opportunities for life changing recovery</p>
<p><b>Hope Recuperative Care Center</b>  1416 Joslyn Ave.  Pontiac, MI 48340  248-499-6437  248-499-6828</p>	<p>HOPE Recuperative Care Center is a specialty shelter for those who are homeless but need a “discharge to home” option from an inpatient hospital setting. Recuperative Center services are designed to fill the void in the healthcare delivery system for patients that do not have a safe, clean place to recuperate. HOPE Recuperative Care Center (HOPE RCC) provides emergency shelter, meals, service navigation and medical oversight to homeless persons who are recovering from an acute illness or injury. The program offers short-term care to patients with conditions that would be exacerbated by living on the street, in shelters or other unsuitable places. This program is a discharge from inpatient medical hospitalization only. Tours available upon request.</p>
<p><b>Lighthouse of Oakland County (LOC)</b>  46156 Woodward Ave.  Pontiac, MI 48342  <a href="http://www.lighthouseoakland.org">www.lighthouseoakland.org</a>  <b>(248) 920-6000</b></p>	<p>-LOC provides services to low-income families of Oakland County by 3 subsidiaries  -<b>Lighthouse Emergency Services (LES)</b> provides emergency food, housing, medical and utility assistance for people with immediate need  -<b>Lighthouse Community Development (LCD)</b> offers affordable housing and educates homeowners  -<b>Lighthouse PATH (LPATH)</b> provides long term housing and support to help women achieve self-sufficiency</p>

<p><b>Michigan Department of Health and Human Services</b>  <a href="http://www.mibridges.michigan.gov">www.mibridges.michigan.gov</a>  <a href="http://www.stepforwardmichigan.org">www.stepforwardmichigan.org</a>  <a href="http://www.michigan.gov/mdhhs/">www.michigan.gov/mdhhs/</a></p>	<p>-Food assistance program (<b>MI Bridges</b>)  -Program to assist unemployed and underemployed residents to assist homeowners who are at high risk for default or foreclosure (<b>Step Forward Michigan</b>)  -Low Income Home Energy Assistance (income eligibility guidelines)</p>
<p><b>National Patient Advocate Foundation</b>  (800) 532 – 5274  <a href="http://www.patientadvocate.org">www.patientadvocate.org</a></p>	<p>-National non-profit organization that provides case management assistance to patients diagnosed with chronic, life-threatening/debilitating conditions  -Website offers links to helpful resources</p>
<p><b>NeedyMeds.Com</b>   Email: <a href="mailto:info@needymeds.com">info@needymeds.com</a></p>	<p>-Needy Meds is <i>not</i> a patient assistance program, but rather a source of information on thousands of programs that may be able to offer prescription assistance to people in need</p>
<p><b>Neighbor for Neighbor</b>  Located in the Hart Community Center at Mill Pond Park  495 Broadway, Downtown Davisburg  (248) 634-0900  <a href="http://www.neighborforneighbor.net">www.neighborforneighbor.net</a></p>	<p>-Non-profit organization  -Provides food and clothing to families in Northwestern Oakland County to lower income families  -Also offer limited financial assistance</p>
<p><b>New Hope Christian Fellowship – Food Pantry</b>  6020 Pontiac Lake Rd.  Waterford, MI 48327  (248) 886-1500</p>	<p>-Open from 11:00 am – 2:00 pm on Tuesdays  -Must present photo id</p>
<p><b>Oakland Livingston Human Service Agency (OLHSA)</b>  OLHSA Oakland County  Central Office  196 Cesar E Chavez Ave.  P.O. Box 430598  Pontiac, MI 48343-0598  (248) 209-2600 or (248) 542-5860   OLHSA Livingston County  (517) 546-8500  <a href="http://www.olhsa.org">www.olhsa.org</a></p>	<p>-Provides low-income, elderly, and disabled persons living in Oakland and Livingston counties resources such as food assistance, older adult services, and housing assistance  -Several programs offered to make sure children have access to nutritional, medical, and educational services they need</p>
<p><b>Salvation Army</b>   (248) 334-2407  <a href="http://www.salvationarmyusa.org">www.salvationarmyusa.org</a></p>	<p>-Offers food and nutrition programs to people seeking assistance  -Other programs such as youth camps and elderly services available by location</p>



# Medical Equipment Loan Closet

Medical loan closet finder <https://loan closets.org/michigan/oakland>

<b>ALS of Michigan</b> 800-882-5764	<b>Church of the Holy Family</b> 248-349-8553 <a href="http://www.holyfamilynovi.org">www.holyfamilynovi.org</a>
<b>Chesterfield Fire Department</b> 586-725-2233 <a href="http://www.chesterfieldfire.org">www.chesterfieldfire.org</a>	<b>City of Roseville</b> 586-445-5423 <a href="http://www.rosevillemi.gov">www.rosevillemi.gov</a>
<b>CPAP Assistance Program Auburn Hills Senior Services</b> 248-370-9353	M-F 8am-9pm, Sat 10am-9pm Edna Burton Senior & Activity Center
<b>Disability Network of Oakland &amp; Macomb</b> 586-268-5333 <a href="http://www.dnom.org">www.dnom.org</a>	<b>Equipment loan program for ALS and PLS patients American Sleep Apnea Association</b> <a href="http://www.sleepapnea.org">www.sleepapnea.org</a> 888-293-3650
<b>Fraser Department of Public Safety-Fire Division</b> 586-293-2000 <a href="http://www.micityoffraser.com">www.micityoffraser.com</a>	<b>Macomb Community Action/Macomb County Office of Senior Services</b> 586-469-6999 <a href="http://www.mca.macombgov.org//MCA-Home">www.mca.macombgov.org//MCA-Home</a>
<b>OLSHA</b> 201 Elm, Holly, 248-631-8011	<b>OLSHA</b> 22 W. Burdick, Oxford, 248-879-6516 To make appointment
<b>Romeo, Washington, Bruce Parks &amp; Recreation</b> 586-752-9601 <a href="http://www.rwbparksrec.org">www.rwbparksrec.org</a>	<b>Roseville Parks and Recreation Center</b> 586-777-7177 <a href="http://www.recreationalauthority.com">www.recreationalauthority.com</a>
<b>Shelby Fire Department</b> 586-731-3476 <a href="http://www.shelbytwp.org">www.shelbytwp.org</a>	<b>Shelby Senior Center</b> 586-739-7540 <a href="http://www.shelbytwp.org">www.shelbytwp.org</a>
<b>World Medical Relief</b> 313-866-5333 <a href="http://www.worldmedicalrelief.org">www.worldmedicalrelief.org</a>	<b>Armada Township Senior Center</b> 586-784-8050 <a href="http://www.armadatwp.org/senior-center">www.armadatwp.org/senior-center</a>

## PACE of Southeast MI

<b>PACE</b> 855-445-4554 <a href="http://www.pacesemi.org">www.pacesemi.org</a>	Keeping seniors independent. Must meet criteria. Macomb, Oakland, and Wayne Co. Many services offered
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# Palliative Care, Hospice and Grief Counseling

Contact Information:	Details:
<b>Angela Hospice</b> 14100 Newburgh Rd. Livonia, MI 48154 (734) 464-7810 Toll free: (866) 464-7810	-Specialized care for the terminally ill - Care provided in the home
<b>Hospice of Michigan</b> 400 Mack Avenue Detroit, MI 48201 (888) 247-5701 <a href="http://www.hom.org">www.hom.org</a>	-Patient & family services in the home and other settings such as hospitals and nursing homes -Grief counseling services and support groups -Spiritual care services
<b>New Hope Center for Grief Support</b> 133 W. Main St. STE. 113 Northville, MI 48167 (248) 348-0115 E-mail: <a href="mailto:griefhelp@newhopecenter.net">griefhelp@newhopecenter.net</a> <a href="http://www.newhopecenter.net">www.newhopecenter.net</a>	-Provides grief support services for adults and children grieving after the death of a loved on -Support groups for kids & teens, widows, and loss of a child -Helpful resources for coping with loss -Various workshops available
<b>Northstar</b> 877-277-8823 Hospice and Palliative Care	Both hospice and palliative care specialize in managing symptoms and facilitating goals of care with life limiting illnesses
<b>Get Palliative Care</b> <a href="http://www.GetPalliativeCare.org">www.GetPalliativeCare.org</a>	an on-line resource for patients and families that focuses solely on providing information on palliative care. Services provided include a <b>Provider Directory</b> , <b>Definitions of Palliative Care</b> , <b>an Interactive Quiz to decide if Palliative Care is right for you or a loved one</b> and <b>Handouts for Patients and Families</b>

## Pediatrics:

### National Resources for Pediatrics:

Contact Information:	Details:
<b>American Academy of Pediatrics</b> 345 Park Boulevard Itasca, IL 60143 (800) 433-9016	-Parenting tips -Resources -Provides Information on a variety of pediatric health topics such as Autism, ADHD, DD, Allergies, Depression, and Asthma

<p>Fax (847) 434-8000  <a href="http://www.aap.org">www.aap.org</a></p>	
<p><b>Nemours Foundation KidsHealth</b>          If you're looking for information you can trust about kids and teens that's free of "doctor speak," you've come to the right place. KidsHealth is the most-visited site on the Web for information about health, behavior, and development from before birth through the teen years.  <a href="http://kidshealth.org">kidshealth.org</a></p>	<p>Information on:</p> <ul style="list-style-type: none"> <li>- General health</li> <li>- Infections</li> <li>-Emotions &amp; behaviors</li> <li>-Growth &amp; development</li> <li>-Nutrition &amp; fitness</li> <li>-Medical problems</li> <li>-Positive parenting</li> <li>-Doctor and hospital visits</li> </ul>
<p><b>Text4baby</b>          Free mobile information service designed to promote maternal and child health. Text4baby is an educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB).  <a href="http://www.text4baby.org">www.text4baby.org</a></p>	<p>Provides free <b>text</b> messages:</p> <ul style="list-style-type: none"> <li>-throughout your pregnancy relevant to your pregnancy timeline</li> <li>-through your baby's first year</li> <li>-can be received in Spanish</li> </ul> <p>-Must register to receive messages</p>

## Local Resources for Pediatrics:

Contact Information:	Details:
<p><b>#Safe Delivery</b>  <a href="http://www.michigan.gov/SafeDelivery">www.michigan.gov/SafeDelivery</a>            Hotline: (866)733-7733</p>	<p>-Allows for the safe, legal, and anonymous surrender of your newborn baby no more than 72 hours old to an employee who is inside and on duty at a hospital, fire department, police station or by calling 911</p>
<p><b>American Academy of Pediatrics - Michigan Chapter</b>            106 W. Allegan Ste. 510            Lansing, MI 48933            (517) 484-3013            E-mail: <a href="mailto:info@miaap.org">info@miaap.org</a>  <a href="http://www.miaap.org">www.miaap.org</a></p>	<p>-Creates programs and services to meet the needs of its members</p>
<p><b>Another Way Pregnancy Center</b>            33100 Grand River Avenue            Farmington 48336            248-471-5858  <a href="http://www.awpc-mi.org">www.awpc-mi.org</a></p>	
<p><b>Ascension St. John's Providence Children's Center</b>            22201 Moross rd. ste 270</p>	<ul style="list-style-type: none"> <li>- Inpatient Pediatric Unit</li> <li>- Pediatric Intensive Care Unit (PICU)</li> <li>- Special Care Nursery (SCN)</li> </ul>

<p>Detroit, MI 48236 313-343-3481</p>	<ul style="list-style-type: none"> <li>- The Neonatal Intensive Care Unit (NICU)</li> <li>- Birthing Center</li> <li>- Pediatric Ambulatory Surgery Unit (PASU)</li> <li>- The Pediatric Children’s Center</li> <li>- Pediatric Emergency Center</li> </ul>
<p><b>Boys and Girls Clubs of SE Michigan</b> 26777 Halsted Rd. Ste. 100 Farmington Hills, MI 48331 (248) 473-1400 <a href="http://www.bgcsm.org">www.bgcsm.org</a></p>	<p>-Provides youth development programs, sporting activities, events, and a safe haven for children ages 6 to 18 to help them grow into responsible, self-reliant individuals</p>
<p><b>Care Net Pregnancy Info Center</b> 2826 Coolidge Hwy Berkley 48072 248-545-6508 or 248-545-6411 24-hour Hot Line: 800-395-HELP</p>	
<p><b>Catholic Charities of Southeast Michigan</b> 3300 South Adams Rd Auburn Hills 48326 248-537-3300 <a href="http://ccsemi.org">http://ccsemi.org</a></p>	<p>Focus on adoption</p>
<p><b>Clinton Township Michigan</b> 24-hour Hot Line 800-712-HELP <a href="http://www.compassionpregnancy.org">www.compassionpregnancy.org</a> email: <a href="mailto:info@compassion.org">info@compassion.org</a></p>	
<p><b>Crossroads Pregnancy Center</b> 3205 South Blvd., Auburn Hills 48326 248-293-0070 24-hour Hot Line:</p>	
<p><b>DMC – Children’s Hospital of Michigan</b> 3901 Beaubien Detroit, Michigan 48201 1-888-362-2500 <a href="http://www.childrensdmc.org">www.childrensdmc.org</a></p>	<ul style="list-style-type: none"> <li>-Wide range of services including autism, cancer, neurology, child protection, communication disorders</li> <li>-Health tools</li> <li>-Family resource library</li> </ul>
<p><b>First Beat</b> Maternal Infant Health Program (MIHP) (833) M14-MIHP Fax: (517) 763-0366 E-mail: <a href="mailto:MIHP@michigan.gov">MIHP@michigan.gov</a> <a href="http://www.Michigan.gov">www.Michigan.gov</a></p>	<ul style="list-style-type: none"> <li>-Pregnant women and infants-Medicaid eligible or w/Medicaid insurance</li> <li>-Referrals to local community services</li> <li>-Childbirth education</li> <li>-Assist w/ housing, insurance, WIC, and baby items</li> <li>-Breastfeeding Counseling -Car seat program</li> </ul>
<p><b>Kids in Motion Pediatric Therapy</b> 2636 S. Milford Rd. Highland, MI 48357 248-587-8223</p>	<ul style="list-style-type: none"> <li>-Specializes in physical, occupational and speech and language therapy for children and families from birth to young adult</li> <li>-Music, massage, and aquatic therapy also available.</li> <li>-Services are available both on an outpatient and home health</li> </ul>

<p>3285 Martin rd. ste 104          Commerce, MI 48390          248-387-5200          7822 Andersonville Rd.          Clarkston, MI 48346          248-707-3100  <a href="http://www.kimpediatrics.com">www.kimpediatrics.com</a></p>	<p>care basis</p>
<p><b>Michigan Department of Health and Human Services</b>  <a href="http://www.hpclearinghouse.org/">http://www.hpclearinghouse.org/</a></p>	<p>-order FREE immunization education materials available at the MDHHS Clearinghouse</p>
<p><b>Oakland County Michigan Health Division – Immunizations</b>          (248)858-1305 Pontiac          (248)424-7046 Southfield  <a href="http://www.oakgov.com/health">www.oakgov.com/health</a></p>	<p>-Immunizations for babies and preschoolers          -Immunizations for school age children          -Immunizations for teens/adults</p>
<p><b>Skillman Center for Children</b>          87 E. Ferry          Detroit, Michigan 48202          (313) 664-2533  <a href="http://www.mpsi.wayne.edu">www.mpsi.wayne.edu</a></p>	<p>- The mission of the Skillman Center for Children is to enhance the economic and social well being of urban children and their families          -Upcoming events          -Resource center</p>
<p><b>WIC (Women, Infants and Children)</b>          Oakland County Health Division          34 East, 1200 Telegraph Rd.          Pontiac, MI 48341          248-858-1272  <a href="http://www.oakgov.com">www.oakgov.com</a>          Wayne Co 313-876-4555</p>	<p>-WIC provides supplemental foods, healthcare referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five who are found to be at nutritional risk.</p>

## Pet Resources/ Assistance

<p><b>Michigan Humane Society Pet Pantry Program</b>          248-862-7420          3600 W. Auburn Rd, Rochester Hills 48309  <a href="https://www.michiganhumane.org/rochester-hills-location/">https://www.michiganhumane.org/rochester-hills-location/</a>          Must be 21 years of age or older. Proof of government assistance is required (Food Stamps, Medicare/ Medicaid, Social Security Disability). Animals over eight years of age Must be sterilized with proof from a</p>	<p><b>New Beginnings Animal Rescue</b> 248-543-4070          2502 Rochester Rd, Royal Oak, 48073          Our pantry supplies should supplement your monthly supply of pet food and not be the sole source of food for pets; you should expect to purchase food for your pets in addition to receiving food to meet their nutritional needs. If you need help from our pantry, please visit our pantry during our hours of operation: 12-2p every</p>
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veterinarian. See website for additional guidelines	Sunday, except on holiday/ holiday weekends. Volunteers will be there to assist members. All new and returning members are eligible to receive food once a month, or as directed by pantry volunteers.
<b>Oakland County Pet Adoption Center</b> 248-391-6283 <a href="http://www.oakgov.com/petadoption/Pages/default.aspx">http://www.oakgov.com/petadoption/Pages/default.aspx</a>	
<b>Pet Poison Help Line</b> \$59 per incident 855-764-7661 <a href="http://www.petpoisonhelpline.com">www.petpoisonhelpline.com</a>	<b>All About Animals Wellness Center</b> Lost cost clinic 2660 Auburn, #400 Auburn Hills, 48326 248-212-0781 Walk in Wellness Hours: Th (3-7pm), Fr (10a-6p) Sat (10-3p) <a href="http://www.allaboutanimalsrescue.org/veterinary-services/wellness-hours/">http://www.allaboutanimalsrescue.org/veterinary-services/wellness-hours/</a>

## Prescription Resources:

<b>Clarkston Pharmacy</b> (248) 625-8030	
<b>Costco Pharmacy</b> (248) 648-0002 Auburn Hills Main line (877) 459-8474 Nurse-On-Call (800) 848-5533	Coast to Coast Savings on drugs from local pharmacies
<b>CVS Pharmacy</b> Clarkston (248) 620-2600 Pontiac (248) 334-1898	
<b>Good Rx 888-799-2553</b> <a href="http://www.Goodrx.com">www.Goodrx.com</a>	
<b>Kroger Pharmacy</b> Clarkston (248) 620-2600 Waterford (248) 673-4324	Retail drug assistance program
<b>LifeSource Direct</b> (866) 340-4748	
<b>Mark Cuban CostPlus Drug Company</b> 855-910-8606 <a href="http://www.costplusdrugs.com">www.costplusdrugs.com</a>	Truepill- fulfillment partner
<b>Meijer Pharmacy</b> Auburn Hills (248) 393-5110 Rochester Hills (248) 844-2810 Waterford Twp (248) 738-7810 Royal Oak (248) 280-5010 Southfield (248) 304-9510	Select free prescriptions
<b>Michigan's Prescription Drug Discount Card-miRx</b> (866) 755-6479	
<b>NeedyMeds</b>	Individuals with no prescription drug coverage

(800) 503-6897	
<b>Nice Rx 866-407-0777</b>	Prescription Medication Assistance \$49 per month
<b>Oakland County (Coast to Coast Rx Program)</b> 800-931-8872	Prescription drug discount card average savings of 20%
<b>Oakland Primary Health Services</b> Prescription assistance and WIC (248) 322-6747 Pontiac High School (248) 451-7365 Waterford Teen Health Center (248) 674-4876	Medication Assistance Programs Offers complete medical care for all ages
<b>Optum Perks 866-407-8901</b> <a href="https://perks.optum.com">https://perks.optum.com</a>	
<b>Pine Knob Pharmacy</b> Clarkston (248) 620-3588 Pontiac (248) 253-0521	
<b>Prescription Assistance 888-477-2669</b> <a href="http://www.pparx.org">www.pparx.org</a>	Connects patients with free or low-cost providers
<b>Rite Aid Pharmacy</b> Waterford (248) 673-2059 Pontiac (248) 335-0602	
<b>Rx Outreach</b> <a href="https://rxoutreach.org/">https://rxoutreach.org/</a>	-Serve income limits below 400% FPL and have about 1,000 medications that often have high copays including blood pressure meds, ADHD meds and cancer drugs. -Signing up can be done by the patient online or over the phone and takes about 5 minutes, then they ask for escripts to be sent to them by the provider.
<b>RxAssist</b> <a href="http://www.rxassist.org">www.rxassist.org</a>	Connects individuals with low-cost or no-cost prescription medication
<b>Sam's Club Pharmacy (248) 391-6697</b>	\$4/\$10 prescription program
<b>Target Pharmacy</b> Auburn Hills (248) 393-8114	\$4/\$10 generics program
<b>Turning Point Pontiac Recovery Center</b> (248) 335-5437	
<b>Uninsured and Underinsured Medcenter Pharmacy</b> (248) 625-3885 Clarkston	
<b>Walgreens Pharmacy Prescription Savings Club</b> Waterford (248) 681-7636 Lake Orion (248) 393-2934 Rochester Hills (248) 608-0643 Southfield (248) 356-1757	
<b>Wal-Mart Pharmacy</b> Auburn Hills (248) 853-2174	\$4/\$10 prescription program
<b>World Medical Relief 313-866-5588</b> 21725 Melrose Avenue, Southfield 48075	Must not be enrolled in Medicaid and not have prescription drug coverage

## Ramp Construction

<b>Adaptech Inc.</b> 248-923-4603	<b>Disability Made Easy</b> 855-363-2727
<b>CAPS Remodeling- Multi</b> 248-220-052	<b>ADA for ALL- BFA, LLC</b> 734-414-9525
<b>Faith in Action Oakland County</b> 248-820-3767 <a href="http://www.faithinactionoakland.org">www.faithinactionoakland.org</a>	Volunteers may be able to help with ramp construction, depending on availability
<b>Habitat for Humanity- Oakland County</b> Restore Waterford 248-338-8392 Restore Farmington Hills 248-442-2267 Pontiac Office 248-338-1843	<b>Habitat for Humanity- Macomb County</b> Restore Shelby Township 586-263-1540 x 110 Restore Warren 586-263-1540 x 132
<b>Macomb Community Action</b> 586-469-6999 <a href="http://www.mca.macombgov.org">www.mca.macombgov.org</a>	Home injury control has a temporary modular ramp program for disabled individuals in need of a ramp on a short-term or temporary basis
<b>Macomb County Habitat for Humanity</b> 586-263-1540 <a href="http://www.macombhabitat.org">www.macombhabitat.org</a>	
<b>Rebuilding Together Southeast Michigan</b> 248-482-8061 <a href="http://www.rebuildingtogethersem.org">www.rebuildingtogethersem.org</a>	Assisting low-income homeowners in Oakland County on the last Saturday in April every year. Assistance at other times of the year based on volunteer availability

## Rental/Housing Assistance

<b>Catholic Community Response Team</b> Pontiac residents only 248-499-9621 132 Franklin, Ste 203 Pontiac 48341 <a href="http://www.pontiacareavicariate.org/ccrt">www.pontiacareavicariate.org/ccrt</a>	<b>Community Housing Network</b> 248-928-0111 or 800-282-3119 570 Kirts Blvd., Ste 231 Troy, MI 48084 <a href="http://www.commnityhousingnetwork.org">www.commnityhousingnetwork.org</a>
<b>Community Services of Oakland</b> 248-528-9199	<b>Community Sharing</b> Residents of Huron Valley School District only



345 E. 9 Mile Rd Ferndale, MI 48220	Helps with evictions. 5061 Duck Lake Road Highland 248-889-0347
<b>Department of Human Services (DHS)</b> 248-975-4800 28 N. Saginaw Road Pontiac, MI 48342 <a href="http://www.mibridges.michigan.gov/acess">www.mibridges.michigan.gov/acess</a>	<b>Ferndale Housing Commission</b> Serves Ferndale residents. 248-547-9500 415 Withington Street Ferndale, MI 48220
<b>FISH (Oxford/Orion)</b> Services, Lake Orion, Oxford, parts of Addison, Lakeville, Leonard, and Oakland Townships 248-628-3933	<b>Habitat for Humanity</b> 248-338-8392 150 Osmun Pontiac, MI 48342 <a href="http://www.habitatoakland.org">www.habitatoakland.org</a>
<b>Jewish Family Services</b> 248-593-2300 or 800-458-0404 25900 Greenfield Road Oak Park, I 48327 or 248-592-2300 6555 W. Maple Road West Bloomfield Twp., MI 48322 <a href="http://www.ifsdetroit.org">www.ifsdetroit.org</a> or <a href="http://www.jhamd.org">www.jhamd.org</a>	<b>Love, Inc.</b> 248-693-4357 P.O. Box 104 Lake Orion, MI 48361
<b>Michigan Housing Locator</b> Rental Housing Searches <a href="http://www.michiganhousinglocator.com">www.michiganhousinglocator.com</a>	<b>Neighbor for Neighbor</b> Serves Davisburg, Groveland, Holly, Rose, Springfield, and parts of Independence Twp. And White Lake Twp 248-634-0900 495 Broadway Davisburg, MI 48350 <a href="http://www.neighborforneighbor.net">www.neighborforneighbor.net</a>
<b>Oakland County's Community &amp; Home Improvement Division</b> 248-858-0493 <a href="http://www.oakgov.com/advantageoakland">www.oakgov.com/advantageoakland</a>	
<b>OLSHA</b> 248-209-2600 196 Cesar E. Chavez Avenue Pontiac, MI 48343 <a href="http://www.olhsa.org">www.olhsa.org</a>	<b>Open Door Outreach Center</b> 248-360-2930 7170 Cooley Lake Road Waterford, MI 48327 Tuesday- Friday, 10am-4pm <a href="http://www.opendooroutreachcenter.com/">www.opendooroutreachcenter.com/</a>
<b>Pontiac Housing Commission</b> 132 Franklin Blvd. Pontiac, 48341 248-338-4551	<b>Rochester Area Neighborhood House</b> Serves Addison Twp., Auburn Hills, Oakland Twp., Rochester, and Rochester Hills residents. 1726 L. Livernois Rochester Hills 48307

	248-651-5836 <a href="http://www.ranh.org">www.ranh.org</a>
<b>Salvation Army</b> 34 Oakland Avenue Pontiac 48342 248-334-2407	
<b>Southfield Human Services</b> Southfield residents only 2600 Evergreen Road Southfield 48076 248-796-4700	<b>Troy People Concerned</b> Serves Troy residents. 2045 Austin Drive Troy 48083 248-528-9199

## Resources for General Health

Contact Information:	Details:
<p><b>Center for Disease Control and Prevention (CDC)</b> 1600 Clifton Road Atlanta, GA 30329 (800) 232-4636 – 24 hours/Every day</p> <p>E-mail: <a href="mailto:cdcinfo@cdc.gov">cdcinfo@cdc.gov</a> <a href="http://www.cdc.gov">www.cdc.gov</a></p>	<ul style="list-style-type: none"> <li>-Diseases &amp; conditions</li> <li>-Emergency preparedness &amp; response</li> <li>-Environmental health</li> <li>-Life stages &amp; populations</li> <li>-Healthy living/preventative health</li> <li>-Injury, violence &amp; safety, workplace safety</li> <li>-Travelers' health</li> </ul>
<p><b>Mayo Clinic</b> 13400 E. Shea Blvd. Scottsdale, AZ 85259 (480) 301-8000 <a href="http://www.mayoclinic.org">www.mayoclinic.org</a></p>	<p>Health topics include:</p> <ul style="list-style-type: none"> <li>-Diseases and conditions</li> <li>-Symptoms</li> <li>-Drugs and supplements</li> <li>-Tests and procedures</li> <li>-Healthy lifestyle</li> <li>-First aid</li> </ul>
<p><b>MI Genetics Connection – Support Group Directory</b> <a href="http://www.migr.org">www.migr.org</a></p>	<p>Contains info about support groups and organizations for people with genetic conditions</p>
<p><b>Michigan Department of Community Health</b> Capitol View Building 201 Townsend Street Lansing, MI 48913 (517) 373-3740 <a href="http://www.michigan.gov/mdch">www.michigan.gov/mdch</a></p>	<ul style="list-style-type: none"> <li>-Resources for pregnant women, children &amp; families</li> <li>-Programs for mental health &amp; substance abuse</li> <li>-Physical health &amp; prevention resources</li> <li>-Information on health care coverage</li> <li>-Birth, death, marriage, and divorce records</li> <li>-Community health news</li> </ul>

<p><b>Medline Plus</b>  <a href="http://www.nlm.nih.gov/medlineplus/">www.nlm.nih.gov/medlineplus/</a></p>	<ul style="list-style-type: none"> <li>-750 health topics on conditions, diseases &amp; wellness</li> <li>-Information on drugs &amp; supplements</li> <li>-Medical Encyclopedia – includes pictures &amp; diagrams</li> <li>-Information in over 40 languages</li> <li>-A service for finding local resources</li> </ul>
<p><b>MSU Extension Health and Nutrition</b>  (888) 678-3464</p> <p>Call for information about the programs available in your community</p>	<p>The following programs are available:</p> <ul style="list-style-type: none"> <li>-Choosing health Food</li> <li>-Stretching food dollars</li> <li>-Preparing and storing food safely</li> <li>-Ways to be more physically active</li> <li>-Breastfeeding information and support</li> </ul>
<p><b>United Way 2-1-1 Hotline</b>  Dial 2-1-1  Alternate number: (313) 226-9200  <a href="https://www.unitedway.org/our-impact/featured-programs/2-1-1#">https://www.unitedway.org/our-impact/featured-programs/2-1-1#</a></p>	<ul style="list-style-type: none"> <li>-Resources on rent/utility assistance, food, legal assistance, support groups, health insurance, etc.</li> <li>-Assists caller in over 170 languages</li> <li>-Available 24 hours a day, 7 days a week</li> <li>-Free &amp; confidential</li> </ul>

# Resources for Office Transformation

**Local Resources for Practice Transformation/Improvement:**

Contact Information:	Details:
<p><b>Michigan Primary Care Consortium</b>  620 South Capitol Ave. Ste. 310  Lansing, MI 48933  (517) 484-0290  <a href="http://www.mipcc.org">www.mipcc.org</a></p>	<ul style="list-style-type: none"> <li>-Established in 2006, MPCC is a collaborative partnership to improve the primary care delivery system about disease prevention, health promotion, and chronic disease services within primary care.</li> </ul>
<p><b>NotifyMD – Call Center</b>  844-8-notify</p>	<ul style="list-style-type: none"> <li>-<u>Call Center Service - NotifyMD</u></li> <li>-MAP provides customized contact center services –</li> <li>-24/7 call management.</li> <li>-After-hours service</li> <li>-Appointment scheduling</li> </ul>

	<ul style="list-style-type: none"> <li>-Patient outreach/care coordination</li> <li>-Every call handled by a live agent</li> <li>-Best in class call center service levels</li> <li>-The industry’s most advanced contact center technologies</li> <li>-ECHO, proprietary, cutting-edge technology platform offering industry leading call center and answering service capability</li> <li>-Customize call handling to meet each department, practice, and provider preferences</li> <li>-CogniSent, proprietary HIPAA compliant, secure texting app – available on the app store, Android, and Apple</li> <li>-Client facing online portal – client access to all account/billing information, data/reporting needs and a comprehensive message management system</li> </ul>
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## Resources for Other Languages

**(Arabic, Deaf, Spanish & Multiple)**

**Resources that use American Sign Language (ASL) for the Deaf Community:**

Contact Information:	Details:
<p><b>Cyacom</b>  <b>Interpret.cyacom.com</b>            For Translation &amp; Localization requests, please contact them at:            Email: <a href="mailto:Translations@cyacom.com">Translations@cyacom.com</a>            Phone: <a href="tel:3213203564">(321) 320-3564</a>            For Phone &amp; Video Interpretation requests, please contact them at:            Email: <a href="mailto:getstarted@cyacom.com">getstarted@cyacom.com</a>            Phone: <a href="tel:18447276739">1-844-727-6739</a>  <a href="https://cyacominternational.com/">https://cyacominternational.com/</a></p>	<ul style="list-style-type: none"> <li>- CyraCom is the leading provider of language interpreter services including services for the deaf community</li> <li>- The company supports hundreds of languages and operates 24/7</li> </ul>

<p><b>Deaf Community Advocacy Network</b>  2111 Orchard Lake Road  Suite 101  Sylvan Lake, MI 48320  (248)332-3323 TTY  (248)332-3331 Voice  <a href="http://www.deafcan.org">www.deafcan.org</a>  Email: deafcan@deafcan.org</p>	<p>-Source for providing certified interpreters</p>
<p><b>DeafMD.org</b>  <a href="http://www.deafhealth.org">www.deafhealth.org</a></p>	<p>-Information on diseases &amp; illnesses  -Understanding tests  -Find deaf-friendly doctors in your area  -Instant access to medical ASL interpreters</p>
<p><b>Family Practice – Dr. Philip Zazove</b>  7300 Dexter-Ann Arbor Road, Suite 110  Dexter, MI 48130  (734) 426-2796</p>	

### Resources that Speak Arabic:

Contact Information:	Details:
<p><b>Arab-American and Chaldean Council (ACC)</b>  248-559-1990  <a href="http://www.myacc.org">www.myacc.org</a></p>	
<p><b>Wayne State University – Urban Health Partners</b>  (313) 577-1089  <a href="http://www.lib.wayne.edu/shiffman">www.lib.wayne.edu/shiffman</a></p>	<p>-Provides Arabic language health materials on a number of topics</p>

### Resources that Speak Spanish:

Contact Information:	Details:
<p><b>Centro Multicultural La Familia</b>  35 West Huron Ste. 500  Pontiac, MI 48342  (248) 858-7800  <a href="http://www.centromulticultural.org">www.centromulticultural.org</a></p>	<p>-Provide Spanish/English:</p> <ul style="list-style-type: none"> <li>• Outpatient Mental Health services</li> <li>• Substance Abuse Services</li> <li>• Domestic Violence Program</li> <li>• Youth Mental Health First Aid</li> <li>• Parenting Workshops</li> <li>• Cultural Competence Training</li> <li>• Bilingual Health Education</li> <li>• Assistance with Health Insurance Applications</li> <li>• Mental Health Workshops</li> <li>• Citizenship Classes</li> </ul>

<p><b>Easter Seals Michigan</b> 1685 Baldwin Pontiac, MI 48340</p> <p>2399 E. Walton Blvd. Auburn Hills, MI 48326</p> <p>(248) 475-6400 Toll-free: 1-800-757-3257 <a href="http://mi.easterseals.com">mi.easterseals.com</a></p>	<p>Provide the many services in Spanish. - Call (248) 475-6400 for determination and referral</p>
<p><b>Mercy Place Clinic</b> 55 Clinton Street Pontiac, MI 48342 (248) 333-0840</p>	<ul style="list-style-type: none"> <li>-Bilingual services (Spanish and English)</li> <li>-Pregnancy testing</li> <li>-Prenatal and postpartum services</li> <li>-Normal and high-risk pregnancies</li> <li>-W.I.C. application site</li> <li>-Healthy Start/Healthy Families Oakland prenatal classes</li> <li>-Assistance with Medicaid application for MOM's program</li> <li>-Support and interpretation services for women during and after pregnancy</li> <li>-Connection to other resources in the community</li> </ul>

## Resources for Multiple Languages:

<p><b>Association of Chinese Americans</b> 248-585-9343 <a href="http://www.acadetroit.org">www.acadetroit.org</a></p>	<p>Helps non-English-speaking Chinese seniors in Oakland County access community resources</p>
<p><b>Catholic Charities of Southeast Michigan</b> 248-559-1147 <a href="http://www.ccsem.org">www.ccsem.org</a></p>	
<p><b>Jewish Family Services of Metro Detroit</b> 248-592-2313 <a href="http://www.jfsdetroit.org">www.jfsdetroit.org</a></p>	
<p><b>Language Services Associates</b> <a href="http://www.lsaweb.com">www.lsaweb.com</a> (800) 305-9673</p>	<p>Multi language translation services available per contract</p>
<p><b>Michigan Department of Health and Human Services</b> Madison Heights 248-583-8700 Southfield 248-262-6400 Pontiac 248-975-5200</p>	

# Resources on Self-Management Programs

## National Chronic Disease Self-Management Programs:

Contact Information:	Details:
<b>Stanford Patient Education Research Center</b> 1000 Welch Rd. Ste. 204 Palo Alto, CA 94304 (650) 723-7935 E-mail: <a href="mailto:self-management@stanford.edu">self-management@stanford.edu</a> <a href="http://patienteducation.stanford.edu">patienteducation.stanford.edu</a>	-Internet self-management programs -Evaluation tool -Training information

## Local Chronic Disease Self-Management Programs:

Contact Information:	Details:
<b>Michigan Partners on the Path</b> <i>Leader Training</i> (734) 727-2060 Contact: Amanda Pier E-mail: <a href="mailto:apier@tsalink.org">apier@tsalink.org</a> <a href="http://www.mihealthyprograms.org">www.mihealthyprograms.org</a>	-Find a class/workshop in your area -Program descriptions -Upcoming events -Resources

## Senior Citizens:

### National Resources for Senior Citizens:

Contact Information:	Details:
<b>Home Instead Senior Care</b> National: (800) 640-3914 Michigan office: (866) 922-1400 <a href="http://www.homeinstead.com">www.homeinstead.com</a>	-Alzheimer's care -Elder care resources -Senior home care services -Finding home care
<b>Adult Protective Services</b> 855-444-3911 <a href="http://www.michigan.gov">www.michigan.gov</a>	Report abuse or neglect

<b>Alzheimer’s Association</b> 225 N. Michigan Ave., Fl. 17 Chicago, IL 60601 24-Hour Helpline: (800) 272-3900 <a href="http://www.alz.org">www.alz.org</a>	-Information on Alzheimer’s disease -News & events -Local support groups -Respite care -Special events -Education programs
<b>American Association for Retired Persons (AARP)</b> 601 E Street NW Washington, DC 20049 Toll Free:(888) 687-2277 Toll Free Spanish: (877) 627-3350 <a href="http://www.aarp.org">www.aarp.org</a>	-Non-profit, nonpartisan membership organization that provides information to people 50 and over on health issues, money concerns, insurance, long-term care, leisure living, travel, family, housing options, living after loss, and making a difference
<b>Detroit Area Agency on Aging (DAAA)</b> 313-446-4444 <a href="http://www.detroitseiorsolution.org">www.detroitseiorsolution.org</a>	
<b>The Information Center</b> 734-282-7171 <a href="http://www.theinfocenter.info">www.theinfocenter.info</a>	
<b>The Senior Alliance Area Agency on Aging 1-C</b> 734-722-2830 <a href="http://www.thesenioralliance.org">www.thesenioralliance.org</a>	Wayne Co Area
<b>Wayne Metropolitan Community Action Agency</b> 734-284-6999 <a href="http://www.waynemetro.org">www.waynemetro.org</a>	

## Local Resources for Senior Citizens:

Contact Information:	Details:
<b>Alliance Senior Care</b> 42505 Woodward Ave. Ste. 101 Bloomfield Hills, MI 48304 (248) 274-2170 <a href="http://www.alliancesrcare.com">www.alliancesrcare.com</a>	-Private pay; 2 hr minimum per day -Provides medication assistance -Provides transfer to bed/wheelchair -Provides assistance with preparing meals -Offers companionship/conversation
<b>Area Agency on Aging 1-B – Oakland County</b> 29100 Northwestern Hwy., Suite 400 Southfield, MI 48034 (800) 852-7795 (248) 357-2255 <a href="http://www.aaa1b.org">www.aaa1b.org</a>	-Provides information on community services, Medicare and Medicaid, out-of-home care, senior driving, senior center locations and financial fraud and prevention guide
<b>Home Instead Senior Care</b> Michigan office locator: (888) 331-1023	-Services may include assistance with trips to the doctor, reminders to take the right medication at the right time, meal preparation, light housekeeping,



<p><a href="http://www.homeinstead.com">www.homeinstead.com</a></p>	<p>errands, shopping and even Alzheimer’s and dementia care. -If necessary, referrals to our close partners in the health care industry for out of home care</p>
<p><b>Michigan Department of Health and Human Services</b> (877) 664-2233 <a href="http://www.elderlawofmi.org/about-micafe">www.elderlawofmi.org/about-micafe</a></p>	<p>-Program to assist persons 60 and over to apply for the Bridge Card (MiCAFE)</p>
<p><b>Next Steps 4 Seniors</b> 455 S. Livernois, Suite B-22, Rochester Hills, MI 48307 (248) 651-5010 Fax (248) 659-1602 <a href="http://www.nextsteps4seniors.com">www.nextsteps4seniors.com</a>  service is free of charge</p>	<p>- Provide information and guidance to simplify and streamline the process of finding the right place for you or your loved one to reside with dignity and all necessary assistance. - shares our many helpful resources with you, including a checklist of the most important considerations to make the entire process less stressful and more successful</p>
<p><b>Oakland County Health Division</b> <i>Senior Citizen Resource Directory</i> 1200 N. Telegraph 34 E Pontiac, MI 48341 (248) 858-0213 Nurse on Call: (800) 848 - 5533 <a href="http://www.oakgov.com/health/seniors/">www.oakgov.com/health/seniors/</a></p>	<p>-Resource directory provides contact information for various senior services including transportation, health services, housing information and meals</p>
<p><b>Senior Counseling Services, LLC</b> 37899 West 12 Mile Rd. Ste. 130 Farmington Hills, MI 48331  (248) 476-2229</p>	<p>-provides coping strategies and therapy to deal with grief and loss, trauma, dementia, mental illness, and health issues -come directly to your house or apartment as well as in senior residences and communities, assisted living, and adult foster care homes -services covered by Medicare, automotive and many other primary and supplemental insurances. We also accept private pay.</p>

**Resources for Hearing and Visually Impaired**

## Local Resources for Visually Impaired:

Contact Information:	Details:
<b>Acuity Optics- Commerce Twp</b> 248-360-4300	
<b>Auburn Hills Eye Care</b> 248-858-2223	Accepts Medicare/Medicaid Diabetic Eye Exams
<b>Birmingham Vision Care- Bloomfield Hills</b> 248-539-4800	
<b>Eye Care America</b> <a href="http://www.aao.org/eyecare-america/">www.aao.org/eyecare-america/</a>	Provides medical eye care only for seniors aged 65 or older who are US citizens or legal residents. Does not belong to an HMO or have eye care benefits through the VA. Not seen an ophthalmologist in three or more years.
<b>Fenton Vision Center</b> 810-629-3070	
<b>Greater Detroit Agency for the blind and visually Impaired</b> 313-272-3900 <a href="http://www.GDABVI.org">www.GDABVI.org</a>	
<b>Independence Township Senior Community Center</b> Center hosts hearing aid assistance days on a monthly basis 248-625-8231	Call for details
<b>Infant See</b> 888-396-3937 <a href="http://www.infantsee.org">www.infantsee.org</a>	Participating optometrists provide a comprehensive infant eye assessment between 6-12 months of age as a no-cost public service
<b>Jade Hearing</b> 248-605-3421 5629 Sashabaw Rd, Clarkston <a href="http://www.jadehearingmi.com">www.jadehearingmi.com</a>	
<b>MAPI Clinic- Lathrup Village</b> 248-996-9214	
<b>Mature Vision Care- Rochester Hills</b> 248-375-9170	
<b>New Eyes for the Needy</b> <a href="http://www.new-eyes.org">www.new-eyes.org</a>	Provides a basic pair of single or lined bifocal lenses for households at 200% less of federal poverty guidelines. A voucher is for individuals who have no other resources to obtain a basic pair of eyeglasses. Applicants must have an eye exam before applying. See the website for application and further details
<b>Oakland County Hearing and Vision</b> 27725 Greenfield Rd, Southfield 248-424-7070 <a href="mailto:www.hearingvision@oakgov.com">www.hearingvision@oakgov.com</a> <a href="http://www.oakgov.com/health">www.oakgov.com/health</a>	Provides screenings for preschool & school age children & treatment referrals

<b>Oakland Talking Book Service – Rochester Hills Public Library</b> (800) 774-4542 or (248) 650-7150 <a href="http://www.otbs.rhpl.org">www.otbs.rhpl.org</a>	-Loans talking books and magazines, large print books, Braille and talking book players to eligible Oakland County residents of all ages
<b>Pearl Vision- Auburn Hills</b> 248-253-0900	
<b>Preferred Vision Services</b> Highland 248-529-6955 Troy 248-524-9581	
<b>Relay Center for Deaf/ Hard of Hearing</b> Dial 711	
<b>Sight for Students</b> 888-290-4964 <a href="http://www.vspglobal.com/cms/vspglobal-outreach/gift-certificates.html">www.vspglobal.com/cms/vspglobal-outreach/gift-certificates.html</a>	Provides free eye exam and glasses to low-income, uninsured children. National programs operate through a network of community partners.
<b>Urban Optiques- Northville</b> 248-347-9090	
<b>Vision Screening</b> 248-424-7070	
<b>Vision Specialists of Michigan- Bloomfield Hills</b> 248-258-9000	
<b>Vision USA</b> 800-766-4466	Provides free eye exams to uninsured, low-income workers and their families
<b>Walmart Vision Center- Rochester Hills</b> 248-853-2711	

## Sexually Transmitted Diseases:

### National Resources for Sexually Transmitted Diseases:

Contact Information:	Details:
<b>American Social Health Association</b> P.O. Box 13827 Research Triangle Park, NC 27709 Main: (919) 361-8400 <a href="http://www.ashstd.org">www.ashstd.org</a>	-Information about STDs/STIs -Talking to your kids -Prevention tips -Support group information
<b>Centers for Disease Control and Prevention</b> 1600 Clifton Rd. Atlanta, GA 30333 (800) 232-4636 E-mail: <a href="mailto:cdcinfo@cdc.gov">cdcinfo@cdc.gov</a> <a href="http://www.cdc.gov">www.cdc.gov</a>	-Fact sheets on various STDs -General STD information -Data & statistics -Treatment guidelines -Key resources

<p><b>Sexuality Information and Education Council of the United States</b>  90 John St. Suite 402  New York, NY 10038  (212) 819-9770  <a href="http://www.siecus.org">www.siecus.org</a></p>	<ul style="list-style-type: none"> <li>-Sexuality education</li> <li>-Sexually transmitted diseases</li> <li>-Sexual &amp; reproductive health</li> <li>-Sexual orientation</li> <li>-Adolescent sexuality</li> <li>-Teen pregnancy</li> </ul>
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## Local Resources for Sexually Transmitted Diseases:

Contact Information:	Details:
<p><b>Oakland County Health Department</b>  1200 North Telegraph, Building 34 East  Pontiac, MI 48341  (248) 858-1280</p> <p>27725 Greenfield Road  Southfield, MI 48076  (248) 424-7000</p> <p><b>Nurse on Call (NOC):</b> (248) 858-1406 or  (800) 848-5533  <a href="http://www.oakgov.com/health">www.oakgov.com/health</a></p>	<p>HIV/AIDS Prevention &amp; Control Program</p> <ul style="list-style-type: none"> <li>-Counseling and testing</li> <li>-Referral services</li> <li>-Confidential</li> <li>-Call 248-858-5416 for more information</li> </ul> <p>Sexually Transmitted Disease Program provides for:</p> <ul style="list-style-type: none"> <li>-Testing and diagnosis</li> <li>-Treatment</li> <li>-Counseling/teaching</li> </ul>
<p><b>Planned Parenthood - Mid and South Michigan</b>  Livonia Health Center  37625 Ann Arbor Rd. #107  Livonia, MI 48150  (734) 591-6544</p> <p>Warren Health Center  29350 Van Dyke Ave.  Warren, MI 48093  (586) 558-0101</p> <p>Or call 800-230-7526 to find a location:  <a href="http://www.plannedparenthood.org/">www.plannedparenthood.org/</a></p>	<ul style="list-style-type: none"> <li>-Birth control services</li> <li>-HIV testing</li> <li>-STD testing &amp; treatment</li> <li>-Men's &amp; women's health services</li> <li>-Pregnancy testing, options &amp; services</li> <li>-Sexual education for patient</li> <li>-LGBT services</li> </ul>

## Skilled Nursing Facilities:

### Local Resources for Skilled Nursing Facilities:

Contact Information:	Details:
<p><b>Canterbury On the Lake</b></p> <p>5601 Hatchery Rd Waterford Twp, MI 48329 248-605-2178</p>	<p>-Canterbury on the Lake is a continuing care senior living community that offers three levels of care under one roof.</p>
<p><b>Regency</b></p> <p>A CIENA Healthcare Community 1901 N. Telegraph Road Waterford, MI 48328 248-732-0906 <b>Email:</b> <a href="https://www.cienahealthcare.com/locations/regency-at-waterford/">https://www.cienahealthcare.com/locations/regency-at-waterford/</a></p>	<p>-Brand new, state-of-the-art skilled nursing community that represents the future of short-term rehabilitation and long-term care facilities.</p> <p>-AHCA Bronze award recipient, offers an innovative, one-story, easy to navigate floor plan, 40 private rooms and 40 semiprivate rooms, six bariatric rooms, a homelike atmosphere</p>
<p><b>Sanctuary</b></p> <p>10770 Elizabeth Lake Road White Lake, MI 48386 248-618-4100 <a href="http://www.SanctuaryWhiteLake.org">www.SanctuaryWhiteLake.org</a></p>	<p>-Offers short-stay <a href="#">Rehabilitation Services</a> to help our short-term guests stabilize, rehabilitate, and return to their normal activities</p> <p>-Works closely with a multidisciplinary team of therapists, state-of-the-art rehabilitation care. A leading advocate of holistic, individual-first health care.</p>

## Smoking Cessation:

### Local Smoking Cessation Programs:

Contact Information:	Details:
<p><b>American Lung Association</b></p> <p>Freedom From Smoking (for adult smokers) Not on Tobacco (for teen smokers)</p>	<p>-<b>Freedom from Smoking</b> teaches adult smokers' skills and techniques to quit; program is available as group clinic, on-line program, and self-help book.</p> <p>- <b>Not on Tobacco</b> is the program for teen smokers;</p>

<a href="http://www.lung.org/stop-smoking">www.lung.org/stop-smoking</a> (800) 586-4872	telephone counseling is also available <b>-Tips for Parents</b>
<b>Blue Care Network</b> <i>Quit the Nic</i> (800) 811-1764 (24-hour enrollment)	-Blue’s free smoking cessation program -Telephone counseling -Work one-on-one with a registered nurse -Provides educational materials
<b>Michigan Tobacco Quitline</b> (800) 784-8669 <a href="http://www.Michigan.quitlogix.org">www.Michigan.quitlogix.org</a>	-Provides free telephone or on-line coaching for uninsured, pregnant women, residents enrolled in Medicare and Medicaid, veterans, cancer patients and American Indians and free nicotine replacement therapy to those who qualify -Informational materials and text messaging is also available
<b>Smokefree.gov</b> (877) 448-7848 – Call from anywhere (800) 784-8669 – Help within state <a href="http://www.smokefree.gov">www.smokefree.gov</a>	-Online guide to quit smoking -Talk to a counselor who can help (English & Spanish) -Access print resources -Find studies

# Tax Preparation

<b>AARP Foundation Tax Aide</b> <a href="http://www.aarp.org/money/taxes/aarp_taxaide">www.aarp.org/money/taxes/aarp_taxaide</a>	Free tax preparation for 50 and older through trained volunteers. More than 5,000 locations nationwide are in neighborhood libraries, malls, banks, community centers and senior centers. AARP membership not required.
<b>Accounting Aid Society</b> 866-673-0873 or 313-556-1920 <a href="http://www.accountingaidsociety.org">www.accountingaidsociety.org</a>	By appointment
<b>GreenPath Debt Solutions</b> 800-550-1961	<b>H &amp; R Block</b> 800-472-5625
<b>Liberty Tax Service Pontiac</b> 248-454-1099	<b>My Free Taxes</b> <a href="http://www.myfreetaxes.com">www.myfreetaxes.com</a>
<b>Macomb Community Action/ Macomb County Office of Senior Services</b> 586-469-6999 <a href="http://www.mca.macombgov.org/MCA-Home">www.mca.macombgov.org/MCA-Home</a>	<b>OLHSA- Oakland Livingston Human Service Agency</b> 248-209-2600 <a href="http://www.olhsa.org">www.olhsa.org</a>
<b>My Free Taxes</b> <a href="http://www.myfreetaxes.com">www.myfreetaxes.com</a>	<b>Smart Tax Professional Services Southfield</b> 248-436-8377

<b>Rochester Hills IRS</b> 800-829-1040	<b>Jackson Hewitt Tax Service</b> 248-681-1177
<b>Turbo Tax</b> <a href="http://www.turbotax.com">www.turbotax.com</a>	<b>VITA (Volunteer Income Tax Assistance)</b> 888-636-4211

## Local Resources for Teens:

<b>#Safe Delivery</b> <a href="http://www.michigan.gov/SafeDelivery">www.michigan.gov/SafeDelivery</a>	-Anonymously surrender a newborn within 72 hours of birth to an emergency service provider – hospital, fire department, police station or by calling 911
<b>AAA Pregnancy Center</b> 734-425-8060 32080 Schoolcraft, Livonia 48150 <a href="http://www.aaapregnancyinfo.org">www.aaapregnancyinfo.org</a>	
<b>Another Way Pregnancy Center</b> 31700 W. 12 Mile Rd, Ste 102 Farmington 48344 248-471-5858 <a href="http://www.Go.womenspregnancy.com">www.Go.womenspregnancy.com</a>	
<b>Baldwin Center</b> 248-332-6101 212 Baldwin Avenue, Pontiac 48342 <a href="http://www.baldwincenter.org">www.baldwincenter.org</a>	Baby formula and layettes when available
<b>Care Net Pregnancy Info Center</b> 2826 Coolidge Hwy Berkley 48072 248-545-6508 or 248-545-6411 24-hour Hot Line: 800-395-HELP	
<b>Catholic Charities of Southeast Michigan</b> 3300 South Adams Rd Auburn Hills 48326 248-537-3300 <a href="http://ccsemi.org">http://ccsemi.org</a>	Focus on adoption
<b>Clinton Township Michigan</b> 24-hour Hot Line 800-712-HELP <a href="http://www.compassionpregnancy.org">www.compassionpregnancy.org</a> email: <a href="mailto:info@compassion.org">info@compassion.org</a>	
<b>Crossroads Pregnancy Center</b> 3205 South Blvd., Auburn Hills 48326 248-293-0070 24-hour Hot Line: 800-293-0070 <a href="http://www.crossroadspregnancy.org">www.crossroadspregnancy.org</a> email: <a href="mailto:crossroadspregnancycenter@gmail.com">crossroadspregnancycenter@gmail.com</a>	

<b>Kids Health</b> <a href="http://www.kidshealth.org">www.kidshealth.org</a>	-provides information for teens and parents on many teen topics
<b>Maternal Outreach of Michigan</b> 248-955-3053 or 888-240-2442 <a href="http://www.maternaloutreachofmichigan.org">www.maternaloutreachofmichigan.org</a>	Resource website
<b>Miracles for Moms &amp; Babes</b> 248-443-4962 29508 Southfield, Ste 206, Southfield, 48076	
<b>Oxford Pregnancy Center</b> 248-969-2177 35 North Washington St., Oxford 48371 <a href="http://www.oxfordpregnancycenter.org">http://www.oxfordpregnancycenter.org</a>	
<b>Planned Parenthood</b> (800) 230-7526 <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	-provides sexuality information for teens, parents, and educators
<b>Second Chance Counseling Services</b> 16250 Northland Dr, Ste 375 Southfield 48075 248-864-8475 or 888-428-2910 (after hours emergency contact)	

## Transportation:

### Local Resources for Transportation:

Contact Information:	Details:
<b>Ambu - Trans, Inc.</b> 24782 Hathaway St. Farmington Hills, MI 48335 (248) 471-7400	
<b>Freedom Road Transportation</b> 1520 S. Lapeer Rd, Ste 108, Lake Orion 248-232-1259 <a href="mailto:info@freedomtransportation.org">info@freedomtransportation.org</a>	Serving Oakland County. Freedom Road Transportation (FRT) is a non-profit organization that seeks to empower low-income people with a convenient and cost-effective transportation option. Most riders use our program for doctor appointments, employment, worship services and grocery store
<b>Give-A-Lift</b> 17800 Northland Park Southfield, MI 48075 (248) 569-5010 Email: <a href="mailto:info@givealifttransportation.com">info@givealifttransportation.com</a>	-24 hours' notice -Wheelchair lift vans
<b>GoGoGrandparent</b> (855) 464-6872	Curb to curb services. \$6.36 minimum: \$0.70/mile: \$0.32/minute. Offers text family updates & can have a ride within 15 minutes



<p><b>Independence Township Senior Center</b> 248-625-8231</p>	<p>Participants must be 55 and older adults or adults with disabilities over 18 and residents of independence township, Springfield township or City of Clarkston. Cost share of \$3 each way. Available Monday-Friday from 8:30a-4p</p>
<p><b>Jewish Family Services</b> (248) 592-2266 (248) 592-2313</p>	<p>-Advanced reservations required -Wheelchair transportation available</p>
<p><b>LogistiCare (LGTC)</b>  (866) 569-1902 (routine transport) (866) 569-1908 (reoccurring standing order transport)</p>	<p>-Manages ambulatory and wheelchair/medivan non-emergency medical transportation for people in Wayne, Oakland and Macomb on Medicaid or dually enrolled Medicaid/Children’s Special Health Care Services and have no other way to get a ride</p>
<p><b>Loving Touch Transportation</b> (586) 992-1024 <a href="http://www.lovingtouchtransportation.com">www.lovingtouchtransportation.com</a></p>	<p>\$30 each way + \$3/mile; 24/7 service. Offers medical transportation services</p>
<p><b>Milford / Highland Transport Route Schedule</b> (248) 887-4979</p>	<p>-24 hours’ notice -Provides service to residents 55 and older and adults with disabilities</p>
<p><b>ModivCare</b> 866-588-5122 (TTY:1-866-288-3133)  Check your Summary of Benefits or call customer care to see if a plan is included.</p>	<p>Through Humana. M-F, 8a-5p. 72-hour advance notice, but no more than 2 weeks before appt. Will need Humana member number, name, and address of medical provider, appt day and time, pick time and location. A trip is considered one way.</p>
<p><b>Myride2</b> <a href="http://www.myride2.com">www.myride2.com</a> 1.855.697.4332</p>	<p>-Helps seniors and adults with disabilities in Oakland and western Wayne counties in Michigan find transportation - Multilingual</p>
<p><b>Neighborhood House (Rochester Area)</b> 1234 Inglewood P.O. Box 80112 Rochester, MI 48308 (248) 651-5836 <a href="https://www.ranh.org/">https://www.ranh.org/</a></p>	<p>-48 hours’ notice -Greater Rochester area -Wheelchair accessible vehicle available -No charge (\$2 donation encouraged) -Monday-Friday: 8:30am-3:30pm</p>
<p><b>NOTA –North Oakland Transport Authority</b> 248-693-7100 <a href="mailto:dispatchers@ridenota.org">www.dispatchers@ridenota.org</a> Serving: Orion, Oxford, Addison Township</p>	
<p><b>Novi Senior Transportation</b> 45175 Ten Mile Rd. Novi, MI 48375 (248) 735-5617</p>	<p>-48 hours’ notice -Residents of Novi age 55 or older or physically challenged non-seniors</p>
<p><b>Papuga Transportation</b> (248) 978-2717 <a href="http://www.papugatransportation.com">www.papugatransportation.com</a></p>	<p>-Available 7 days a week -Accepts most insurances -Wheelchair accessible and can accommodate oxygen</p>

<b>Rehab Transit</b> 38777 Six Mile Rd. Livonia, MI 48152 (800) 306-6406	-minimum 48 hours' notice -Livonia area
<b>Rochester Hills Senior Services</b> (248) 370-9353	
<b>Roundtrip</b> <a href="https://www.roundtriphealth.com/#healthcare">https://www.roundtriphealth.com/#healthcare</a>	Through our digital transportation marketplace, we connect patients with non-emergency medical transportation (NEMT) such as rideshare, medical sedans, wheelchair vans, and stretcher vehicles exactly when and where they need it.
<b>SMART</b> Buhl Building 535 Griswold Street Suite 600 Detroit, MI 48226 Auburn Hills (866) 962-5515 E-mail: <a href="mailto:postmaster@smartbus.org">postmaster@smartbus.org</a> <a href="http://www.smartbus.org">www.smartbus.org</a>	-Wayne, Oakland, Macomb Counties -Fixed routes, connector, and community transit -Provide curb-to-curb transportation
<b>Smart Flex</b> 734-212-8429 <a href="http://www.Ridesmartflex.org">www.Ridesmartflex.org</a>	Pontiac Zone. Fares range \$2-\$8. Smart/Dart passes valid. Smart Value passes are <b>NOT</b> accepted. Hours 7 days a week. 6am-11pm.
<b>Travelers Aid Society</b> 65 Cadillac Square, 30 <sup>th</sup> floor Detroit, MI 48226 (313) 962-6740 Email: <a href="mailto:info@tasmd.org">info@tasmd.org</a> <a href="https://www.tasmd.org/">https://www.tasmd.org/</a>	-Transportation for doctor appointments & job interviews
<b>Troy Medi-Go Plus</b> 3179 Livernois Rd. Troy, MI 48083 (248) 457-1100 <a href="http://www.troymedigo.org/">http://www.troymedigo.org/</a>	-2 days - 2 weeks' notice -Troy residents and surrounding area age 60 and older
<b>Troy People Concerned</b> 2045 Austin Dr. Troy, MI 48083 (248) 528-9199 <a href="http://www.troypeopleconcerned.org/">http://www.troypeopleconcerned.org/</a>	-Agency will refer you to available service(s)
<b>Veteran's Services</b> (248) 858-0785 <a href="https://www.oakgov.com/veterans/Pages/default.aspx">https://www.oakgov.com/veterans/Pages/default.aspx</a>	-Services for veterans only
<b>Waterford Senior Center</b> (248) 682-9450 <a href="https://www.waterford.k12.mi.us/community/facilities/waterford-senior-center/">https://www.waterford.k12.mi.us/community/facilities/waterford-senior-center/</a>	--For Waterford residents -Will provide transportation within Waterford and Clarkston; on Thursday will provide transportation to the Pontiac area -\$3 each way; \$4 each way for the Pontiac area

<p><b>West Bloomfield Township Senior Center</b>  (248)723-3500  <a href="http://www.bloomfieldtwp.org/">http://www.bloomfieldtwp.org/</a></p>	<p>-requires a 3-day notice  -transportation is limited to within 8 miles of Bloomfield Township</p>
<p><b>WOTA –West Oakland Transport Authority</b>  205 w. Livingston Rd.  Highland, MI 48357  248-887-4979  <a href="http://www.ridewota.org">www.ridewota.org</a>  Serving Highland, Walled Lake, Waterford, White Lake.</p>	<p>-You must be a tax-paying resident of the Townships of Highland, White Lake, Waterford, or the City of Walled Lake, with proof of residency. 2. You must be either a senior (55+ years old) or disabled (18+ years old, with professional verification). 3. The following items are necessary to qualify: a. WOTA Application Passenger Information Form, b. Proof of residency (driver’s license, current utility bill, etc.) with your name and address, c. If disabled, a Professional Verification Form is to be completed by a health professional for instance a doctor, counselor, physical therapist, etc., proving your disability. We allow up to 60 days to have this completed, d. The process will generally take 2-4 days to be registered once all documents have been received via general mail. If registration is emailed, we can complete the process within 24 hours.</p>

## Traveler’s Health:

### National Resources for Traveler’s Health:

Contact Information:	Details:
<p><b>Passport Health</b>  First class medical care for travel anywhere  Locations in Ann Arbor, Farmington Hills, Troy, and St. Clair Shores  (888) 499-7277  <a href="http://www.passporthealthusa.com">www.passporthealthusa.com</a></p>	<p>-Travel insurance information  -Vaccines &amp; consultation  -Information on Yellow fever and Malaria  -Passport &amp; visa expeditor  -Health alerts</p>
<p><b>U.S. Centers for Disease Control – Travel</b>  <a href="http://www.cdc.gov/travel">www.cdc.gov/travel</a>  Hotline: (800) 232-4636</p>	<p>-Information on which vaccines and medications you need for the country you will be visiting</p>

### Local Resources for Traveler’s Health:

Contact Information:	Details:
<p><b>Botsford General Hospital Travel Clinic</b>  28080 Grand River Avenue  Farmington Hills, MI 48336  (248) 471-8920</p>	<p>-Help you stay safe and healthy by reviewing your itinerary and vaccination history  -Assess this information, along with the current travel recommendations from the Centers for</p>

<a href="http://www.botsford.org/travel">www.botsford.org/travel</a>	Disease Control and the World Health Organization, and then offer vaccinations appropriate to your health and travel itinerary
<b>Henry Ford Travel Medicine</b> Novi: (248) 344-0723 <a href="http://www.henryford.com">www.henryford.com</a>	-Immunizations for patients of all ages -Nurse will assist you in ensuring you have the proper medications with the proper dosages -Health counseling for travelers -Provide updated information about your destination
<b>InterHealth Health Care for International Travelers</b> Beaumont Hospital 3601 W. Thirteen Mile Road Royal Oak, MI 48073 (248) 551-0495 <a href="http://www.beaumonthospitals.com/interhealth">www.beaumonthospitals.com/interhealth</a>	-Pre-Travel Evaluation and Counseling -On-Trip Prevention and Management -Post-Travel Evaluation and Treatment -Immunizations and Validations of Official Certificate of Vaccination -Disease Prevention Guidelines -Health Insurance Information
<b>Macomb County Health Department</b> One South Main 8 <sup>th</sup> Floor Mt. Clemens, MI 48043 (586) 783-8190 <a href="http://www.macombcountymi.gov">www.macombcountymi.gov</a>	-Walk-in basis or appointments -Vaccinations -Information on children's immunizations -TB testing
<b>Newland Medical Travelcare</b> (248) 663-2004 Farmington Hills: (248) 419-3474 <a href="http://www.newlandmedical.com">www.newlandmedical.com</a>	-Assess your individual needs, prescribe, and administer immunizations and medications and discuss precautionary measures for dietary and recreational activities -Latest information on health risks and requirements for each destination
<b>Oakland County Health Division</b> Locations in Pontiac and Southfield Nurse on Call: (248) 858-1406 Toll free: (800) 848-5533 <a href="http://www.oakgov.com/health">www.oakgov.com/health</a>	-Immunizations against diphtheria, tetanus, pertussis, measles, mumps, rubella, haemophilus influenza B, hepatitis A & B, HPV4, meningococcal, polio, rotavirus, varicella, shingles, rabies, seasonal influenza, pneumonia

# Utility Assistance

<b>Action Center North Macomb County Community Services Agency- Community</b> 586-749-5146 <a href="http://www.mca.macombgov.org/MCA-Home">www.mca.macombgov.org/MCA-Home</a>	
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<b>Catholic Community Response Team</b> 132 Franklin, Ste 203, Pontiac 248-499-9621	Pontiac residents only
<b>Community Sharing</b> 5061 Duck Lake, Highland, 248-889-0347	For residents of Huron Valley School District only
<b>DHS 248-975-4800</b> 28 N. Saginaw Rd, Pontiac 48342 <a href="http://www.mibridges.michigan.gov/access">www.mibridges.michigan.gov/access</a>	
<b>Home Injury Control</b> 586-469-5228	Home repairs Must qualify. Cost
<b>Home Preservation/ Energy Group</b> 586-469-6329	Must qualify. Wall insulation Attic insulation and ventilation Floor/ foundation insulation Air leakage reduction Furnace repair or replacement Other energy saving measure
<b>Love, Inc. 248-693-4357</b> Lake Orion	Connects clients with potential local resources
<b>OLHSA- Oakland Livingston Human Service Agency</b> 248-209-2600 <a href="http://www.olhsa.org">www.olhsa.org</a>	Administers the State Emergency Fund (SEF). Accepts applications for the Heat and Warmth Fund (THAW)
<b>Rochester Area Neighborhood House 248-651-5836</b> 1726 S. Livernois, Rochester 48307 <a href="http://www.ranh.org">www.ranh.org</a>	Serves Rochester, Rochester Hills, Oakland Twp., Addison Twp., Auburn Hills
<b>Salvation Army 248-334-2407</b> 34 Oakland Avenue, Pontiac 48342	
<b>Senior Chore Program</b> 586-469-5228	Must meet criteria. Snow removal, lawn care Cost
<b>Southfield Human Services 248-796-4700</b> 26000 Evergreen Rd, Southfield	For Southfield residents only
<b>St. Vincent DePaul</b> 313-393-2930	
<b>THAW 800-866-THAW (8429)</b> 313-226-9475 535 Griswold, Ste, 200, Detroit 48226 <a href="http://www.thawfund.org">www.thawfund.org</a>	Offers multiple assistance programs such as MEAP, iHeal and MSP
<b>Troy People Concerned 248-528-9199</b> 2045 Austin Drive, Troy	Connects clients with appropriate resources
<b>Wayne Metro Community Action Agency</b> 734-284-6999	

<p><b>WRAP (Water Residential Assistance Program)</b>  313-386-WRAP (9727)  <a href="http://www.waynemetrol.org/wrap">www.waynemetrol.org/wrap</a></p>	<p>Participants must be residents of Bingham Farms, Commerce Township, Ferndale, Farmington Hills, Keego Harbor, Madison Heights, Orchard Lake, Orion Township, Pontiac, Royal Oak, Southfield are officially participating in OLHSA’s program. Residents of participating communities can make an appt at OHLSA by contacting the program administrator at Wayne Metro Community Action Agency.</p>
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## Local Resources for Veterans:

<p><b>Michigan Department of Health and Human Services</b>  <a href="http://www.michigan.gov/dmva">www.michigan.gov/dmva</a></p>	<p>-Directory of information to assist veterans</p>
<p><b>Michigan Veterans Affairs Agency</b>  800-642-4838  <a href="http://www.michiganveterans.com">www.michiganveterans.com</a></p>	
<p><b>Oakland County Veterans Services</b>  248-655-1250  <a href="http://www.oakgov.com/veterans">www.oakgov.com/veterans</a></p>	<p>Assists Oakland County veterans and their dependents in obtaining federal and state benefits</p>
<p><b>Supportive Services for Veteran Families (SSVF)</b>  517-599-6954  <a href="mailto:www.veterans@olhsa.org">www.veterans@olhsa.org</a>  196 Cesar Chavez Pontiac, 48342  2300 E. Grand River Ave, Ste 107, Howell 48843</p>	<p>Assisting homeless veterans in Genesee, Lapeer, Livingston, Macomb, Oakland, and Shiawassee Counties with housing.</p>
<p><b>Veteran’s Services</b>  1200 N. Telegraph Rd.  Pontiac, MI 48341  Benefits: (800) 827-1000  Health Care: (877) 222-8387  <a href="http://www.va.gov">www.va.gov</a>  <a href="https://www.benefits.va.gov/pension/aid_attendance_housebound">https://www.benefits.va.gov/pension/aid_attendance_housebound</a></p>	<p>-Provides information on programs &amp; services offered to eligible veterans. Veterans and survivors who are eligible for a VA pension and require the <b>aid &amp; attendance</b> of another person, or are <b>housebound</b>, may be eligible for additional monetary pymt.</p>
<p><b>Wayne County Veteran Services</b> 313-224-5045  <a href="http://www.waynecounty.com/hvcw/veterans">www.waynecounty.com/hvcw/veterans</a></p>	

## Weight Management:

### Local Weight Management Programs:

Contact Information:	Details:
<p><b>Blue Care Network and Michigan Institute for Health Enhancement</b>  <i>Weigh to Go</i>            (248) 475-4880</p>	<ul style="list-style-type: none"> <li>-Free weight-loss and fitness program for members 18 and older</li> <li>-Initial assessment and registration through the Michigan Institute for Health Enhancement</li> <li>-Provides educational materials, journals, on-going support, and incentives</li> </ul>
<p><b>Medical Weight Loss Clinic</b>            1-800-438-7546  <a href="http://www.mwlc.com">www.mwlc.com</a></p>	<ul style="list-style-type: none"> <li>-Multiple locations in the area</li> <li>-Programs for adults, new moms, &amp; teens</li> </ul>
<p><b>St. John's Providence Children's Hospital</b>            313-343-7047</p>	<ul style="list-style-type: none"> <li>-<b>Free</b> 12-week Pediatric Weight Management Program has an initial evaluation, 12 one-hour group treatment sessions, and follow-up assessments for children between the ages of 7 and 18 years old.</li> </ul>
<p><b>Trinity Health Oakland</b>  <i>Michigan Bariatric Institute</i>            (877) 949-9344</p>	<p>Program offers a multidisciplinary team approach to weight loss surgery including:</p> <ul style="list-style-type: none"> <li>-surgeons, registered dietitians, registered nurses, psychologists, exercise physiologists</li> </ul>
<p><b>Trinity Health Oakland</b>  <i>Metabolic Nutrition and Weight Management</i>            (248) 858-2475</p>	<ul style="list-style-type: none"> <li>-Program is science-based approach to optimal health and wellness</li> <li>-provides a combination of individual clinical and group education and motivational meetings</li> <li>-please call to register for a seminar</li> </ul>
<p><b>Trinity Health Oakland</b>  <i>Senior Fit: A Fitness Program for Senior Adults</i>            (248) 858-2545</p>	<ul style="list-style-type: none"> <li>-Certified exercise professional to conduct sessions</li> <li>-SJMO Faith Community Nurse (RN) to monitor blood pressure and offer health goals and health instruction</li> <li>-Open to adults aged fifty-five and up</li> <li>-Eight-week sessions</li> <li>-Physician approval required</li> <li>-First meeting includes registration and a fitness assessment</li> <li>-Free admission</li> </ul>