

## Breast Care and Family Planning

### Breast and Cervical Cancer Control Program

(1-800)-922-MAMM

Michigan Department of Community Health-Females ages 40 through 64

Have an **income**  $\leq$  250% of federal poverty level (see chart)

Be **uninsured** (NOTE: Women who are underinsured MAY be eligible for the BCCCP.)

The program provides breast and cervical screening and diagnostic services to eligible women who otherwise would not have access to these services.

### BRAvo for Women- Free Mammogram Program

(586) 493-3474

MCLaren Macomb offers a free mammogram program for uninsured women in the Macomb County.

Must meet the following guidelines:

1. Proof of residency- Macomb County
2. Income- Maximum of \$22,340 for 1 household dependent, \$30,260 for 2 dependents, \$38,180 for 3 dependents, \$46,100 for 4 dependents, \$54,020 for 5 dependents
3. Age- 40 years or older OR under 40 with a family history of breast cancer OR under 40 with a physician referral for diagnostic mammogram.

\*Uninsured patients who do not meet all the criteria below may be eligible for a reduced rate on a screening mammogram.

### Breast and Cervical Cancer Control Program- Macomb County

(586)783-2222

Now administered by Macomb Care Connect (previously by the Health Dept), BCCCP provides uninsured women ages 40-64 with free breast and cervical cancer screening, including pelvic exams, pap smears, clinical breast exams, mammograms, and patient education. The income limit is 250% of poverty: \$2395 per month for 1, \$3233 for 2, \$4070 for 3, etc. Any person diagnosed with breast or cervical cancer through this program will receive treatment.

### McClaren Breast Center

(586)493-8000

Free/Reduced Cost for Macomb County

Call to fill out form to qualify, otherwise \$75

### Plan First

(1-800) 642-3195 TTY (1-866) 501-5656

Michigan Department of Community Health-Family Planning Program for females ages 19 through 44 years of age

Who are not currently Medicaid eligible

Who have family income at or below 185% of the federal poverty level (FPL).

DHS will determine eligibility for this program

## Services for Expecting/ New Mothers

### Michigan Women, Infants and Children

1-800-26-BIRTH or 1-800-262-4784

The mission of the Michigan WIC program is to improve health outcomes and quality of life for eligible women, infants and children by providing nutritious food, nutrition education, breastfeeding promotion and support, and referrals to health and other services

### Compassion Pregnancy Center

37540 Gratiot (north of 16 Mile Rd), Clinton Twp

(586)783-2229

Maternity Clothes, supplies, car seats, some diapers, counseling and more are provided

### Baby Pantry- PROJECT HOPE

586-755-7980

Project Hope is a newborn baby pantry sponsored by Catholic Services of Macomb in Warren. Project Hope is available to any family currently residing in Macomb County. It has a large supply of new baby and infant items, such as diapers and wipes, clothing, blankets, etc., and will provide eligible families with material assistance on a one-time only basis.

### Diapers

May be available for those in need from The Diaper Depot (below); the food pantries at DHS offices; Compassion Pregnancy Center, CLINTON TWP (above); ; New Haven Pantry, NEW HAVEN 586-749-3688; Lakeside Bible Chapel STERLING HGTS 586-247-5226; Abigayle Ministries STERLING HGTS 586-323-1411; Birth Right UTICA 586-254-5930; The HOPE Center FRASER 586-294-4673; Erin Presbyterian Church ROSEVILLE 586-777-9200; St. Athanasius ROSEVILLE 586-772-1170; Macomb Feeding the Need ROSEVILLE 586-945-7090; Mt. Calvary WARREN 586-758-3940; and Maternal Outreach of Michigan 888-240-2442 16 months or younger—will also offer Medicaid services

### The Diaper Depot

586-466-6800 (referral required)

South East Health Department (SEHD) has a community Diaper Depot open for all of Macomb County residents. Diapers of all sizes, infant thru adult, are available. A referral must be faxed to SEHD from an agency or church can be picked up the next working day 8:30 to 4:30 pm. Directions are on the referral form (which can be emailed to them by Patrice Plott RN, 466-6800).

### La Lache League

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

Information and support for breast-feeding

### **Focus Hope**

(586)469-6964

Free monthly food for pregnant and post-partum women and children up to age 6 who do not receive WEIC. Income guidelines: 185% of poverty level.

## **Services for Children**

### **Children/Family Grief Support: Gabby's Ladder**

(734)242-8773

431 st Elm Ave.

Monroe, MI 48162

Services are free. Weekly program for children of all ages learning to live with the loss of a parent, grandparent, sibling or friend.

### **McLaren Children's Health Services**

(248) 334-0024

Free medical services for children birth to 18 years of age residing in Oakland County

### **Child Protective Services. Michigan Department of Human Services**

If you suspect abuse or neglect of a child, call [1-855-444-3911](tel:1-855-444-3911) any time day or night

### **CARE House of Oakland County**

<http://www.carehouse.org/>

(248)332-7173

Child sexual and physical abuse center

### **Wayne County Health and Family Services Head Start**

For enrollment information, call Wayne County Health and Family Services [1-866-534-KIDS](tel:1-866-534-KIDS)

Provides comprehensive child development services to economically disadvantaged children and families, with a special focus on helping preschoolers develop the early reading and math skills they need to be successful in school

### **Wayne County Children's Healthcare Access Program (WCHAP)**

<http://wchap.org/>

Asthma education with home and school visit programs.

FitKids360 Program- family-focused, for weight management for kids with a BMI >85 percentile.

Programs free of cost for all types of Medicaid patients in Wayne County

### **Teen Dating Violence**

<http://michigan.gov/datingviolence>

## Tips for Teens

<http://store.samhsa.gov/list/series?name=Tips-for-Teens>

Offers free brochures that focus on drug/alcohol use and high risk sexual activity prevention

## Father Pop's Medical Clinic

20 Whitmore Street, Pontiac, Michigan 48341

(248) 334-2126 (Call ONLY on Mondays after 1:45 p.m. and Wednesdays after 3:30p.m.)

Father Pop's Clinic offers blood pressure screening, flu shots and Vitamin B shots as well as physician and chiropractic care. An appointment is necessary to meet with a physician and chiropractor. No appointments needed for vaccines or blood pressure checks.

## Childhood Obesity Weight Management

### Beaumont Healthy Kids Program: Beaumont Weight Control Center

4949 Coolidge Highway, Royal Oak, MI 48073

<http://www.beaumontchildrenshospital.com/weight-loss>

Phone: 248-655-5900 / 888-899-4600

Description: Children can build a foundation for a lifetime of healthy habits by learning how to eat a balanced diet and be physically active. The Healthy Kids Program teaches children and their parents how to improve their health with nutrition, exercise and behavior changes. The Healthy Kids Program is a 12-session program for children ages three to 18 and takes a family approach to living a healthy lifestyle. Private sessions with a psychologist, dietitian and exercise physiologist, as well as fun family activity sessions, benefit the entire family. The child gains the support he or she needs to maintain a healthy lifestyle from childhood throughout adulthood.

### Health Alliance Plan – Weight Management

<http://www.hap.org/health/programs/weightmanagement.php>

HAP HMO Clients (800) 422-4641 Alliance Clients (888) 999- 4347

E-mail: [weightwise@hap.org](mailto:weightwise@hap.org)

Description: The HAP Weight Wise Program is a dietitian-led program that includes educational sessions, a healthy cookbook, educational materials, e-mails, reunion sessions and other opportunities for on-going support. HAP Weight Wise events are currently offered to women, couples, seniors, and families. The HAP Weight Wise Program received a *Michigan Steps Up* award in 2005.

### Helen DeVos Children's Hospital Healthy Weight Center

330 Barclay NE Suite 303

Grand Rapids, MI 49503

<http://www.helendevoschildrens.org/healthyweightcenter>

Phone: (616) 391-7999

Description: The Helen DeVos Children's Hospital Healthy Weight Center is a comprehensive program for children and adolescents ages 5 to 17. One of 25 children's hospitals in the nation working together to provide best practice medical treatment, nutrition information, education, exercise and clinical research to help children attain and maintain optimal weight. All patients and a parent/or guardian are asked to attend two initial assessment visits that will include: physician examination, body composition testing, lab work, nutrition assessment, physiological assessment, social work assessment and physical activity assessment.

### **Henry Ford Health System Pediatrics Let's Get Healthy!**

<http://www.henryford.com/letsgethealthy>

Phone: (313) 874-6653

**Let's Get Healthy!** offers guidance, insights and education from a team of dedicated Henry Ford experts from multiple disciplines, including a pediatrician, nutritionist, behavioral health therapist and athletic trainer. Working together, these committed individuals collaborate with parents and their child to offer specific individualized solutions. The Let's Get Healthy! team shares a passion for reaching children using engaging messages that reshape thinking on food, nutrition and exercise. With an emphasis on behavior modification, participants develop a healthy lifestyle by increasing their knowledge of proper nutrition and exercise.

### **Medical Network One / Michigan Institute for Health Advancement Kids and Teens Program**

4986 N. Adams Rd, Rochester, MI 48306

<http://www3.mednetone.net/OurStory/News/tabid/93/ArticleID/9/ArtMID/599/Default.aspx>

Phone: (248) 475-4844

Description: Kids and Teens Program is a lifestyle solution for children and their families that empowers them to use basic and easy to understand skills about how to eat and live a healthier life. Participants are taught about the basic food groups, correct portion size, feelings that affect eating, healthy restaurant eating, meal planning and setting goals. The programs provides individualized long term goals and a continuing plan to follow upon completion of the program.

### **St Joseph Mercy Health System Shapedown Program**

Ann Arbor (734) 712-5800 <http://www.stjoesannarbor.org/shapedown>

Oakland (248) 858-2556 <http://www.stjoesoakland.org/Weight-LossPrograms>

**Shapedown®** for Kids is a national weight management program for families. Parents and children (ages 6-18) work together as a team with a social worker, registered dietitian, and exercise specialist in a 10 week weight management program to learn how healthy eating, an active lifestyle and effective communication promote weight loss and family unity. The Shapedown program offers group and individual counseling:

#### ***Unique Program Strengths***

- Stresses healthy eating rather than dieting
- Activity involves the entire family
- Allows parents to learn positive modeling techniques
- Emphasizes improvement in the child's overall self-esteem
- Taught in a group setting so parents and children gain support from others

Offers ongoing long-term follow-up

**University of Michigan Pediatric Comprehensive Weight Management Center**  
**MPOWER Michigan Pediatric Outpatient Weight Evaluation and Reduction Programs**

1500 E. Medical Center Drive, 1924 Taubman Center, Ann Arbor, MI 48109-0318

<http://www.uofmhealth.org/medical-services/ped-weight-management>

<http://www.med.umich.edu/mpower/clinical/mpowerjr/index.shtml>

(734) 615-3829

Email: [peds-mpower@med.umich.edu](mailto:peds-mpower@med.umich.edu)

Description: The University of Michigan C.S. Mott Children's Hospital Pediatric Comprehensive Weight Management Center has a team of experienced providers (physicians, dietitian, psychologist, social worker, exercise physiologist and physician assistant) dedicated to the evaluation and treatment of obese adolescents (ages 12-18) through the MPOWER program and youth (aged 7-11) through the MPOWER Juniors Program.

These intensive 6-month programs utilize a comprehensive approach to help families face the challenge of achieving sustained weight loss.

**MHealthy**

**University of Michigan Health System Community Health Services**

2850 S. Industrial, Suite 600, Ann Arbor, MI 48104-6773

<http://hr.umich.edu/mhealthy/>

(734) 975-3024

[mfit-weight-management@med.umich.edu](mailto:mfit-weight-management@med.umich.edu)

Description: MHealthy (previously MFit) offers wellness and health risk reduction services for U-M faculty & staff, dependents, and retirees, as well as for the general public and Michigan businesses. To help empower participants to manage their health for life, the program focuses on five lifetime strategies for success: a healthy environment, a can-do attitude, being physically active, making educated food choices, and tracking behavior changes.

## Dental Resources

**Adult Dental Resources**

<http://julieslist.homestead.com/AdultDentalResources.html>

A list of dental resources available throughout the state of Michigan.

[www.dentalhealthcouncil.org/community\\_clinics.html](http://www.dentalhealthcouncil.org/community_clinics.html)

(248)559-7767

**Macomb County**

**Quality Dental Associates**

58144 Gratiot Suite 316 New Haven, MI

(586)749-3333

Fees: Cleaning, exam and x-ray \$50, Fillings starting at \$80.

Services: General dentistry, root canals, crowns, extractions. Uses nitrous oxide for some patients for sedation.

### **Macomb County Department of Health**

27690 Van Dyke, Warren

(586)465-9154

Must be a Macomb County resident and file an application with proof of income to obtain a reduced set fee.

Fees: \$341 for complete dentures, \$380 for partial dentures, \$412 for crowns

Services: General dentistry. No extractions or emergency care.

### **Macomb County Discount Dental Program**

(586)469-6313

Eligibility: All Macomb county residents who pay a \$69 annual membership fee

Fees: 25-50% discount on all dental services as decided by participating dentists

Services: General dentistry and specialty services from dentists in the network

### **Superteeth**

23105 Van Dyke (1/2 block north of 9 mile) Warren, MI

(585) 756-6888

Fees: \$99/service (surgical extraction fees range from \$187-\$275)

Services: All services include exams and x-rays. Check-up, cleaning, gum treatment, filling, simple extraction, replacement crown (cap) or bridge.

### **In-home Dental Services for homebound patients**

(586) 873-5567

[www.portabledebtalservices.com](http://www.portabledebtalservices.com)

Services: Cleaning, digital x-rays, exams, extractions, fillings, root canals, dentures, ect. For homebound, physically challenged or health impaired children and adults. Medicaid and Medicare not accepted. Fee for service with some dental plan reimbursement available.

### **Smiles Change Lives**

(816) 421-4949

[info@smileschangelives.org](mailto:info@smileschangelives.org)

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

Services: Braces for children ages 10-18 form low-income families.

Approved families agree to pay a \$600 Program Fee for access to SCL's provider network.

### **Michigan Donated Dental Services**

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

One-time donated dental care for low income elderly aged 62 and older and disabled. Applicants must complete an application and are put on a waiting list (about 2-6 months). Qualified individuals are treated at no cost;

## ***Oakland County***

### **Baker College of Auburn Hills**

(248) 276-6664

Routine dental care for children and adults at costs which are significantly below standard fees. Services are provided by students at the clinic, who are working under direct supervision of dentists and dental hygienists. Appointments are available to anyone in the community.

### **Baker College Dental Hygiene Clinic**

1500 University, Auburn Hills

(248)276-6664

Fees: Cleaning for children ages 3-14, \$15. Cleaning for healthy adults, \$25. Periodontal work, \$50. X-rays, \$20.

Services: Exam, x-rays, cleaning, no restorative work.

### **Oakland County Community College, Waterford, Dental Hygiene Clinic- Highland Lakes Campus**

7350 Cooley Lake Road, Waterford, MI

(248) 942-3260

Fees: Children 14 and younger \$15 and Adults, \$25.

Services: Cleaning, exams, x-rays. No restorative work. General dentistry work is referred to University of Detroit Mercy Dental School.

### **Oakland County Discount Dental Program**

[www.pcdiscountdental.com](http://www.pcdiscountdental.com)

Eligibility: All Oakland County residents who pay \$69 annually or \$6.95/mo. Membership fee. Must select dentists from Dentemax network of providers.

Fees: 20-40% discount on regular fees, as decided by participating dentists.

Services: General dentistry and specialty care.

## **Tri-County Dental Health Council's Senior Dental Program**



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

(248) 559-7767

Eligibility: Uninsured Wayne, Oakland, or Macomb Co. residents who are over age 60 years and who need substantial dental treatment. Household income must be at or below 200% of the federal poverty level.

Fees: 10-30% of usual dental fees plus lab bills, if any

Services: Clients will be matched with a volunteer dentist who provides general and specialty dental services. Excludes implants, some denture services, and some surgeries.

### **Washtenaw County**

#### **University of Michigan School of Dentistry**

1011 N. University, Ann Arbor.

(734)763-6933

Fees: 1/3 less than traditional fees. Payment plans available. Emergency exam, \$48.

Services: General dentistry and all dental specialties

### **Wayne County**

#### **C.H.A.S.S. Midtown Center**

7436 Woodward, Detroit MI

(313)556-9908

Accepts only C.H.A.S.S patients.

Fees: Sliding fee scale based on income and ID. Services begin at \$20

Services: Exam, x-rays, cleaning, general dental care.

#### **Detroit Receiving Hospital- Oral Surgery Clinic**

4201 St. Abtoine, First Floor F2, Detroit

(313)745-4696

Serves: People on Medicaid and those who are uninsured, as well as people who have disabilities or are mentally compromised.

Fees: If no insurance, must bring a minimum of \$125.

Services: Oral surgery and emergency extractions only.

#### **University of Detroit School of Dentistry (and separate pediatric clinic)**

2700 Martin Luther King, Detroit

(313)494-6700

Fees: 25-50% off usual dental fees

Services: Emergency care, general dentistry, root canals, oral surgery.

**Covenant Community Care Center Family Dental Center**

559 W. Grand Blvd. Detroit, MI

(313)554-3880

Fees: Sliding fee schedule, need proof of income and Michigan residency.

Services: Preventative, fillings, root canals, crowns, dentures

**St. John General Dentistry Services and Oral Surgery Services**

7815 E. Jefferson, Suite 2B Detroit

(313)499-4775

Fees: Treats Medicaid patients and offers reduced fees for people who are uninsured or underinsured.

Services: General dentistry, root canals, crowns.

**Wayne County Community College District- Dental Hygiene Clinic**

8200 W. Outer Drive, Detroit MI

(313)943-4040

Fees: Cleaning, Children, \$8, adults, \$10-12

Services: Cleanings, deep cleanings, x-rays, dental exam, teeth whitening.

**Vision**

**Lions Club's**

Lions of Michigan State Office, 5730 Executive Drive, Lansing, MI 48911

1-517-887-6640 ext. 10 or 11 or 1-517-887-6641 ext. 10 or 11

Fax: 1-517-887-6642

[lions@lionsofmi.com](mailto:lions@lionsofmi.com)

Lion's Club's around the world are involved in many sight-related areas in order to help prevent blindness.

**Vision  
USA**

(800) 766-4466

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

Provides basic eye health and vision care services free of charge for many uninsured low-income people and their families who have no other means of obtaining care.

**Disability**

**Disability Network of Oakland and Macomb**

**Macomb County Office**

16645 15 Mile Road Clinton Township, MI 48035

(586) 268-4160

**Oakland County Office**

23800 W. 10 Mile Road, Suite 105  
Southfield, MI 48033  
(248) 359-8960

**Macomb Oakland Regional Center (MORC)**

(866)807-6940  
[www.morcinc.org](http://www.morcinc.org)

Services: Helps individuals with disabilities and mental illness realize their dreams as full members of their communities through comprehensive services and support, training and education, and advocacy.

## Domestic Abuse

**National Domestic Violence Hotline**

<http://www.ndvh.org/>  
Phone: 1-800-799-SAFE 1-800-787-3224 (TDD)

NDVH provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Callers to the hotline can expect highly trained experienced advocates to offer compassionate support, crisis intervention information and referral services in over 170 languages. Visitors to this site can find information about domestic violence, safety planning, local resources and ways to support the organization

**First Step**

<http://www.firststep-mi.org/>  
24-HOUR HELP LINE: 1-734-722-6800 or 1-888-453-5900  
**Wayne Office** 4400 S. Venoy, Wayne, MI 48184 Phone: 1-734-722-177

First Steps Mission statement is to reduce the incidence of domestic and sexual violence and to provide services to individuals affected by these crimes. Prevention of domestic and sexual violence through education, advocacy and appropriate intervention is the ultimate goal of First Step.

**Serenity Services**

<http://www.mcedsv.org/>  
Phone: 1-313-267-1911 (office) or 1-877-855-5948 (toll-free)  
5555 Conner, Suite 1017 Detroit, MI 48213

MCEDSV is dedicated to the empowerment of all the state's survivors of domestic and sexual violence. Their mission is to develop and promote efforts aimed at the elimination of all domestic and sexual violence in Michigan.

**HAVEN Shelter and Support:**

(248) 334-1274

**Common Ground Sanctuary Shelter and Support**

(800) 231-1127

**Protective Services- Adult and Children**

(855)444-3911

**Food Assistance**

**MI Bridges Food Assistance**

[http://www.michigan.gov/dhs/0,1607,7-124-5453\\_5527---,00.html](http://www.michigan.gov/dhs/0,1607,7-124-5453_5527---,00.html)

1-888-MIBRIDGES - 1-888-642-7434

Temporary food assistance for eligible low-income families and individuals

**Gleaners Community Food Bank of Southeastern Michigan**

[http://www.gcfb.org/site/PageServer?pagename=pg\\_needfood](http://www.gcfb.org/site/PageServer?pagename=pg_needfood)

**Gleaners Headquarters & Distribution Center-** 2131 Beaufait Detroit, MI 48207

866-GLEANER, ext. 223

**Gleaners Oakland Distribution Center-** 120 East Columbia Avenue Pontiac, MI 48340

866-GLEANER, ext. 402 or email [lsey@gcfb.org](mailto:lsey@gcfb.org)

**Gleaners Livingston Distribution Center** 5924 Sterling Drive Howell, MI 48843

(517) 548-3710 (by appointment only) or E-mail: [bgreen@gcfb.org](mailto:bgreen@gcfb.org)

**Gleaners Taylor Distribution Center** 25678 Northline Road Taylor, MI 48180

(734) 946-6374 or email [jmartin@gcfb.org](mailto:jmartin@gcfb.org)

**Gleaners Joan & Wayne Webber Distribution Center** 24162 Mound Road Warren, MI 48091

(586)758-6815 or email [aortiz@gcfb.org](mailto:aortiz@gcfb.org), [sscales@gcfb.org](mailto:sscales@gcfb.org)

**Emergency food assistance Downriver**

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

25670 Northline Road Taylor, MI 48180

Phone: 734-442-0031

**Oakland Livingston Human Services Agency (OLHSA)**

(248)209-2600

(248)482-9250

<http://www.olhsa.org/>

Emergency food assistance, food pantry, WIC and summer lunch program for Pontiac children

**Focus: HOPE**

(313) 494-5500

<http://www.focushope.edu/>

Food assistance, community and career development

**Lighthouse Emergency Services**

<http://www.lighthouseoakland.org/Joomla/>

Pontiac- (248) 920-6000

Clarkston- (248)360-6116

Three-day supply of emergency food

**Open Door Outreach Center**

7170 Cooley Lake Road Waterford, MI 48327

<http://opendooroutreachcenter.com/>

(248)360-2930

Emergency services for food

**Open Hands Emergency Food Pantry**

(248) 546-1255 ext 6

Emergency food pantry and referrals

**Christian Trinity Assembly of God**

21770 Kelly Road, Eastpoint

586-778-2760

Dinner every last Sunday of the Month 6:00-8:00 PM (Guests should arrive between 6-7 p.m.)

**Cross Lutheran Church**

35851 Utica Road, Clinton Township

(586) 791-6640

RSVPs appreciated

**Erin Presbyterian Church**

30000 Gratiot (at Common) Roseville

(586) 777-9200

**Faith Christian Center**

34 Grand Mt. Clemens (2 Blocks N. of Cass near SB Gratiot)

(586) 783-5915

Dinner Saturdays must arrive between 4:30-5:00 PM

**First United Methodist Church**

57 SB Gratiot, MT Clemens

April-Sept: Sundays 1:30-3:00 PM

**Grace Episcopal Church**

115 S. Main, Downtown Mt. Clemens  
(5:00-6:00 PM Soup Supper)

**New Life Assembly of God**

16975 Twelve Mile (Between Utica Road & Groesbeck) Roseville, MI  
(586)771-0308  
2:00 P.M. Food Pantry Monday 5-7, Tues 2-4 & Thurs 10-12

**St. Barnabas**

24800 Phlox, Eastpointe Community Dinner  
(586) 924-7946  
4:00 to 5:30 3<sup>rd</sup> Sun of ea mo

**St. Margaret of Scotland Church**

21201 13 mile Road. St. Clair Shores  
(586)293-2240  
Monday- Wednesday- Friday  
November thru March 8-12:30  
Showers, Lunch, Clothing, Food Pantry M-F 10-12

**St. Paul United Church of Christ**

31654 Mound Rd, Warren, MI 48092  
[www.stpauluccwarren.com](http://www.stpauluccwarren.com)  
(586)264-4777  
1<sup>ST</sup> Wednesday of every month 4:30-6:30

**St. Ronald Catholic Church**

17701 15 Mile Road, Clinton Township (Between Garfield & Kelly)  
(586)792-1190  
RSVP Appreciated

**The Woods Church**

14300 East 13 Mile Warren, MI (between Schoenherr & Hayes)  
(586)854-9140  
[dldbuggs@gmail.com](mailto:dldbuggs@gmail.com)  
Community dinner 3<sup>rd</sup> Mondays

**Trinity Lutheran Church**

NE Corner of Hall Road and Van Dyke Utica, MI  
(586)731-4490 ext 116

Supper, showers, and sack lunches Sundays 3:30-5:00 PM

### **Zion United Church of Christ**

85 Market Street, MR. Clemens

(586)463-0075

October-March: Sundays 1:30-3:00 PM

## **Free Medical Information**

### **Centers for Disease Control and Prevention**

<http://www.cdc.gov/>

1600 Clifton Rd. Atlanta, GA 30333, USA 1-800-CDC-INFO- 1-800-232-4636

Asthma: <http://www.cdc.gov/flu/asthma/index.htm>

Diabetes: <http://www.cdc.gov/diabetes/consumer/index.htm>

Hand Washing: <http://www.cdc.gov/handwashing/>

High Blood Pressure: <http://www.cdc.gov/vitalsigns/Hypertension/index.html#>

Lice: <http://www.cdc.gov/parasites/lice/>

Sexually Transmitted Disease: <http://www.cdc.gov/std/healthcomm/the-facts.htm>

### **American Diabetes Association**

<http://www.diabetes.org/>

1-800-DIABETES (800-342-2383)

### **American Heart Associations**

<http://www.heart.org/HEARTORG/>

1-800-242-8721

### **Dementia**

Pamphlets, fact sheets, videos, books, ect on Dementia

#### **Alzheimer's Association, Southfield**

Website: <http://www.alz.org/gmc/>

(800)272-3900

#### **A Friends House**

[www.csmacomb.org/agriendshouse.htm](http://www.csmacomb.org/agriendshouse.htm)

(586) 412-8494, Clinton Township

(586) 759-8700

#### **Macomb Co. Adult Day Care Center, Clinton Township**

[www.macombcountymi.gov/seniorservices/adweb.htm](http://www.macombcountymi.gov/seniorservices/adweb.htm)

#### **St. John Senior Link**

(888) 751-5465

### **Striving Forward**

[www.strivingforward.com](http://www.strivingforward.com)

Personal diabetes support for patients.

### **MDCH Publications for Health Promotion**

<http://hpclearinghouse.org/preshowcatagories.cfm>

Information, brochures, posters ect. for; abstinence, cancer, children's health care, crime victims, gambling, immunizations, informed consent, Medicaid, mold, nutrition & exercise, patient bill of rights, substance abuse, safety, tobacco, violence, and west Nile virus.

### **In the Face of Pain**

<http://www.inthefaceofpain.com/content/uploads/2012/07/July-2012-7-6-12.pdf>

### **Making the Right Connection**

<http://www.misd.net/connection/content.htm>

Resources for everything you can possibly think of

### **Nurse on Call**

(248) 858-1406 or (800) 848-5533

Medical and non-medical resources for Oakland, Wayne, and Macomb County.

## **Health Care**

### **My Care Health Center**

42627 Garfield Rd. Suite 213 Clinton Township, MI 48038

(586) 783-3904

### **Covenant Community Care**

5716 Michigan Ave. Detroit, MI Medical Phone: 313-554-1095 Dental Phone: 313-554-3880

Services: Family Practice, Pediatrics, Behavioral health, General Dentistry, Oral Surgery, Orthodontics

27776 Woodward Ave. Royal Oak, MI 48067 Phone: 248-556-4900

Services: Family Practice, Pediatrics, Obstetrics, Behavioral Health, Dental Hygiene

<http://www.covenantcommunitycare.org>

### **Gary Burnstein Community Health Clinic**

(248) 758-1690

<http://www.garyburnsteinclinic.org/>

Free health clinic for uninsured Oakland County adults

### **MACOMB CARE CONNECT**

P.O. Box 726, Mt. Clemens, MI 48026

(586)-783-9355

<http://www.macombhealthplan.org/macombcareconnect.php>



Free medical coverage is available for qualified, low-income Macomb County residents. Services provided are physician visits, lab & X-rays, prescriptions, and urgent care. As a prerequisite, denial of Medicaid or AMP from DHS is needed (but you can receive Care Connect while your disability determination is pending). The income limit is \$800/\$1070, but it is applied after deductions for expenses. See them in the application online at <http://www.macombhealthplan.org/MCC%20Application.pdf>

### **MACOMB BLUE**

(866)-622-6620 or (586) 498-7000  
<http://www.macombhealthplan.org/macombblue.php>

In this new health plan the employer, employee, and Macomb Health Plan each pay one third of the monthly premium (\$80 for a single person), and the medical coverage is provided by Blue Cross. Minimum # of employees is 2, max is 200, 51% of all employees must earn less than \$14 per hour; the employer cannot have paid any employee healthcare in the past 6 months.

### **NEIGHBORS CARING FOR NEIGHBORS CLINICS- (FREE CLINIC)**

586-336-9288 Washington Twp OR 586-427-5005 Warren

For Macomb residents with no health insurance (including Medicaid deductible/spenddown, Medicare, and Macomb Care Connect) and annual income below \$30,000. There are no charges for office visits—no testing is done on site, must take tests to Henry Ford Macomb labs for 40% discount on facility charges, and can apply for additional discount. A limited number of walk-ins are seen—appointments highly recommended! Locations: Henry Ford Warren Hospital 13355 E. 10 Mile, Warren (Tues thru Sat-please call for hours) and Samaritan House at 62324 Van Dyke between 28 & 29 Mile Roads, Washington Township (Mondays—by appointment only). Medical services provided by Nurse Practitioners—treatment can include both acute illnesses and chronic conditions.

### **MEDICAL OUTREACH CLINIC (FREE CLINIC)**

[www.mcrmc.org](http://www.mcrmc.org) (→Medical Outreach Clinic)

Provides free medical care & medications to low-income (>185% poverty) uninsured persons at St. Maximillian's (23 & North 598-3314) 8:45-12:00 1st Mondays; at Clinton Community Health (34750 Village Rd, Clinton Twp 792-8846) 8:45-12:00 on some other Mondays; & at Mt Clemens Community Health Outreach Program (169 N. Walnut, Mt. Clemens 469-7694) 8:45-12:00 on every Tuesday & most Thursdays.

### **DOWNRIVER COMMUNITY SERVICES (homeless healthcare project)**

(810)794-4982 or (586) 552-8333  
[www.downrivercs.org](http://www.downrivercs.org)

Provides services for the homeless (includes persons in transitional housing, motels & those “doubling up”) including primary health care (Nurse Practitioner), emergency dental extractions, vision, prescriptions, & substance abuse services—NP is at MATTS Weds 2:30+ & Mon 5:00+, and for MCREST residents 6:00+. Other services at 28055 Gratiot, Roseville (at Utica), 1-5 Monday and Friday, & 9-5 Tuesday, Wednesday and Thursday.

### **NEW HAVEN CLINIC—DOWNRIVER COMMUNITY SERVICES**

58144 Gratiot Ave New Haven MI 48048

(586) 749-5197

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

Provides comprehensive medical care/services including obstetrical care, pre/post natal care, and onsite enrollment for Medicaid and MICHild for children and pregnant women. X-rays and lab services are onsite. Also comprehensive Adolescent Health Program for youth ages 10-21. Behavioral Health (including mental health & substance abuse) individual, group & family counseling is offered. A Sliding fee scale is available for residents in New Baltimore, New Haven, Anchorville, & Fair Haven and the townships of Lenox, Ray, Richmond, Chesterfield.

### **Samaritan House, Neighbors Caring for Neighbors Clinic- Henry Ford Macomb**

58944 Old Van Dyke Washington Township, MI (586)-336-9956

13355 E. 10 Mile Warren, MI (586) 656-7005

### **Trinity Community Care**

45106 Van Dyke Utica, MI 48316

(586) 731-4490 option 4

### **Downriver Community Services**

New Haven Medical Center (586) 749-5197

Algonac Medical Center (810) 794- 4917

Port Huron Medical Center (810) 488-8000

### **HIV/AIDS Services**

(800) 872-2437

<http://julieslist.homestead.com/AIDS.html>

The Dept of Human Services has an insurance continuation program (BEM 650), call 877-342-2437. Other services for income eligible residents of Macomb, Oakland, Livingston, Lapeer, and St. Clair counties who are HIV positive or have AIDS include in-home care for the medically fragile, first months' rent and security deposits, utility shut offs, overdue rent or mortgage payments, Tenant Based Rental Assistance TBRA (like section 8-the waiting list is currently closed), and other benefits/programs. Contact Terry Teasley of OLSHA at 248-209-2626.

### **Oakland Primary Health Services**

46 N. Saginaw Street, Pontiac, MI 48342

(248) 322-6747

[www.oaklandphs.com](http://www.oaklandphs.com)<http://oaklandprimaryhealth.org>

Free/Low cost health centers for the uninsured or underinsured

**Thea Bowman Community Health Center**

20548 Fenkell Street, Detroit, Michigan 48223-1613

(313) 255-3333

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

**Noland Family Health Center**

111 West Seven Mile Road, Highland Park, Michigan 48203-1968

(313) 821-2591 ext. 3115

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

**Herman Keifer/Health Department**

1151 Taylor Street, Suite 1, Detroit, Michigan 48202-1732

(313) 255-3333

**Advantage Family Health Center**

4777 East Outer Drive, Detroit, Michigan 48234-3241

(313) 369-1960 ext. 1122

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

**Home Health Care**

**Palliative Care Resources**

**St. Joseph Oakland Hospital- Palliative care and Pain Management Center**

(248) 858-3000

**St. Joseph Oakland- Home Services Palliative Care**

(734) 712-6076

**Crittenton Hospital- Palliative Medical Service Team**

(248) 652-5000

**William Beaumont Hospital, Royal Oak- 6<sup>th</sup> floor Central Tower**

(248) 898-6004

Hours: 8am-5pm

**Additional information and Resources:**

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

[Palliativedoctors.org](http://Palliativedoctors.org)  
[Caregiverslibrary.org](http://Caregiverslibrary.org)- hospice vs. palliative care  
[Caringinfo.org](http://Caringinfo.org)- hospice resources

### **Bay Nursing**

255 North Bailey Road Romeo, MI 48065  
(586) 752-1111

### **Attendant Care**

Bob David  
16950 19 Mile Road, Ste 5B Clinton Township, MI 48038  
(586) 228-9991  
Cell: (248) 881-2959

### **McLaren Home Care**

12900 Hall Road Sterling Heights, MI 48313  
(800) 241-3434  
(586) 329-8199 (Sharlene, Branch Manager for home care and hospice)

### **Serenity Home Care**

58089 Main Street, Suite A New Haven, MI 48048  
(586) 749-2273

### **Residential Home Care**

30755 Barrington Madison Heights, MI 48071  
(866) 902- 4000

### **Troy Family Home Health Care and Visiting Physician**

500 Kirts Blvd. Troy, MI 48084  
(248) 824-6000

### **Best Private Duty Health Care**

[www.BestPrivateDuty.com](http://www.BestPrivateDuty.com)  
248-701-9607

## **Housing**

### **Lighthouse Emergency Services**

(248)920-6100  
<http://www.lighthouseoakland.org>  
Housing assistance to stop foreclosure

**South Oakland Shelter**

(248)546-6566

<http://www.southoaklandshelter.org/>

Rotating Shelter plan-90 days maximum

**Salvation Army**

(800)274-3583

<http://www.salvationarmy.org/>

Housing and utility assistance, referrals to shelters and rental assistance.

**Oakland County Community and Home Improvement Division**

(248) 858-0493

Counseling to tenants and homeowners, mortgage default resolution services including delinquency, default or foreclosure

**Grace Centers of Hope**

(248)-334-2186

<http://www.gracecentersofhope.org/>

Homeless shelter and rehab center

## Medication Assistance

**Drug Discount Card Program**

Nurse on call- (800) 848-5533

<http://coast2coastrx.com/index.php/faq>

Savings on purchases of drugs from local pharmacies

**WORLD MEDICAL RELIEF**

(313) 866-5333

[info@worldmedicalrelief.org](mailto:info@worldmedicalrelief.org)

[www.worldmedicalrelief.com](http://www.worldmedicalrelief.com)

For persons in Wayne, Oakland, & Macomb Counties age 18 and older who do not have prescription drug coverage and monthly income is below \$1583 per month (single) or \$2583 (couple)—add \$25 per dependent—and not currently enrolled in Medicaid. Prescriptions are mailed to your home. There is an \$8.30 co-pay per Rx. Call for an application and information.

**MEIJER- (free antibiotics and prenatal vitamins)**

[www.meijer.com/pharmacy/antibiotics.asp](http://www.meijer.com/pharmacy/antibiotics.asp)

Will fill for free any prescription for prenatal vitamins and/or for 7 oral generic antibiotics (commonly prescribed for children): Amoxicillin, Cephalexin, SMZ-TMP, Ciprofloxacin, Ampicillin, Penicillin VK, & Erythromycin. They will bill your insurance, but there is no co-pay, and if you have no insurance, the Rx is free.

### **Rx OUTREACH**

(800) 769-3880

[www.rxoutreach.com](http://www.rxoutreach.com)

Provides a 90-day supply of 125 medicines for \$20, \$30 or \$40. Often prescription drugs not available in other programs are included here.

### **THE LIVING SHARE CARD (Pfizer)**

(800) 706-2400

<http://www.pfizerhelpfulanswers.com>

Allows persons 65+ or w. Medicare to pay \$15 mo for each Pfizer Rx if income is below \$18,000 per year (single) or \$24,000 per year (couple) and no other prescription coverage

### **LillyAnswers Card (Eli Lilly)**

(877) 795-4559

<http://www.lillycare.com>

Allows Medicare recipients with no other Rx coverage to pay only \$12 a month for each Lilly prescription if income is below \$18,000 per year (single) or \$24,000 p yr (couple).

### **INTERNET SITES (most are about free Rx Programs)**

<http://www.rxaminer.com> , <http://www.HelpingPatients.org> <http://www.rxassist.org>,  
<http://www.rxhope.com>, <http://www.needymeds.com> , and [www.freemedicinefoundation.com](http://www.freemedicinefoundation.com) all  
provide info about free prescription programs for low-income persons from pharmaceutical  
companies.

These sites will assist with the applications for a fee: <http://www.themedicineprogram.com> \$5  
each, (573-996-7300); <http://prescriptionrelief.org> \$8 each (1-866-Drug-686); and  
<http://www.EveryonesRx.com> \$7 each (max \$40) (972-287-8889), and <http://www.pparx.org> free  
(888-4PPA-NOW)

## **Mental Health Care**

### **Faces and Voices of Recovery**

<http://www.facesandvoicesofrecovery.org/guide/support/>

(202) 737-0690

[info@facesandvoicesofrecovery.org](mailto:info@facesandvoicesofrecovery.org)

Addiction recovery resources

### **Community Network Services**

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

248-745-4900

Community Network Services is a mental health care provider that identifies, supports, and promotes opportunities for eligible persons in Oakland County with mental illness, including substance abuse. Our services include assessment, case management, psychiatric, therapy and recovery services.

### **The Guidance Center**

(734)-785-7700

Adults and children

13101 Allen Road Southgate, MI 48195

### **Team Mental Health**

<http://www.t-mhs.com/>

### **Southgate Clinic**

14799 Dix-Toledo Rd.

Southgate, MI 48195

(734) 324-8326

### **Eastern Market Clinic**

2925 Russell St.

Detroit, MI 48207

(313) 396-5300

### **Recovery Engagement Outreach Program**

(734)785-7705 x7831 or x7832

Free services to anyone wanting help for substance abuse. "Recovery coach" will meet client anywhere, do complete assessment for needs and link to available SA services.

### **Bullying Intervention**

50630 Chesterfield Road Chesterfield, MI 48051

[www.thecenterforcounseling.net](http://www.thecenterforcounseling.net)

(586) 949-7680

### **New Center Community Mental Health**

2051 W. Grand Boulevard., Detroit MI 48208

Website: <http://www.mhweb.org/wayne/newcenter.htm>

Phone 313-961-3200

### **New Center Community Mental Health North Park Facility**

10001 Puritan Street, Detroit MI 48221

<http://maps.google.com/maps?q=10001+Puritan+St+Detroit+MI&spn=0.021794,0.009622&hl=en>

Phone 313-494-4000

Client Group: Adults with mental illness. Children (0-17) & youth with emotional disturbance and mental illness. Services: Adults-Outpatient, after care, A.C.T., day program, case management, court screening, consultation & education, Consumer Run, prevention. Children- neglect & abuse, outpatient, case management, in-school services, Early On-Early Intervention. CMH geographic area served: Detroit zip codes 48202, 48203, 48204, 48206, 48208, 408211, 408221 & 48238.

**New Center Community Mental Health Highland Park Facility**

95 Victor, Highland Park, MI 48203.

[Locator Map & Directions](#)

Phone 313-883-2400

**New Center Community Mental Health Family Place**

8726 Woodward, Detroit MI 48202.

[Locator Map & Directions](#)

Phone 313-664-0700

**DETROIT CENTRAL CITY**

Address: 10 Peterboro St, Detroit, MI 48201

Phone:(313) 831-3160

**SAMARITIAN CENTER MENTAL HEALTH  
Mental & Behavioral  
Health Services  
CVM SERVICES, LLC**

Clinical Social Worker and Therapist

313-574-0237

SUITE #3096

CONTACT: Callys Williams Miller

[Email: cvmervicesllc@gmail.com](mailto:cvmervicesllc@gmail.com)

**GATEWAY DETROIT EAST**

Mental health services.

11475 Shoemaker

313-331-3435

CONTACT: Jim Jambriska

**MOORE & ASSOCIATES/CHOICES & CHANGES, PC**

Counseling services.

SUITE #1611

313-570-0832



**SAMARITAN BEHAVIORAL CENTER**

Adult Psychiatric in-patient and out-patient services

SUITE: 3 North

313-344-7730

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

**WILLIAM W. MARTIN, MD, PC**

Psychiatric services.

5575 Conner, Pavilion Building, SUITE #208

313-909-0470

**Detox Centers/ Substance Abuse****Southeast Michigan Community Alliance (SEMCA)**

<http://www.semca.org/sas.html>

Toll Free 1-800-686-6543

SEMCA provides funding for substance abuse services to residents in Monroe and Wayne County (excluding the City of Detroit). SEMCA does service three zip codes that reside in the Detroit area: 48203, 48211, & 48212. SEMCA funds a full range of treatment services to the uninsured and underinsured populations. The client must call our Access Management System (AMS) department and complete an oral screening that will take approximately 15 minutes.

Hotline for help locating detox centers: (866) 580-8299

**Sacred Heart**

400 Stoddard Road Memphis, MI 48041

(810) 392-2167

**Brighton Center for Recovery**

12851 Grand River Brighton, MI 48116

(810) 227-1211

**Henry Ford Maple Grove**

6773 West Maple Road

West Bloomfield, MI

(Campus of Henry Ford)

(248) 661-6100

**Harbor Oaks**

35031 23 Mile Road New Baltimore, MI 48047

(586) 725-5777

## Out Patient: Neuro Psychology

### Michael Vredevoogd, Ph.D.

Clinical Neuropsychologist  
36385 Harper Clinton Township, MI 48035  
(586) 741-0295

### Martin Wunsch, Ph.D.

43211 Dalcoma, Ste 11 Clinton Township, MI 48038  
(586) 263-0947  
Cell- (248) 703-7727

### Support Groups

#### Gabby's Ladder

(734)242-8773  
[www.gabbysladder.org/](http://www.gabbysladder.org/)  
330 st Elm Ave.  
Monroe, MI 48162

**Grievance support-** Educational and supportive group for all adults; meets the third Wednesday of every month, at Gabby's Ladder from 10:30 a.m. – 12:00 p.m. Focus is on healing and rebuilding one's life following the death of a loved one.

**Alzheimer's Support Group-** Adult group for family/caregivers of those who are experiencing the effects of Alzheimer's. Meets 3<sup>rd</sup> Monday of every month at Wellspring Lutheran Home Monroe from 6:8:00. An additional support group held 2x/month at Frenchtown Senior Center; adult daycare provided. Call 243-6210 for info.

**Suicide Support Group-** Ongoing Grief Support Group meets the third Tuesday of every month from 6:30-8:00p.m. at Gabby's Ladder. The group sensitively provides education and support for those who are left behind

**Terminal illness Grievance Support-** This group focuses on the unique needs of children and families who are facing the challenges of living with, accepting and understanding what it's like to lose a family member or friend to a terminal illness. Please call the office at (734)242-8773 to reserve your spot.

**Newly Grieving-** is open to anyone who is dealing with the loss of a family member or friend, trying to navigate the complicated feelings on the journey of grief. This group will be meeting every Monday from 11:30-1:00 p.m.

**World of Widowhood-** Ongoing grief support group for those who have lost a spouse/significant other. Meets the 3<sup>rd</sup> Saturday of each month from 3:30-5:00 at Gabby's Ladder. Call to confirm.

## Oxygen Services

### Lincare

55951 Gratiot Chesterfield, MI 48051-1221

Covers Macomb, Oakland, and St. Clair Counties

(586) 749-7811

Fax: (586) 749-7811

**Binson's**

(888)246-7667

Fax: (586) 755-2322

**Wright & Fillipis**

(800) 482-0222

Fax: (248) 853-1839

**Senior Home Health Oxygen and Sleep Studies**

Dennis Benenuti

(800) 736-9149

Fax: (586) 416- 2580

**Pain Clinics**

**University Pain Clinic of Rochester**

Dr. Spencer Bertram

1000 W University Dr #100, Rochester Hills, MI 48307

<http://universitypain.net/>

(248) 651-7246

Specializes in interventional pain management through epidural steroid injections, ect.

**Kuldip Deogan, M.D.**

43145 Schoenherr

Sterling Heights, MI 48313

(586) 997-5048

**Dolora Pain Management**

27301 Schoenherr Road, Ste. 104 Warren, MI

(586) 755-4333

**The Pain Center-USA**

Dr. Raj Bothra, M.D.

27423 Van Dyke Warren, MI 48093

(586) 757-4000

**Chronic Pain Consultants**

William Kole, M.D.  
43171 Dalcoma #3 Clinton Township, MI 48039

## Senior Assistance

### Adult Protective Services

Adult Protective Services investigators protect vulnerable adults from abuse, neglect and exploitation by coordinating with mental health, public health, law enforcement, the probate courts, the aging network, community groups and the general public. If you suspect abuse, neglect or exploitation call (855) 444-3911 any time day or night to make a report

### A Place for Mom

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

(866) 454-2736

Assisted living information services for seniors.

### The Senior Alliance, Area Agency on Aging 1-C

<http://www.aaa1c.org/>

3850 Second Street, Suite 100 Wayne, MI 48184

(734)-722-2830 (800) 815-1112 (S.E. Michigan only)

### Community Living Services, Inc

<http://www.comlivserv.com>

(734) 467-7600 or Toll Free (866) 381-7600

35425 Michigan Ave. W. Wayne, MI 48184-1687

### Pill Card for elderly/Illiterate

<http://www.ahrq.gov/patients-consumers/diagnosis-treatment/treatments/pillcard/pillcard.html>

### Respect Your Elders

Daniela Trifan (248) 835-6822

### Home Safety Smart Check

[www.homesafetysmartcheck.com](http://www.homesafetysmartcheck.com)

## Transportation

### Downriver Community Conference

<http://www.dccwf.org/transportation.php>

(734) 362-7029

Seniors (age 60 and over) residing in western or southern Wayne County, in need of non-emergency medical transportation (medical appointments) Low-income, seniors, and individuals with disabilities for non-emergency medical, job-related, or other necessary trips (such as appointments at human service agencies)

### **Freedom Road**

1520 S. Lapeer Road Suite 108

Lake Orion MI 48360

(248) 232-1259 OR (248) 975-9833 Mike Daly

[daleym@occmha.org](mailto:daleym@occmha.org) OR [janovitselizabeth@yahoo.com](mailto:janovitselizabeth@yahoo.com) Liz Janovits

<http://freedomroadtransportation.org>

This is new "Mileage Reimbursement" organization and has been in operation about a year. The rider must have a car, maintain and insure it. The rider finds their own driver, calls Freedom Road and must complete an application (takes about 7 minutes) and qualify financially (less than \$22,000 per year--@ 200% of poverty—with some exceptions). They complete signature forms and driver info pack, then begin reporting the mileage to Freedom Road to get a reimbursement check each month, at 55 cents per mile, up to 100 miles per month (\$55 max). It is funded by grants and private funding. About 130 individuals are using it now (it was 6 a year ago). They are looking at partnering with Lapeer County right now and are open to discussions with Macomb as well.

### **Logisticare**

(866)-569-1902

Transportation for Medicaid recipients in Macomb, Oakland, and Wayne County for dental, mental health, substance abuse (and related services). Appointments must be made at least 2 days in advance.

### **Road to Recovery:**

(800)-227-2345

Through this program the American Cancer Society offers FREE rides to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars. Call to find out whether the program is available in your community or to volunteer.

### **CancerCare Get You There**

(800) 813-HOPE (4673)

[www.cancercares.org/financial](http://www.cancercares.org/financial)

This program provides individual grants to metastatic breast cancer patients to cover transportation costs such as gasoline, parking, tolls, taxi, bus or train fare to and from their treatment. Patients must meet certain eligibility criteria to get this FREE service.

### **ITNMetroDetroit**

27177 Lasher #102 Southfield, MI

(248) 262-7269

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

[info@ITNMetroDetroit.org](mailto:info@ITNMetroDetroit.org)

A nonprofit organization that provides transportation for seniors older than 60 who can no longer drive and for visually impaired people of any age. Transportation is offered 24 hours a day, seven days a week for any purpose within the service area.

### **American Cancer Society**

(248) 557-5353

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

Free rides to doctor's appointments!

### **Downriver Community Conference Transportation**

15100 Northline Southgate MI 48195

(734) 281-0301 (734) 362-7029 OR (734) 362-3475

[Linda.celez@dccwf.org](mailto:Linda.celez@dccwf.org)

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

(Flexible/Adjustable hours may be available upon request)

FREE temporary rides from 7 a.m. to 7 p.m. Monday thru Friday for income-eligible adults to get to interviews, new jobs, medical appointments within 34 Wayne County communities. Wheelchair lift-equipped vehicles and Auxiliary AIDS & Services available upon request to individuals with disabilities. 24 hour notice required for appointments and service operates by appointment only on a first-come, first-served basis.

### **Jewish Federation of Metropolitan Detroit**

6555 West Maple Road West Bloomfield MI 48322 AND 25900 Greenfield Suite 405 Oak Park MI

(248) 592-2313

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

Our service allows for you or your loved one to get where they need to go — attend meetings, appointments and events; visit friends; or just to run errands. We provide reliable, comfortable and safe-assisted transportation through our professional licensed and insured chauffeur services. Assistance level is customized for clients, according to their level of need, and varies from curb-to-curb to door-through-door assistance. Wheel-chair transportation is also available.

### **Traveler's Aid Society**

Cadillac Towers 65 Cadillac Square 30th Floor Suite 3000 Detroit MI 48226

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

(313) 962-6740

[info@travelersaiddetroit.org](mailto:info@travelersaiddetroit.org)

Transportation to doctor's appointments or job interviews for persons in need, service people, accident victims, and those with illnesses.

### **Macomb County Community Service Agency**

Medical Appointment transportation included for eligible patients. Must be: 1. A Macomb county resident, 2. Over the age of 60 OR disabled, 3. Income eligible (low income).

North Action Center: (586) 749-5146

Central Action Center: (586) 469-6964

South Action Center: (586) 759-9150

### **Macomb County Inter-faith Caregivers**

(586) 757-5551

Transportation for Macomb elderly or disabled residents

### **Karmonos Transportation**

(800) 527-6266

Transportation to chemotherapy/cancer related appointments for Karmonos-treated patients with medical transportation needs

### **Myride2**

(855)697-4332

[www.myride2.com](http://www.myride2.com)

Myride2.com helps seniors and adults with disabilities in Oakland, Macomb and western Wayne counties in Michigan find transportation. They help to coordinate transportation options.

### **United Healthcare Community**

(877)892-3995

\*\* It is best to call four days in advance to set up your ride.

To set up FREE non-emergency transportation to go to and from:

- Doctor's visits
- Medical equipment companies for supplies
- Mental Health Clinics
- Health Departments
- Vision Clinics
- Urgent visits to your doctor's office or Urgent Care centers — if you need an urgent ride to your doctor's

### **Midwest**

(888) 654-2200

For nonemergency, Midwest Health Plan will help you get to your doctor's office if you have no other way to get there. Call at least 4 business days in advance to schedule your trip. If you are on a bus route, we will send you bus tickets. If you are not on a bus route, we can send a car to pick you up.

### **Molina Health Care**

(866) 712-1063

<http://www.molinahealthcare.com/members/common/en-US/mem/marketplace/coverd/services/Pages/transport.aspx>

We cover non-Emergency medical transportation to medical facilities when your medical and physical condition does not allow you to take regular means of public or private transportation (car, bus, air, etc.). This requires that you also have a written prescription from your doctor. Non-Emergency non-medical transportation for Members to medical services can be supplied by a passenger car, taxi cabs, or other forms of public/private transportation. Call at least two to three working days before your appointment to arrange this transportation. If you need non-Emergency non-medical transportation, please call your PCP or Molina Healthcare's Customer Support Center to see if you qualify for these services. You must have Prior Authorization to get these services before the services are given.

### **Total Healthcare**

(313) 871-6408

Total Health Care helps with medically necessary transportation. We will provide you with transportation if: - you do not have a way to get medical items, treatment, prescriptions, or services that are covered by Total Health Care. You should ask for transportation at least 4 business days before your appointment.

### **Smart Bus**

(866) 962-5515

\$1/ way if you qualify

5-10 Minutes to sign up

6 day reservation required for medical appointments

## **Veteran Services**

### **Medication Assistance**

(800) 511-8056

Prescriptions are available for low-income veterans at no charge. If income is over \$9,894 (single) or \$12,959 (couple) there is a charge of \$7 per script.

### **Homes For Our Troops**

Dan Higgins- (248) 504-9843

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



A *Free* newly-built or renovated specially-adapted house for disabled veterans returning from Iraq or Afghanistan is available from Homes for Our Troops.

### **Health Care for Veterans**

**Dingell VA Medical Center**

**Pontiac Outpatient Clinic**

(248)332-4540

### **Veteran's Services**

Pontiac- (248)858-0785

Troy- (248)655-0530

<http://www.oakgov.com/veterans/Pages/default.aspx>

Helps Oakland County veterans and their families obtain and monitor benefits

### **Volunteers of America**

253 East Mikwaukee Street Detroit MI

(517) 489-5291

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

- 6 programs for homeless veterans
- Housing options from short to long term transitional housing in both rural and urban settings
  - o 6-24 month transitional programs
  - o Clinical services
  - o Individual and group counseling
  - o Substance abuse services
  - o Medical and mental health care through the US Department of Veteran Affairs
  - o PTSD treatment services
  - o Meals
  - o Transportation assistance
- Employment
  - o Develop a personalized cover letter and resume
  - o Receive transportation assistance
  - o Work related tools: clothes, fees, materials, training opportunities

## **Volunteer Work**

### **Macomb County Interfaith Volunteer Caregivers**

<http://www.ivcinfo.org/arrangeforhelp.html>

(586)757-5551

Services:

*Transportation for appointments, errands & social activities*- Volunteers provide door-to-door service, with minimal physical assistance, using their own vehicles.

*Errands, shopping & deliveries*- Pick up and delivery of items for persons unable to travel.

*Minor home repairs*-Various minor repairs available. No licensed work or extensive repairs. Persons requesting help are responsible for supplies.

*Indoor & outdoor chores*- Small routine chores or larger group projects available. Persons requesting help are responsible for supplies.

*Housekeeping*- Routine light housekeeping or special larger projects.

*Respite care*- Ongoing or occasional relief breaks for full-time family caregivers. No hands-on personal care such as dressing, bathing, feeding, etc. Volunteers are generally available for a maximum of a few hours once a week, although special arrangements can be made for longer one-time visits.

*Friendly visits*- One-to-one matches with a volunteer for ongoing in-home visits and/or social outings for those who are otherwise lonely or isolated. Volunteers are generally available for a maximum of a few hours once a week.

*Hair care* for the homebound.

## Workforce Development Programs

### Downriver Community Conference and Michigan Works Center

15100 Northline Rd. Suite 179, Southgate, MI 48195

<http://www.dccwf.org/>

(734) 362-7070

### Southeast Michigan Community Alliance (SEMCA)

25363 Eureka Rd Taylor MI 48180

<http://www.semca.org/>

(734) -229-3500

### Workforce Development

<http://www.advantageoakland.com/workforce/Pages/default.aspx>

(248)858-0721

Oakland Counties one-stop access to job training and services for job-seekers and employers through electronically-linked career centers

## Miscellaneous

### Advance Directives

[Advance Directives - Michigan- \(use CTRL+ click on link for advance Directives form\)](#)

[www.caringinfo.org](http://www.caringinfo.org) – Michigan Advanced Directives

### US Living Will Registry

<http://www.uslivingwillregistry.com/default.asp>

A one time registration fee allows access to your advanced directives by providers anywhere, anytime. Wallet cards and labels for your ID are provided

## **Henry Ford Weight Management Program**

### **Henry Ford Health System**

13355 E. 10 Mile Rd, Warren, MI 48089

<http://www.henryford.com/body.cfm?id=46426>

Phone: (800) 436-7936

Description: The Weight Management Program is a medically-supervised program tailored to each patient's goals and needs. The program includes internet management program, nutrition consults with registered dietitians, online and group support programs, and personal exercise consults with exercise physiologists. Before enrolling in the program one would need a referral from a doctor. A four month commitment is necessary for this program. Also offered are preventive and education programs beyond the initial four-month period.

## **St John Providence Outpatient Nutrition Management Services Program**

### **St John Providence Health System**

16001 W. 9 Mile Rd., Southfield, Michigan 48075

<http://www.stjohnprovidence.org/providence/specialties/nutrition/>

Phone: (248) 849-3903

Description: St John Providence's Outpatient Nutrition Management Services program in Southfield, Novi and Livonia is staffed by registered dietitians who offer one-to-one counseling and special programs to better meet client and community needs. Their services include body fat analysis, computerized or individual nutrition counseling, and community education, including classes on teen weight control.