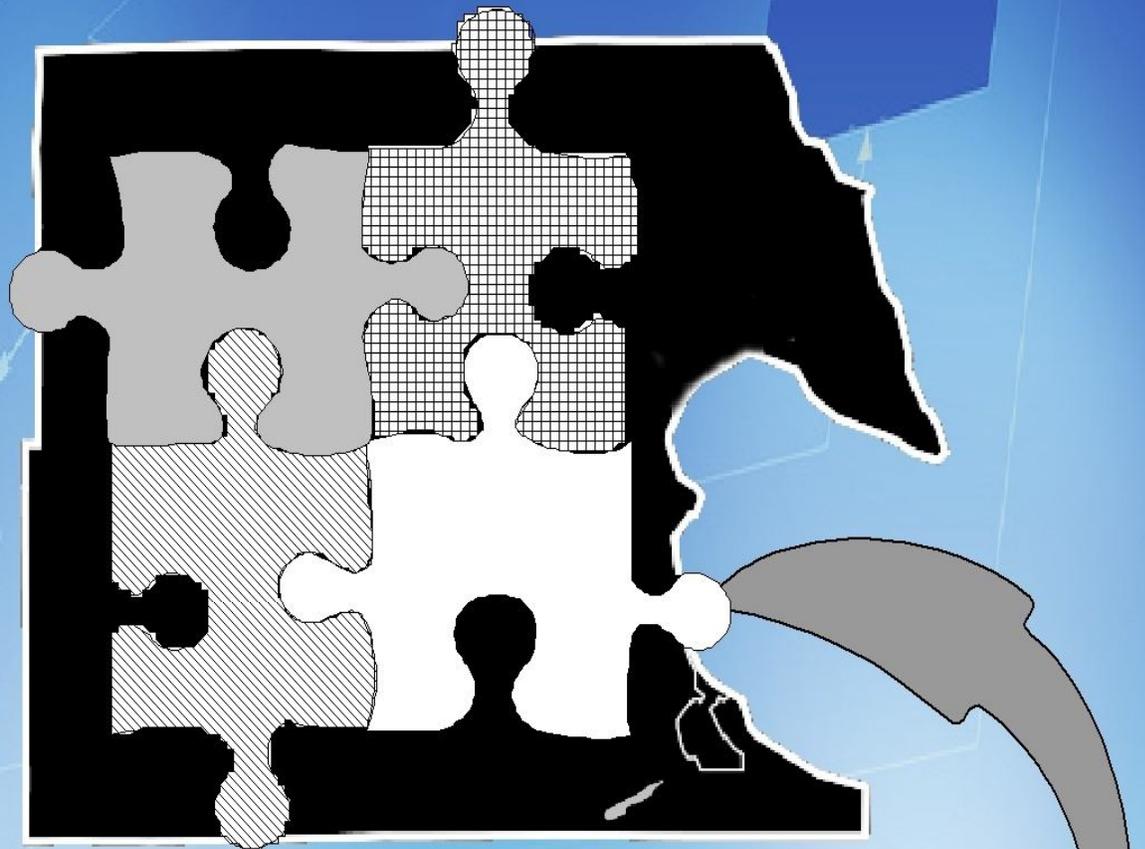


ESSENTIAL PIECES



**a directory of programs &
services for aging adults
in Alpena County**



Important Numbers

a directory of programs & services for aging adults in Alpena County

Alpena City Police - Emergency Only 911

501 W. Chisholm Street – Alpena, MI 49707

Non- Emergency 989-354-1800

Fire Marshall 989-354-1841

Alpena County Sheriff's Department - Emergency Only 911

320 Johnson Street – Alpena, MI 49707 - Non- Emergency 989-354-9830

Michigan State Police - Emergency Only 911

3283 W. Washington Avenue – Alpena, MI 49707 - Non- Emergency 989-354-4107

Alpena Power Company - Emergency Only 989-358-4900

401 N. Ninth Avenue – Alpena, MI 49707 - Non- Emergency/Billing 989-358-4925

Alpena Regional Medical Center - Emergency Rm 989-356-7252

1501 W. Chisholm Street – Alpena, MI 49707 - Main Switchboard 989-356-7000

DTE Energy - MichCon - Gas Leak 1-800-947-5000

Non-emergency and billing questions 1-800-477-4747

Suicide Prevention Hotline - 1-800-273-8255

Poison Control Center - 1-800-222-1222

US Coast Guard - Search & Rescue 989-356-1656

Non-emergency 989-354-6854

Alpena Regional Airport - 989-354-2907

1617 Airport Rd. – Alpena, MI 49707

Verizon - Repairs – 1-800-483-1000

Installation and billing 1-800-483-4000

Charter Cable and Phone Services - Repairs 1-800-545-0994

2074 M-32 West – Alpena, MI 49707

Alpena Post Office - 989-354-2520

2nd Avenue – Alpena, MI 49707

Secretary of State - 989-356-9742

2666 US 23 South. – Alpena, MI 49707

MISS DIG - 1-800-482-7171

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AARP – Alpena Chapter #468

Meets at Alpena Senior Citizens Center
501 River Street – Alpena, MI 49707
address: 501 River Street – Alpena, MI 49707
contact: Bob Fournier
phone: 989-356-6775 Cell – 989-255-4399
meeting: 2nd Monday of each month at 12:45 pm

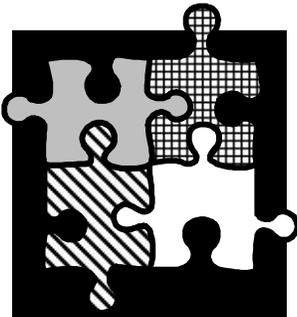
program/service: Join us each month for guest speakers, card bingo and the latest information available for programs and activities.
We also sponsor CarFit events and tax preparation each year.

board meeting: 1st Friday of each month at 2 pm at the Alpena Senior Citizens Center



ACC Wellness Center

address: 665 Johnson St, - Alpena MI 49707
phone: 989-356-9021 Toll Free 1-888-468-6622
director: Noel Curtis - 989-358-7391
staff: Professional Staff – 989-358-7409
hours: Jan. 2 thru May 2 – Monday – Thursday 6 am – 8 pm &
Friday 8 am – 12 noon
May 7 to Aug 7 – Monday – Friday 6 am – 1:30 pm
Closed Saturday & Sunday
Closed Memorial Day and August 8 – 19 for cleaning.
email: walterrj@alpena.acc.edu



Aces Academy – Alternative Education Alpena Public Schools

address: 700 Pinecrest - Alpena MI 49707

phone: 989-358-5170 or 989-358-7272

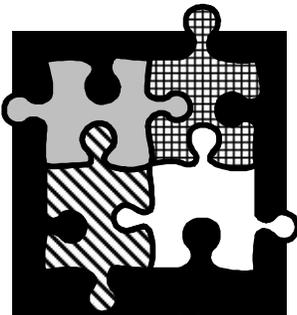
fax: 989-358-5175

hours: Monday – Friday 7:45 am – 3:45 pm and some evenings

website: www.alpenaschools.com

email: daleskij@alpenaschools.com

program/service: No age limit for Adult Education or
GED testing
Alternative education classes and activities at all levels



Activities Alpena Senior Citizen’s Center

address: 501 River St. - Alpena MI 49707

director: Grace Marshall, Executive Director

email: srcenter@freeway.net

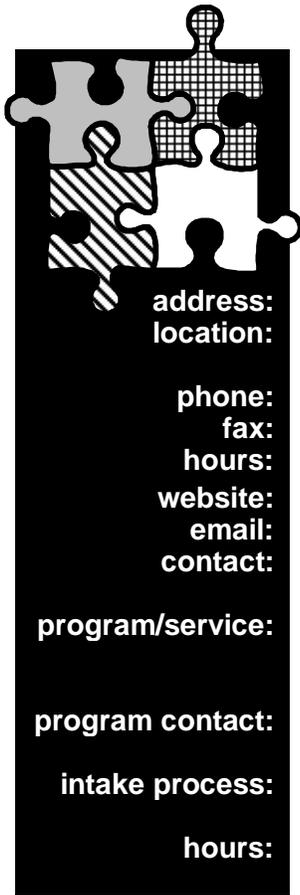
phone: 989-356-3585

fax: 989-356-6548

hours: Monday - Thursday 8 am – 7 pm
Friday – 8 am – 5 pm
and some evenings and weekends

contact: Chip Lavelly, Activities Coordinator

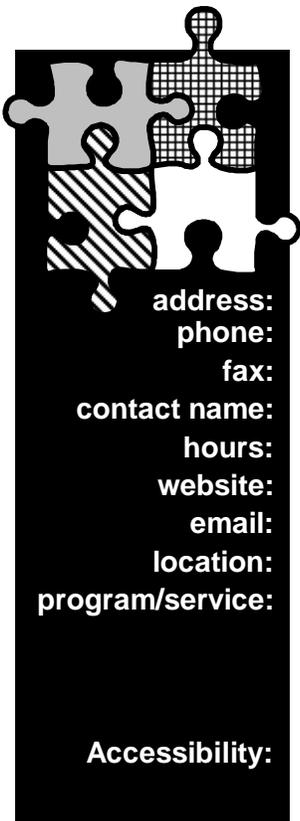
program/service: At the Alpena Senior Citizen’s Center, you’ll never be bored! Stop by and meet your friends. Take advantage of the many activities we offer: Educational presentations, art & craft classes, cards, bingo, dances, parties, trips and travel.



Advanced Care Planning Michigan State University Extension

address: 603 S. Eleventh Ave. - Alpena, MI 49707
location: Located on the Fairgrounds. If you come through the main gate it is the second building on the left.
phone: 989-354-9870
fax: 989-354-9898
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.alpenacounty.org
email: alpena@msue.msu.edu
contact: Mary Dunckel, County Extension Director

program/service: **Advanced Care Planning**
Program that helps people prepare and plan for the end of life. This program addresses Durable Power of Attorney for health care.
program contact: Sienna Suszek, Family & Consumer Sciences Extension Educator
intake process: Call for appointment
hours: Offered on an as-needed basis



Alpena Area Chamber of Commerce

address: 235 W. Chisholm St. – Alpena MI 49707
phone: 989-354-4181 or 1-800-4-ALPENA
fax: 989-356-3999
contact name: Jackie Krawczak, Executive Director
hours: Monday – Friday 9 am – 5 pm Closed Weekends
website: www.alpenachamber.com
email: alpenachamber@chartermi.net or jkrawczak@alpenachamber.com
location: Corner of Chisholm and Fourth Avenue
program/service: By serving its members, the Alpena Chamber of Commerce actively champions economic development and the advancement of the community's quality of life.
Accessibility: Accessible w/o special facilities, no stairs in service delivery area



Alpena Area Convention & Visitors Bureau

Convention and Visitors Bureau of the Thunder Bay Region

formerly known as: Convention and Visitors Bureau of the Thunder Bay Region

address: 235 W. Chisholm St. – Alpena MI 49707

phone: 989-354-4181 or 1-800-4-ALPENA

fax: 989-356-3999

contact name: Deborah Pardike, Director

website: www.alpenacvb.com

email: info@alpenacvb.com

location: Corner of Chisholm and Fourth Ave. next to Cobblestone Cyclery

program/service: Services offered to Senior Citizens – We provide information on where to stay and dine and things to see and do in the Alpena Area.



Alpena County Baby Pantry

address: Chisholm St. – Alpena MI 49707

phone: 989-356-9516

contact name: Celeste

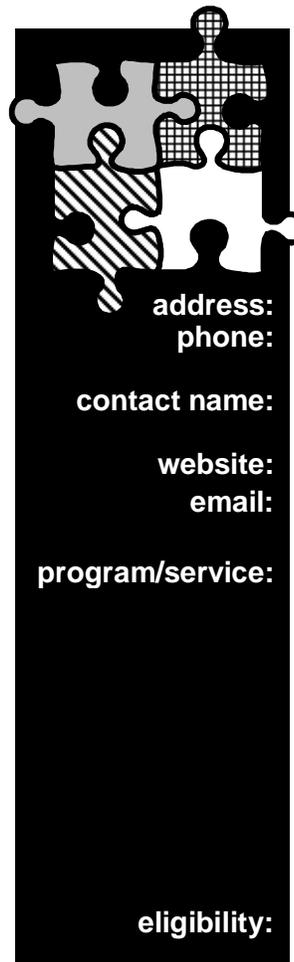
hours: 2nd and 4th Thursdays each month
9 am – 3 pm

program/service: The Baby Pantry assists parents during times of need by providing items such as formula, baby food, diapers, clothing and household items for babies and toddlers.



Alpena Cancer Center Alpena Regional Medical Center

address: 1501 W. Chisholm St. – Alpena, MI 49707
directions: Located in the front of Alpena Regional Medical Center
phone: 989-356-7353 Toll Free 1-888-356-7151
fax: 989-356-8117
agency director: Douglas Kreis, Interim Director of Oncology Services
phone: 989-356-7353
email: dkreis@agh.org
website: www.agh.org
hours: Monday – Friday - 8 am – 4:30 pm
accessibility: Full wheelchair access, designated parking and no stairs in service delivery area.
intake process: Requires referral from physicians
eligibility: All patients accepted.



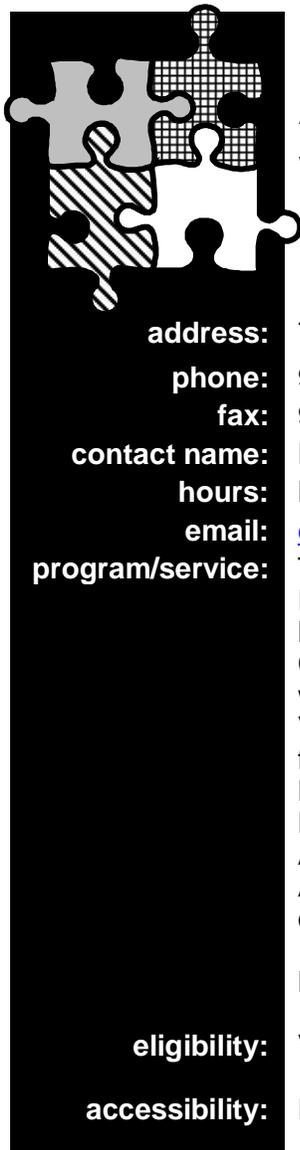
Alpena Community College

address: 666 Johnson St. - Alpena, MI 49707
phone: 989-358-7246 or 989-358-7215 or 1-888-468-6222
Switchboard 989-356-9021
contact name: Dr. Olin Joynton
Jay Walterreit, Director of Public Information
website: www.alpenacc.org
email: joyntoo@alpenacc.edu
program/service: To serve the life-long learning needs of Northeast Michigan residents. Offers 2-year associate degree programs for transfer and career education, as well as occupational certificate programs, customized training for business and industry, basic skills education coursework and non-credit community education. Students interested in career updating or personal enrichment are welcome. Student services include personal and academic counseling, veteran's assistance, financial aid, The Learning Center, tutoring, career planning and placement, inter-collegiate and intramural sports, clubs and organizations, bookstore, and library.
eligibility: Tuition waivers are available for college district residents age 60 and over



Alpena Community College Foundation

address: 666 Johnson St. - Alpena, MI 49707
phone: 989-358-7297
fax: 989-358-7553
hours: Monday – Friday 8 am – 4:30 pm
contact name: Penny Boldrey, Executive Director
email: boldreyp@alpenacc.edu
program/service: To obtain financial support to enhance the ability of Alpena Community College to meet lifelong education needs of the growing and changing communities it serves.



Alpena County Department of Veterans Affairs

address: 719 W. Chisholm St. - Alpena, MI 49707
phone: 989-354-9670
fax: 989-354-9784
contact name: Dan Cox
hours: Monday – Friday 8:30 am – 4:30 pm
email: coxd@alpenacounty.org
program/service: To assist veterans and their dependents with the following services:
Provide transportation for veterans to and from VA Medical Centers located in Oscoda, Gaylord, Saginaw, Ann Arbor and Detroit.
Compensation and pension claims, income questionnaires, veterans, widows and parents of war-deceased veterans.
VA hospitalization and outpatient treatment (this includes dental treatment for a veteran having been released from service recently)
Burial benefits for veterans and widows of veterans
Homestead tax exemptions
Apply for necessary service records, certified records etc.
Applications for certificate of eligibility for VA home loans and for programs of education or training for veterans having had active service since 1/31/1955
Michigan Veterans Trust Fund for the County of Alpena
eligibility: Veteran or dependents
accessibility: Full wheelchair access, wheelchair ramps, designated parking



Alpena Housing Commission

address: 2340 S. Fourth Ave. – Alpena MI 49707

phone: 989-354-3567

fax: 989-356-2177

contact name: James J. Stosik, Executive Director

hours: Monday – Friday 8am – 5pm

email: housing@alpenahousing.com

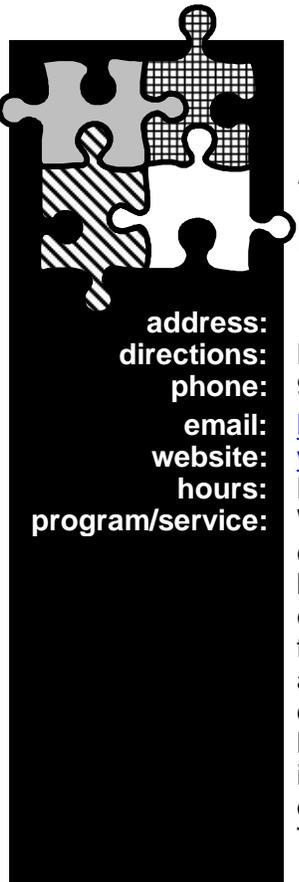
Buildings: Riverview apartments

Fowler apartments – Senior only building for those 62 years or older – rent is based on income.

program/service: We provide 1, 2, 3, 4 or 5-bedroom apartments with rent based on 30% of total family income. Federally funded low-income housing.

Full wheelchair access, accessible w/o special facilities, wheelchair ramps, designated parking, no stairs in service delivery area.

Accessibility:



Alpena Regional Medical Center Resource Center

address: 1501 W. Chisholm St. – Alpena, MI 49707

directions: Located in the front of Alpena Regional Medical Center

phone: 989-356-8124

email: hrc@agh.org

website: www.agh.org

hours: Monday – Friday - 8 am – 4:30 pm

program/service: When you need comprehensive information about health and medical concerns, the ARMC Health Resource Center can help. From top to bottom, the ARMC Health Resource Center was designed with the community in mind. Its "user friendly" approach makes it simple for you to find information that will help you understand medical conditions, learn about healthier lifestyle habits, and make more informed health care decisions. At the ARMC Resource Center, you will find a wide selection of health and medical books and magazines, an extensive video library, and interactive, multi-media CD-ROMs. A free Internet station, with access to on-line health care databases and full text journal articles, is also available. The level of information runs from very basic to very technical.



Alpena Oxygen & Equipment

address: 232 River St. – Alpena, MI 49707

directions: Corner of Fourth Ave. & River St. across from Social Security office

phone: 989-356-9275 Toll free 1-800-788-3232

fax: 989-356-3062

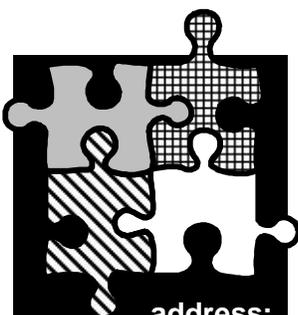
agency director: Liz Zimmer, Manager

phone: 989-356-9275

email: lzimmer@agh.org

hours: Monday – Friday 8 am – 5 pm

services: Oxygen Concentrators, portable oxygen cylinders, nebulizers CPAP and Bi-level therapy, Hospital beds, wheelchairs, walkers, canes and crutches, bath safety items, home phototherapy, home tube feedings, diabetic supplies, ostomy supplies



Alpena Senior Citizen's Center

address: 501 River St., Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

hours: Monday - Thursday 8 am – 7 pm
Friday – 8 am – 5 pm
and some evenings and weekends

board meetings: Board meets the 3rd Wednesday of each month at 8 am.

program/service: **Congregate Meals:** The center serves a nutritious variety of meals daily. Join us in our dining room for soup, salad and a delicious main entrée.

Home Delivered Meals (HDM's): Just because you can't come to the center, doesn't mean you can't get our great meals! We have City Delivery and Alpena County Delivery.

In-Home Services: Programs are available to promote independence to the older adult who lives at home.

Prescription Maintenance Program & Medicare/Medicaid – Part D Assistance: This program is a cooperative effort between the Alpena Senior Citizens Center and area physicians to offer services to order medication from Pharmaceutical companies at little or no cost to the patient.

Activities: Stop by and meet your friends. Take advantage of the many activities we offer: Educational presentations, art & craft classes, cards, bingo, dances, parties, trips and travels.

Cards: Euchre: Mon. 12:45 pm – Spitzer Tues. 12:45 pm –
Pinochle: Thurs. 12:45 pm and Bridge: Thurs. 12:45 pm

Card Bingo: Wednesdays at 12:45 pm

Quilting: "Have-A-Hart" Quilters meet every Tues. from 10 am – 2 pm

Exercise Classes: Low impact arthritis approved exercise
Mon. Wed. & Fri. 9 am – 10 am

Bus Aides: To aid seniors while on Dial-a-Ride

Educational Library: We have a large amount of brochures, Medicare manuals, Peace of Mind booklets, Discount Prescription Cards and reading materials.

Tax Preparation: AARP tax preparers come to the center



Alpena Volunteer Center

address: 665 Johnson St. – Center Building Rm. 101, Alpena MI 49707
phone: 989-358-7214 or 989-358-7271
fax: 989-358-7554
director: Kathleen Bruski, Director
contact name: Katherine Evans - Secretary
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.alpenacc.edu/services/volunteer
function: To encourage volunteerism, respond to community needs, and promote activities that improve the community.
program/service: The Alpena Volunteer Center is a service of the ACC Center for Professional, Community and Volunteer Services.

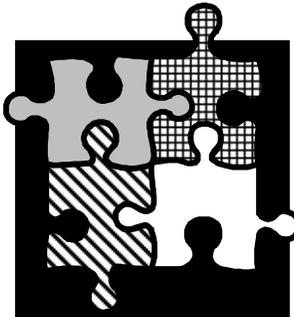
- Volunteer Matching
- Christmas Wish List
- Association of Lifelong Learners @ ACC
- Spotlight Series Performing Arts Program
- Community Education Classes (recreation & education classes)
- Publishes 4 County Community Services Directory

accessibility: Wheelchair accessible



Alpena Village

address: 202 Woods Circle - Alpena MI 49707
directions: Off of Wilson St. Behind District Health Dept. #4
contact: Cindy Kramer, Office Manager/Marketing Coordinator
main office: 109 N. Second Ave. Suite 104 – Alpena, MI 49707
phone: 989-356-3396 Toll Free 1-866-757-0011
hours: Monday – Friday 8 am – 4:30 pm
website: www.alpenavillage.org
email: alpenavillage@LHMINC.org
program/service: Senior Living Apartments and Condominiums



Alzheimer's Association Greater Michigan-Chapter – Northern Region Alpena Office

formerly known as:

Alzheimer's Association of Northeast Michigan

address:

100 Woods Circle Suite 300 - Alpena, MI 49707

directions:

Woods Circle is at the end of Wilson Street, directly across from Besser Elementary School. The Civic Center, Holiday Inn, Immanuel Lutheran Church and school are accessible from Wilson St.

phone:

989-356-4087

fax:

989-354-7879

contact name:

Diane O'Connor, Program Coordinator

email:

diane.o'connor@alz.org

hours:

Monday – Friday 9 am – 5 pm

website:

Greater Michigan Chapter – www.alz.org/gmc
National Alzheimer's Site – www.alz.org

agency director:

Chris Weaner 989-356-4087

email:

chris.weaner@alz.org

program/service:

The mission of the Alzheimer's Association is to provide programs and services which enhance the quality of living for all persons affected by Alzheimer's disease and other dementia-related disorders.

Through public advocacy and research support the vision is to create a world without Alzheimer's Disease.

eligibility:

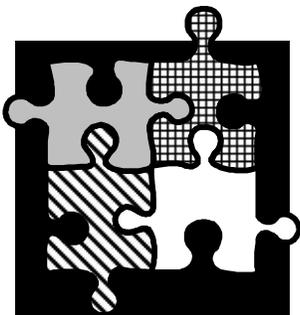
Services are available to anyone requesting information and assistance with dementia related issues.

accessibility:

Full wheelchair access, designated parking, stairs in service delivery area – elevator is available.

intake process:

Walk-ins and phone calls



American Cancer Society Northern Michigan Area Service Center

address: 525 W. Fourteenth Street, Suite 5 – Traverse City, MI 49684

phone: 231-947-0860

fax: 231-947-0830

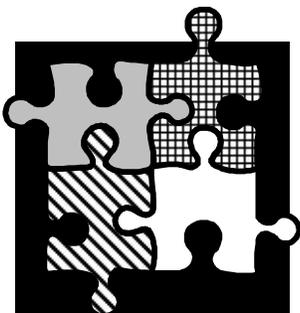
cancer hotline: 1-800-ACS-2345

contact name: Rachel Sigsbey

email: rachel.sigsbey@cancer.org

website: www.cancer.org

program/service: To raise money for research, education, and the prevention of cancer; to provide informational programs; to engage in activities which result in the reduction of cancer in Alpena County and nationwide; to provide transportation reimbursement at a set sum for those needing help. Reach to Recovery program to counsel and support mastectomy patients.



American Red Cross – Michigan SSDA office

address: 3454 W. M-55 Suite A – West Branch, MI 48661

phone: 989-343-1353 or 1-800-691-6059

fax: 989-343-1355

contact name: Dave Guitierrez, State Service Delivery Coordinator

hours: 24 hrs., 7 days a week in case of emergency

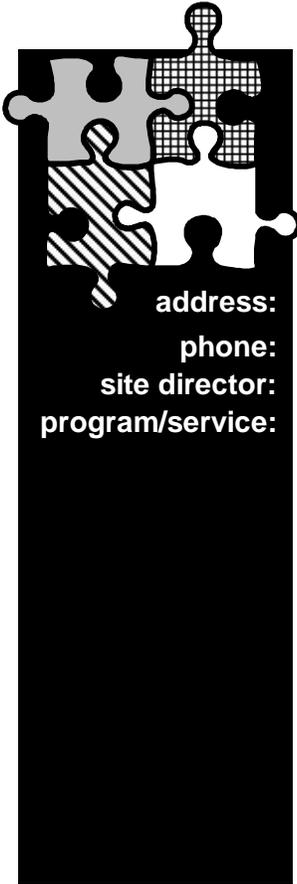
email: ssdaguitierrez@srcglobe.net

website: www.redcross.com

program/service: The American Red Cross helps people prevent, prepare for, and respond to emergencies.

Provides round-the-clock relief to victims of disaster, including house fires.

Also serve as a communication link for military personnel and their families.



Angel Food Ministries

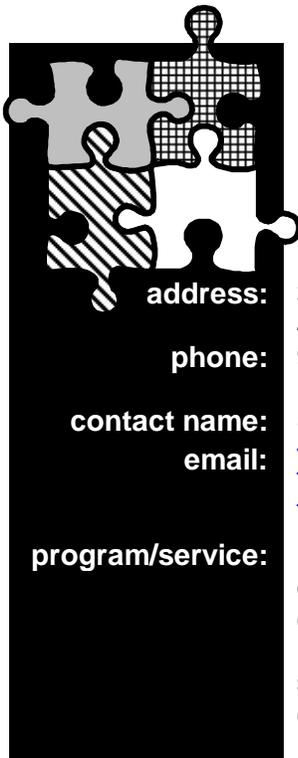
address: St. Mary Church – 120 E. Miller St. – Alpena, MI 49707

phone: 989-354-2322 or 989-356-9637

site director: Gretchen Benedict

program/service: Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States.

Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. Comparison shopping has been done across the country in various communities using a wide range of retail grocery stores and has resulted in the same food items costing from between \$42 and \$78. Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.



Angels On Wheels

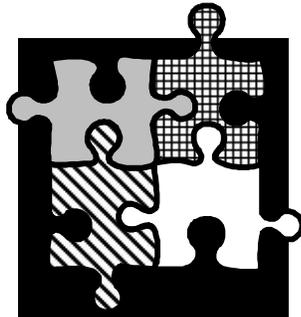
address: 324 Minor St. – Alpena, MI 49707 or
400 S. State St. – Hillman, MI 49746

phone: 989-340-0056 or 989-742-4986

contact name: Shelly LaFleche, Alpena and Terry Marquardt, Hillman

email: T.Marquardt07@gmail.com
redcornmi@html.com

program/service: Bringing inexpensive help at home, to help stay at home. No job too small or too big! We're offering a wide variety of help for any and all. Free estimates, immediate attention available. Many references available upon request. Services provided but not limited to: Diabetic Nail Care & Blood sugar monitoring, transportation, medication set up, respite care, wound care, housekeeping and end of life cares.



Behavioral Health Services Alpena Regional Medical Center

**formerly
known as:
address:
directions:**

Pointe East
1501 W. Chisholm St. – Alpena, MI 49707
Northern most driveway of the hospital near the
intersection of US 23 and Johnson St.

phone: 989-356-7242 or 1-800-288-7242
fax: 989-356-7320

agency director: Mark D. Anderson
phone: 989-356-7242
email: mdanders@agh.org

program contact: Theresa Gibson, Clinical Assessment Coordinator
phone: 989-356-7242 fax 989-356-7320

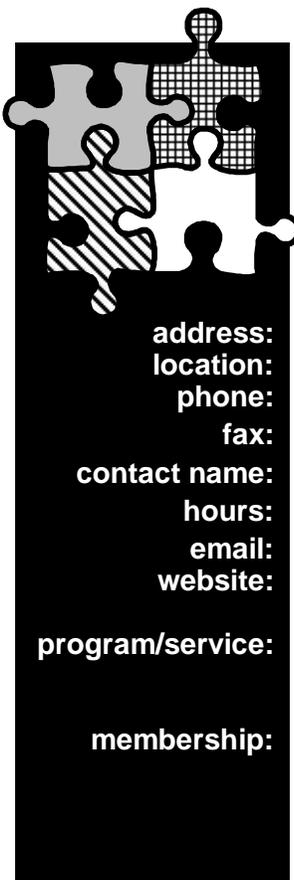
contact: Mary Ouellette, Community Education Manager
phone: 989-356-7255
email: mouellette@agh.org

program/service: ***Pointe East***
In patients psychiatric facility

Outpatient Mental Health Services
Provides outpatient therapy and medication
management

intake process: Walk-in and phone calls

**documents
needed:** Insurance information



Besser Museum for Northeast Michigan

formerly known as Jesse Besser Museum

address: 491 Johnson St. – Alpena, MI 49707
location: 2 blocks east of US 23 on Johnson St. next to Alpena Community College
phone: 989-356-2202
fax: 989-356-3133
contact name: Janet Smoak, Executive Director
hours: Monday – Saturday 10 am – 5 pm
email: jsmoak@bessermuseum.org
website: www.bessermuseum.org

program/service: The Besser Museum is an educational institution dedicated to serving the public of all ages.

membership: Persons may support the museum by becoming members; benefits include free admission, discounts, a newsletter and invitations to special events. Volunteer opportunities are available in collections management, docent teaching, exhibitions, fundraising and educational events.



Bus Aides Alpena Senior Citizen's Center

address: 501 River St., Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

program/service: Bus aides to ride the TBT bus and assist clients with getting on and off the bus for shopping at facilities that are designated each week. The Center will work with the various senior housing facilities, as well as with clients that receive In home services to transport them with assistance to various shopping facilities within Alpena County. This program provides alternatives for individuals who may have safety concerns with riding public transportation which limits their independence and creates a greater dependence on the In-Home Service programs.



Cardiac & Pulmonary Rehabilitation Alpena Regional Medical Center

address: 1501 W. Chisholm St. – Alpena, MI 49707
phone: 989-356-7748

fax: 989-356-8078

hours: Monday – Friday 6 am – 5 pm

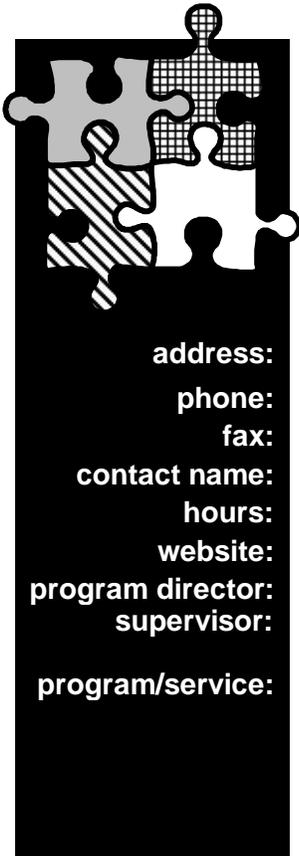
agency director: Ann Krueger, RN, Charge Nurse
phone: 989-356-7748

email: akrueger@agh.org

program/service: rehabilitation services – exercise and education for people recently diagnosed and treated for a variety of heart and lung problems (i.e. heart attack, COPD, bypass surgery)

intake process: appointment required by physician referral

eligibility: diagnosis criteria must be met



Care Management NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707

phone: 989-356-3474

fax: 989-354-5909

contact name: John Swise, CEO or John Briggs, COO

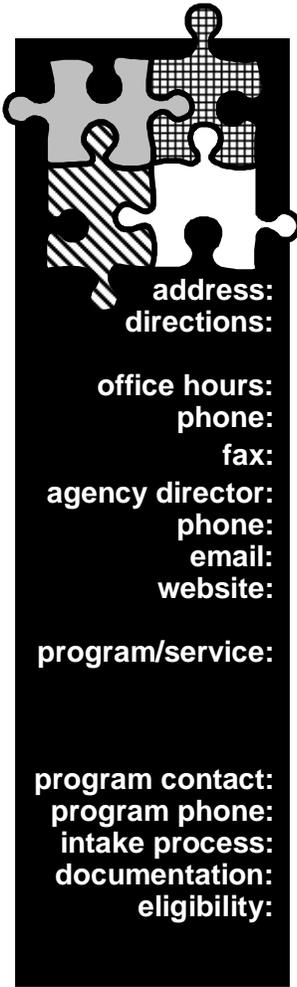
hours: Monday – Friday 8:30 am – 4:30 pm

website: www.nemcsa.org

program director: Laurie Sauer, Program Director

supervisor: Colleen Hathaway, Community Based Care Supervisor

program/service: Care Management (CM) is a service designated to locate, mobilize, and manage a variety of home care and other services needed by frail elderly persons aged 60 and older at risk of nursing home placement. A cost sharing fee scale is an element of the program, however, service will not be denied if the person is unable to pay.



The Caring Place-Adult Day Center District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23
office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294
fax: 989-356-3529
agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org

program/service: *The Caring Place – Adult Day Care Center*
A structured program of health, recreational and social support services to assist individuals in maintain their highest possible level of functioning.

program contact: Karol Cain, Adult Day Care Manager
program phone: 989-356-4507 Fax 989-354-0855
intake process: Call for information
documentation: Proof of income and assets
eligibility: Adults who are no longer able to function independently and their caregivers.



Catholic Human Services

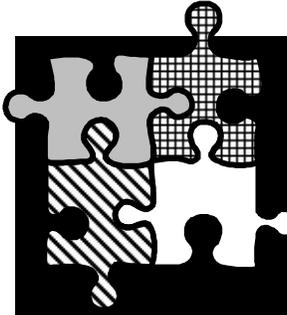
address: 154 S. Ripley – Alpena, MI 49707
phone: 989-356-6385
fax: 989-356-4909

contact name: Joe Garant, Administrator
hours: Monday – Friday 8:30 am – 5 pm
email: jgarant@catholichumanservices.org

program/service: Counseling, prevention and adoption

intake process: Call to make appointment

eligibility: No requirements



Child and Family Services of Northeast Michigan, Inc. (CFS)

address: 1044 U.S. 23 North – Alpena, MI 49707
directions: Across from Perch's IGA
office hours: Monday – Friday 9 am – 5 pm
phone: 989-356-4567
fax: 989-354-6100
agency director: Lyle Dorr, Executive Director
website: www.cfsnemi.org
service: Providing a comprehensive array of social services which address such major community concerns as child abuse/neglect; juvenile delinquency, teenage pregnancy and parenting, child care resource and referral services. Foster care, adoption, pregnancy counseling, residential programs for delinquent females and dependent adults.

program: **4C Program – Community Coordinated Child Care** – parents access this service free of charge to locate licensed childcare in their area.

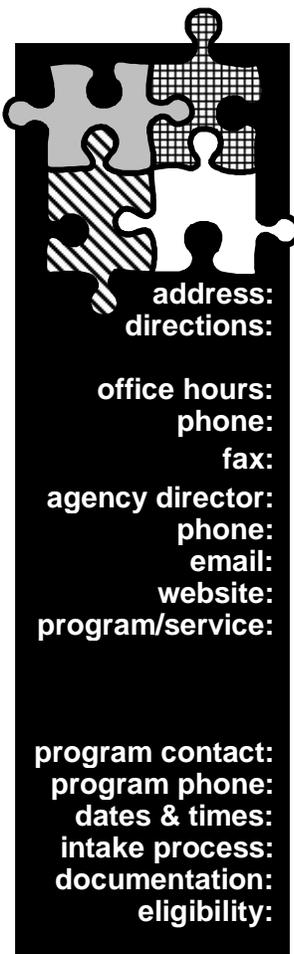
program contact: Robin Benson
program phone: 989-354-8089, 1-800-257-9907 Fax 989-354-6100
program: **Hope House** – residential treatment center for court referred adolescent girls, 12-18 years old.

program contact: Phyllis Gagnon
program phone: 989-356-3224
program: **Adoption Program** – Adoption assistance for couples and biological mothers, with a range of program options from traditional to open adoption.

program contact: Renee Diener
program phone: 989-356-3224
program: **Foster Care Program** – Provides temporary living situation for children and teens when there are issues of child abuse or severe delinquency in the home. Also provides short-term shelter care.

program contact: Renee Diener
program phone: 989-356-3224
program: **Families First Program** – Intervention program to keep families together that are at high risk of separation. Referrals through DHS only.

program contact: Lynne Walter
program phone: 989-354-8711



Colorectal Cancer Screening Program District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23

office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294
fax: 989-356-3529

agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org

program/service: **Colorectal Cancer Screening Program**
Free Colorectal Cancer Screening for residents of Alpena, Montmorency, Presque Isle and Cheboygan counties, between the ages of 50 – 65. Includes colonoscopy if indicated.

program contact: Roseanne Schultz, RN BSN, Personal Health Nursing Director
program phone: 989-356-4507 Fax 989-356-3529
dates & times: Call for dates and times
intake process: Call for appointment
documentation: Proof of income
eligibility: No other forms of insurance that covers colorectal cancer screening, residence and age requirements.



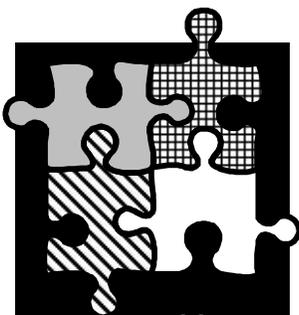
Commodity Supplemental Food Program (CSFP) NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474 Fax 989-354-5909

administration: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org

program director: Bob Cain, Program Director
contact: Debbie Wilds, CSFP Coordinator
phone: 989-471-2607 ext. 1

program/service: The program is designed to aid those low-income individuals most vulnerable to malnutrition during critical periods of growth and development – infants, children age one – five, as well as pregnant, postpartum and breastfeeding mothers with income at or below 185% of Federal Poverty Guidelines and not on WIC program; and the elderly 60 years of age and older with income at or below 130% of Federal Poverty.



Community Foundation for Northeast Michigan

address: 111 Water St. – PO Box 495 – Alpena, MI 49707

phone: 989-354-6881 Toll Free 1-877-354-6881

fax: 989-356-3319

director: Barb Willyard, Executive Director

hours: Monday – Friday 8:30 am – 5 pm

email: bwillyard@cfnem.org

website: www.cfnem.org

program/service: To receive and administer gifts given during a person's lifetime or through a will or trust instrument. The gifts are invested and the income generated is used to support charitable organizations and projects in our four-county area of Alcona, Alpena, Montmorency and Presque Isle.



Compassionate Care

address: 109 N. Second Ave. Suite 107 – Alpena, MI 49707

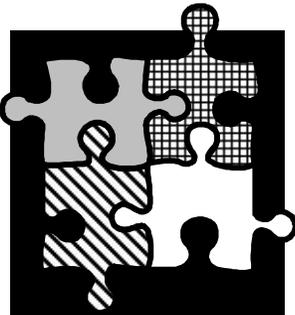
director: Grace Marshall, Executive Director

phone: 989-354-0440 Toll Free 1-866-354-0440

fax: 989-354-0442

contacts: Carol, Assistant Administrator
Brienne, Field Staff Supervisor

program/service: **Homemaking/Personal Care** - A home health aide, companion or CENA is available to assist you with your everyday needs. Whether its cooking, laundry, vacuuming, or assisting you with a bath, we can help by providing dependable, quality care.

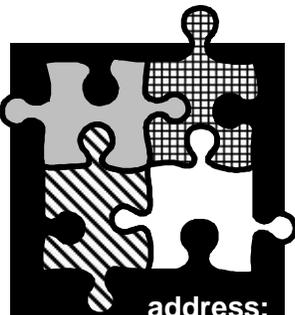


Congregate Meal Program Alpena Senior Citizen's Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

office hours: Monday – Friday 8 am – 5 pm
program/service: **Congregate Meals:** The center serves a nutritious variety of meals daily. Join us in our dining room for soup, salad and a delicious main entrée.

Lunch is served – Mon. – Friday starting at 11:30 am
Dinner is served – Monday – Thursday from 4:30 pm – 6 pm
Suggested Donation: \$2.50 over 60, \$4.00 under 60



Crisis Prevention Program NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707

phone: 989-356-3474
fax: 989-354-5909

administration: John Swise, CEO or John Briggs, COO

hours: Monday – Friday 8:30 am – 4:30 pm

website: www.nemcsa.org

program director: Bob Cain, Program Director

contact: Beth Storms, Crisis Prevention Program Coordinator

program phone: 989-471-3277

program/service: **Homeless Prevention Program** provides Rental Assistance (Move-in Costs) and Utility Assistance to qualifying households that are homeless. Eviction and Foreclosure Assistance is available for qualifying households that have experienced a sudden and unexpected reduction in income that caused the emergency. All households must meet affordability criteria. Specific documentation is required.

Utility Assistance provides assistance with deliverable fuels and metered utilities qualifying households whose income is within the Federal Poverty Guidelines as determined by the funding source. Specific documentation is required.



Department of Human Services

**formerly
known as:
address:
directions:**

FIA, Family Independence Agency
711 W. Chisholm St. – Alpena, MI 49707
Behind the County Annex building, between Chisholm & River and 8th and
9th Avenue

phone: 989-354-7200
fax: 989-354-7242

contact: Doug McCombs, Director

phone: 989-354-7227

email: mccombsd@michigan.gov

hours: Monday – Friday 8 am – 5 pm, protective services available 24/7
365 days per year.

program/service: **Public Assistance and Protective Services** – we determine eligibility for
Medicaid, Food Assistance, Cash Assistance, etc. and we investigate
allegations of abuse, neglect and exploitation of children and vulnerable
adults.

intake process: Walk in, phone calls

documentation: Valid Id, birth certificate, verification of income and assets.

eligibility: Income and asset limits



The Diabetes Center Alpena Regional Medical Center

**formerly
known as:
address:
phone:**

Alpena General Hospital
1501 W Chisholm St. - Alpena, MI 49707
989-356-7337 Toll Free: 1-800-942-8601

fax: 989-356-8054

contact name: Pari Green, RN BSN CDE, Coordinator

hours: Monday – Friday 8 am – 4 pm - flexible

email: pgreen@agh.org

program/service: Providing care/education to all individuals with diabetes.

intake process: Appointment required and referral from physician



Dial-A-Ride Transportation

address: 3020 U.S.-23 South, - Alpena, MI 49707

phone: 989-356-4596

fax: 989-358-9001

contact name: Ronald J. Prell

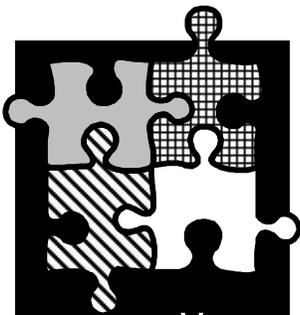
hours: Monday – Thursday 7 am – 7 pm

Friday 7 am – 9 pm

Saturday 8 am – 7 pm

Sunday 9 am – 6 pm

program/service: Transportation – call for transportation services during service hours.



District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23
office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294
fax: 989-356-3529
agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org
program/service: ***The Caring Place – Adult Day Care Center***

A structured program of health, recreational and social support services to assist individuals in maintain their highest possible level of functioning.

Colorectal Cancer Screening Program

Free Colorectal Cancer Screening for residents of Alpena, Montmorency, Presque Isle and Cheboygan counties, between the ages of 50 – 65. Includes colonoscopy if indicated.

Home Care Services

100% covered Medicare/Medicaid In Home Skilled Services including Nursing, Home Health Aide, Physical Therapy, Speech Therapy, Occupational Therapy and Medical Social Services. Other non-covered services include medication management.

Immunizations

Provides adult immunizations with few exceptions.

Medicaid Dental Clinic

Provides a full range of Medicaid covered dental services. Individuals without dental benefits can also apply for membership in Northern Dental Plan which offers dental services at a reduced rate.

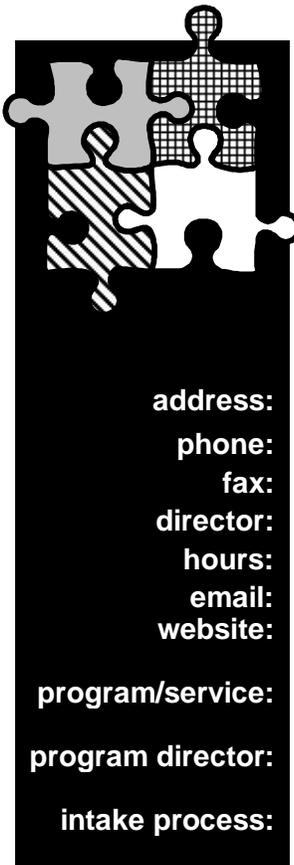
Northern Health Plan

Provides basic levels of health care coverage. Covered services (with \$5 co-pay) include office visits, specialist services and walk-in/urgent care; covered services without co-pays include outpatient lab and x-ray. A number of prescription medications are available with 50% co-pay. Other medications may be available at a discount rate.

Women’s Cancer Screening

Breast and Cervical Cancer Screening provided free of charge to eligible women who are 40 – 65 years old. Services include breast exam, mammogram, pelvic exam, pap test.

accessibility: Full wheelchair access, designated parking



Donor Services & Grants/Scholarships Community Foundation for Northeast Michigan

address: 111 Water St. – PO Box 495 – Alpena, MI 49707

phone: 989-354-6881 Toll Free 1-877-354-6881

fax: 989-356-3319

director: Barb Willyard, Executive Director

hours: Monday – Friday 8:30 am – 5 pm

email: bwillyard@cfnem.org

website: www.cfnem.org

program/service:

To receive and administer gifts given during a person's lifetime or through a will or trust instrument. The gifts are invested and the income generated is used to support charitable organizations and projects in our four-county area of Alcona, Alpena, Montmorency and Presque Isle.

program director:

Julie Wiesen, Program Director

intake process:

Walk-in or phone calls



Emergency Food Assistance Program NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707

phone: 989-356-3474

fax: 989-354-5909

administration: John Swise, CEO or John Briggs, COO

hours: Monday – Friday 8:30 am – 4:30 pm

website: www.nemcsa.org

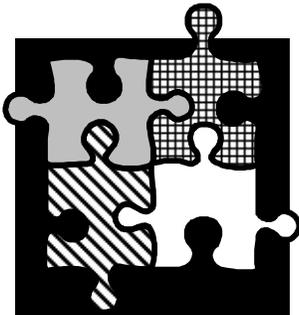
program director: Bob Cain, Program Director

contact: Michelle Williams, TEFAP Coordinator

phone: 989-471-2607 ext. 2

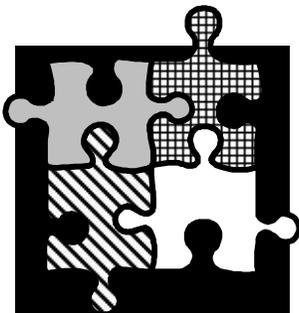
program/service:

Individuals less than 60 years of age must have income at or below 130% of Federal Poverty Guidelines while those 60 years of age or older must have income at or below 160%. Recipients must be certified annually. There is no age requirement. The program began in 1981 as a means to reduce the quantity of surplus cheese being stored by the federal government. Since its inception, the number of foods available has varied between four and thirteen items. Distributions are held on a quarterly basis during the months of November, February, May and August.



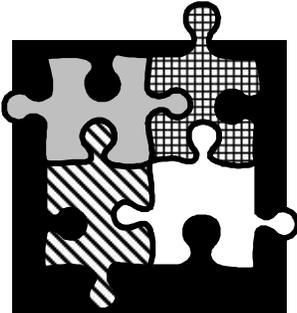
Experience Works, Inc. Michigan Works NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474
fax: 989-354-5909
administration: John Swise, CEO or John Briggs, COO
office hours: Monday – Friday 8:30 am – 4:30 pm
website: www.experienceworks.com
contact: Beckie Gould - 989-358-3113 Fax 989-354-6090
program hours: Monday – Friday 8 am – 5 pm
program/service: A national non-profit organization that offers training, employment and community service opportunities for mature workers. Job training/placement for those 55 years of age and over who meet income guidelines.



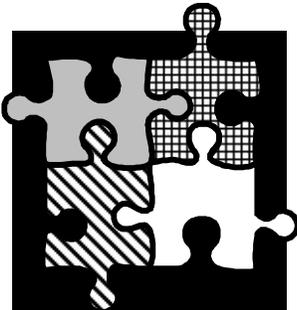
Emergency 24 hour Respite Program Alpena Senior Citizen’s Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548
hours: Monday – Friday 8 am – 5 pm
contact: Connie Krajniak, In Home Servicers Coordinator
program/service: Respite care providers will be assigned to relieve identified primary caregivers to allow the caregiver the opportunity to seek their own treatment and care that requires an overnight stay in a medical facility, or treatment that restricts their ability to care for the client. This service is intended to be only temporary (24 hour) relief in extreme situations where the client has very limited support network and are unable to financially cover the cost of private care assistance.



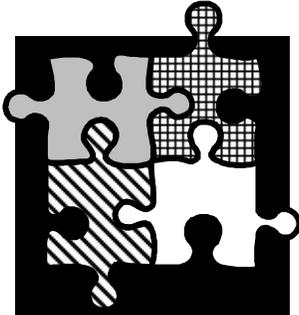
Family Nutrition Program Michigan State University Extension

address: 603 S. Eleventh Ave. - Alpena, MI 49707
location: Located on the Fairgrounds. If you come through the main gate it is the second building on the left.
phone: 989-354-9870
fax: 989-354-9898
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.alpenacounty.org
email: alpena@msue.msu.edu
director: Mary Dunckel, County Extension Director
program contact: Beth Noffze, FNP Associate
program location: at MSU office or at clients home
program/service: **Family Nutrition Program**
Offers a series of nutrition/food preparation lessons in the home to low income seniors. Staff and participants prepare a meal together.
intake process: Walk-in, phone calls and appointments are required
documentation: Stated proof of 185% of poverty



Foot Clinic Alpena Senior Citizen's Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548
hours: Second and Fourth Wednesday of each month
Call for appointment
contact: Pat LaCross, RN
program/service: Bring a clean towel! Clinic charge is \$15.



Foster Grandparent Program (FGP) NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474
fax: 989-354-5909
administration: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Barb Dault, Program Director of Volunteer Programs
contact: Wanda Gougeon, Administrative Assistant

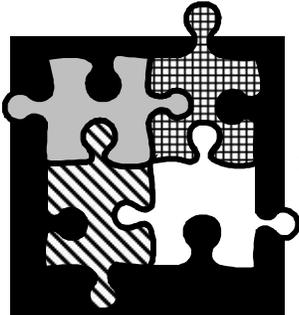
program/service: Provides volunteer opportunities to income eligible senior citizens by establishing a consistent, one-on-one relationship with children in need of personal attention and special help. The program requires that individuals be 60 years or older, have income at or below 125% of Federal Poverty Guidelines, and have doctor's physical. Recertification is required annually and continuing participants are permitted an additional 20% of income. Stipends earned within the program are not counted as income.



Free Clinic of Alpena

address: 1600 W. Chisholm St. – Alpena, MI 49707
phone: 989-354-3888
location: Inside First Presbyterian Church
hours: Tuesdays and Thursdays at 6 pm – 8:30 pm
intake: Please call to make appointment

program/service: **Improving access to medical care in our community.**
The mission of the Free Clinic of Alpena is to provide health care to the uninsured and under-insured of our region through direct care and community partnerships.
There is no cost for the services that we are able to provide as clinic volunteers. Donations are accepted and appreciated, but not anticipated or expected.



George N. Fletcher Public Library

formerly known as: Alpena County Library
address: 211 N. First Ave. - Alpena, MI 49707
phone: 989-356-6188
fax: 989-356-2765

contact name: Eric Magness-Eubank, Director

email: jsacl@alpenalibrary.org
website: www.alpenalibrary.org

general hours: Monday – Thursday 9:30 am – 9 pm
Friday – Saturday 9:30 am – 5 pm

computer lab: Monday – Thursday 9:30 am – 8:45 pm
Friday – Saturday 9:30 am – 4:45 pm

program/service: The largest information center for residents and visitors of Alpena County and all of Northeast Michigan. The library offers books, many in large print, genealogy and foundation collections, magazines, newspapers, audiotapes, compact discs, films, videocassettes, toys, interlibrary loan service and an art lending library.

READ Program – (Reading for Adults): Tutoring program for adult new readers. *Dorothy Haase, Coordinator*

Adult Programming – The library serves as a cultural center by providing educational programs, forums, displays, discussion groups on various pertinent topics.

Computer Lab – Free public access to the Internet and WIFI now available on the second floor.

accessibility: Full wheelchair access, designated parking



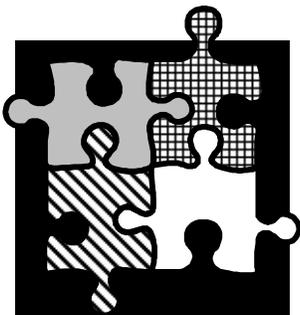
Head Start & Early Head Start NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
hours: Monday – Friday 8:30 am – 4:30 pm
phone: 989-356-3474 Fax 989-354-5909
administration: John Swise, CEO or John Briggs, COO
website: www.nemcsa.org
program director: Linda McGillis, Program Director
contact: Jeanne Chisena – Assistant Director – Early Head Start
Jean Horrocks, Assistant Director – Head Start Northern Region
program phone: 989-356-3474 ext. 249
program/service: **Early Head Start** serves pregnant women and children birth to three years old and their families. The program provides intensive and comprehensive child development and early education services, including health, nutrition and family support. Program is free to families who meet federal poverty guidelines or other risk factors; and reserves ten percent of total enrollments for inclusion of children with disabilities.
Head Start is a preschool education program for children 3-5 years of age who family incomes are at or below 100% of poverty. At least 10% of enrollment slots are reserved for children with documented disabilities.



Health & Fitness Program Alpena Senior Citizen’s Center

director: 501 River St. - Alpena MI 49707
Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548
hours: Monday, Wednesday and Friday 9 am – 10 am
contact: Corky Gates and Krystal May, Certified Arthritis Exercise Trainers
program/service: Core strengthening and balance are two key physical issues in the aging population. This program should help those seniors who participate gain more stability and balance as well as improve their overall well being both physically and emotionally. It opens a new avenue of exercise to those individuals who may not be able to afford a gym membership. We are focused on providing a quality experience in a comfortable and non intimidating environment that is safe and beneficial.



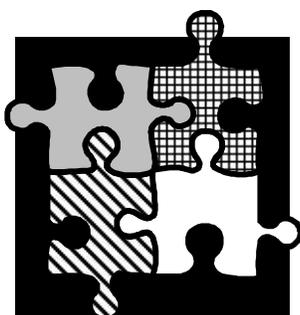
Homeless Assistance Recovery Program (HARP) NEMCSA – Area Agency on Aging

address:
phone:
fax:
contact name:
hours:
website:

program/service:

2375 Gordon Rd. - Alpena, MI 49707
989-356-3474
989-354-5909
John Swise, CEO or John Briggs, COO
Monday – Friday 8:30 am – 4:30 pm
www.nemcsa.org

This is a housing choice voucher program that gives preference to homeless families and individuals. The program utilizes Michigan State Housing Development Authority’s Housing Choice Vouchers (often referred to as Section 8 vouchers) and preferences them to the homeless population. Applicants are taken from the HCV waiting list or from direct application to the program. The program offers rental assistance with case management to further strengthen the household’s ability to achieve success and not relapse into homelessness. Assistance may include help with furnishings, as well as security deposit and rent.



Home Delivered Meal Program Alpena Senior Citizen’s Center

address:
director:
email:
phone:
fax:
contact:
program/service:

501 River St. - Alpena MI 49707
Grace Marshall, Executive Director
srcenter@freeway.net
989-356-3585
989-356-6548
Debra Smith, Home Delivered Meal Coordinator

Home Delivered Meals (HDM's): Just because you can't come to the center, doesn't mean you can't get our great meals!
City Delivery: Hot meals are delivered Mon. – Fri. 10 am – 12 noon
Frozen meals are delivered on Friday for the weekend.
Alpena County Delivery: Hot meals are delivered Mon, Wed. & Fri.
Frozen meals are delivered for Tuesday, Thursday and the weekend.
Liquid supplements are available for those who qualify.



Home Care Services District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23

office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294
fax: 989-356-3529

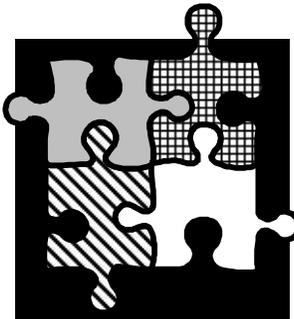
agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org

program/service: ***Home Care Services***
100% Covered Medicare/Medicaid In Home Skilled Services includes nursing, home health aide, physical therapy, speech therapy, occupational therapy and medical social services, other non covered services include medication management.

program director: Kathy Orban, RN, Home Care Director
program contact: Linda McNeill, RN, Home Care Supervisor
program phone: 989-356-4507 Toll Free 1-800-221-0294 Fax 989-356-9080

program hours: Monday – Friday 8 am – 4 pm – *24 hour on call 7 days a week*
intake process: Walk-in and phone calls

eligibility: The individual must have a skilled medical need and it must be a considerable and taxing effort for the individual to leave their home.



Home Health Care & Private Duty Services Alpena Regional Medical Center

address: 1501 W. Chisholm St. – Alpena, MI 49707

phone: 989-356-8004 or 1-800-968-4584

fax: 989-356-8034

agency director: Janice Kane, Director

phone: 989-356-8004

email: jkane@agh.org

website: www.alpenaregionalmedicalcenter.org

Main office: Monday – Friday 8 am – 4:30 pm

program contact: Linda Indish, Intake Coordinator

phone: 989-356-8004 fax 989-356-8034

program: 24hrs. 7 days per week

program/service: *Home Care & Private Duty Service (In-Home Services)*

Skilled Nursing Care – provides professional support for wound care, injections, IV therapy, education related to disease, tube feedings, ostomy care/education and other services.

Physical Therapy, Occupational Therapy, and Speech Therapy

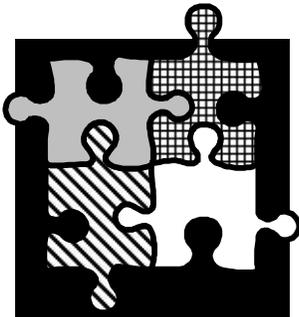
Medical Social Services

Certified Home Health Aides

Personal Care Assistants help people in their homes with self-care, meal planning, prep and clean up, housekeeping, and errands/medical appointments.

intake process: Phone call – some services require physician referral

eligibility requirements: Available to all; third party payors have specific eligibility requirements.



Hospice of Michigan

address: 112 W. Chisholm St. – Alpena, MI 49707
office hours: Monday – Friday 8 am – 4:30 pm
phone: 989-354-5258 Toll Free 1-800-968-9794
fax: 989-356-6931

contacts: Alissa Levitt, Clinical Business Operations Supervisor
Colleen Prevost, Clinical Supervisor
Sally Bruski, Co-Manager
Janine Zielakowski, Support Services Manager

program hours: 24 hrs., 7 days per week

website: www.hom.org

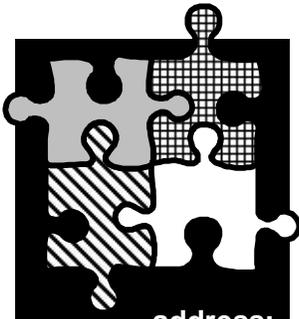
program/service: Hospice of Michigan provides services to meet the emotional, spiritual and physical needs of our patients and their families. Hospice puts the family and patient at the center of care planning, and by working closely with physicians and caregivers, provides comprehensive, compassionate care for individuals nearing the end of life.

Our Services Include:

- Pain and symptom management
- Emotional and spiritual support
- Home health aides and trained volunteers
- Respite for family caregivers
- Medications, equipment and supplies
- Grief support for loved ones

service area: We provide services in the home, the hospital and in the long-term care setting.

insurance: Medicare and Medicaid accepted



Hospice of the Sunrise Shore

address: 109 N. Second Ave. – Alpena, MI 49707
office hours: Monday – Friday 8:30 am – 5 pm
nurses hours: 24 hrs. 7 days per week

phone: 989-358-1156 Toll Free 1-800-342-7711
fax: 989-358-1702

program hours: 24 hrs., 7 days per week
website: www.vitalcare.org

program/service: ***Our Services Include:***

- Home health aides
- Flu immunizations
- Home care services
- Please call for full list of services

insurance: Medicare and Medicaid accepted



Huron Humane Society

address: 3510 Woodward Ave. – Alpena, MI 49707
office hours: Monday – Friday 11 am – 4:30 pm
Saturday 11:00 am – 3 pm - Closed Sundays

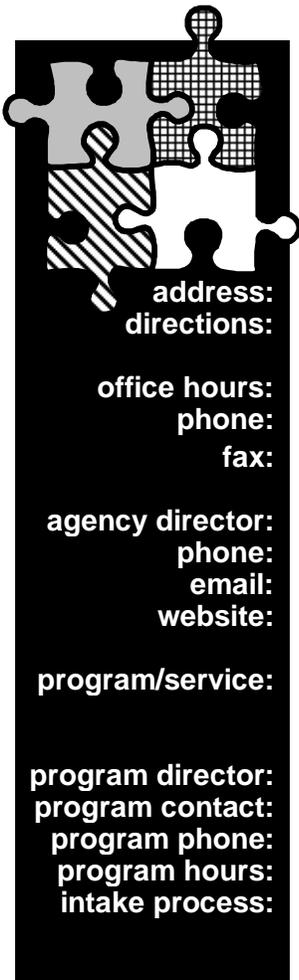
phone: 989-356-4794
fax: 989-358-8224

director: Natalie Francis, Director

website: www.huronhumanesociety.org

volunteer: Help with mailings and laundry
General animal care
8:30 am – 11 am. Clean and feed animals

requirements: Volunteer liability form needs to be filled out



Immunizations District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23
office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294
fax: 989-356-3529

agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org

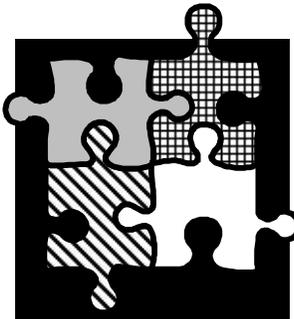
program/service: **Immunizations**
Provides adult immunizations with few exceptions
Roseanne Schultz, RN, BSN, Personal Health Nursing Director
Wendy Byers-Phillips, RN, BSN, Personal Health Supervisor
program director: 989-356-4507 Toll Free 1-800-221-0294 Fax 989-356-3529
program contact: Call for dates and times
program phone: Walk-in and phone calls
program hours: District Health Department #4 does not bill insurances other than Medicare and Medicaid for Flu shots.
intake process:



In Home Services Alpena Senior Citizen's Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

contact: Connie Krajniak, In Home Services Coordinator
program/service: **In-Home Services:** Programs are available to promote independence to the older adult who lives at home.
Homemaker services: We'll assist with light housekeeping tasks as well as appointments and shopping.
Respite care: When a primary caregiver needs a break, we can provide companionship, supervision and/or assistance for both mentally and physically disabled/frail elderly persons.
Personal care: We can assist you with bathing and personal hygiene.



Inpatient Rehabilitation and Outpatient Rehabilitation Alpena Regional Medical Center

address: 1501 W. Chisholm St. – Alpena, MI 49707

phone: 989-356-8004 or 1-800-968-4584

fax: 989-356-8034

program contact: Megan LeTourneau – 989-356-7334

phone: 989-356-8125 Inpatient Rehab

phone: 989-356-7248 Health Plex – Outpatient Rehab

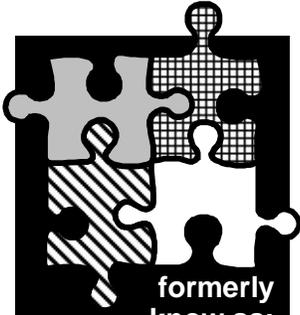
email: mletourneau@agh.org

program/service: ***Inpatient Rehabilitation***

Physical Therapy, Occupational Therapy, Speech Therapy and Cardiac Therapy.

Outpatient Rehabilitation

Physical Therapy, Occupational Therapy, Speech Therapy and Cardiac Therapy.



LaFave Home Nursing, LLC

formerly know as: Affordable Home Care or Saddler-Lafave Home Help & Nursing Service

address: 815 W. Miller St. – Alpena, MI 49707

location: On Miller St. next to the Booster Club, where Miller changes to Johnson

office hours: On Call 24 hrs. 7 days per week

phone: 989-356-4652

fax: 989-354-7114

contacts: Martha LaFave, RN – owner – 989-255-7921

Joe LaFave – owner - 989-255-7922

email: mclafave@chartermi.net

program hours: 24 hrs., 7 days per week

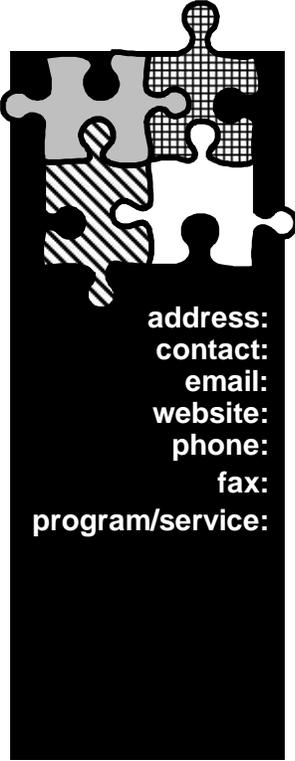
program/service: In Home Health Care 1-24 hr service – since 1977

Our Services Include:

- Personal Care assistance
- Bathing/Dressing
- Medication Assistance
- Errands, Appointments, Meals and Shopping
- Companionship/Home Safety
- Customized Care Needs

service area: We provide services in the home setting.

accessibility: Wheelchair ramps, designated parking, no stairs in service delivery area



Leelin Home Health Care, Inc.

address: 2066 M-32 W., PO Box 847 - Alpena MI 49707
contact: Melanie Erickson
email: leelin2@m33access
website: www.leelinhomehealth.com
phone: 989-356-1453
fax: 989-356-5829

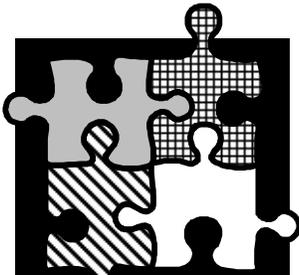
program/service: We are a small independent home health care company, owned and operated by two nurses. Our services include but are not limited to: Homemaking, chore service, personal care, meal preparation, respite care, transportation, foot care, medication set-up, wound care, IV therapy, wake up, tuck-in service, wellness checks. We provide services per visit, hourly, or live-in rate, with a 24-hour on-call service for after hour situations. Let our trained staff assist your love ones in the privacy of their own home.



LeFave Pharmacy & Home Medical Equipment

address: 1202 W. Chisholm St. - Alpena MI 49707
contact: Chris LeFave
email: Chris.lefave@chartermi.net
phone: 989-354-3189 Toll Free 1-877-588-7868
fax: 989-354-3286

program/service: Durable medical equipment
Save money with generic medications
\$3.00 delivery charge – Monday – Friday
Within City Limits.



Legal Services of Northern Michigan

address: 123 N. Second Ave, Suite 1 – Alpena, MI 49707
office hours: Monday – Friday 9 am – 5 pm
phone: 989-356-9081 Toll Free 1-800-280-9391 (senior program)
fax: 989-354-4711
contacts: Suzanne Robinette, Secretary
David Bisgrove, Attorney

program/service: Non-profit organization that provides legal assistance to those who would otherwise be unable to afford adequate legal counsel. Applicants must meet certain eligibility requirements, based on their economic status, in order to receive such legal aid. The Senior Citizen's Grant Program does not have income eligibility criteria.

Our services include help with: Wills, Estate Planning, Probate Court matters and Nursing Home requirements

Intake info: Call to schedule in-take appointment



Lions Club

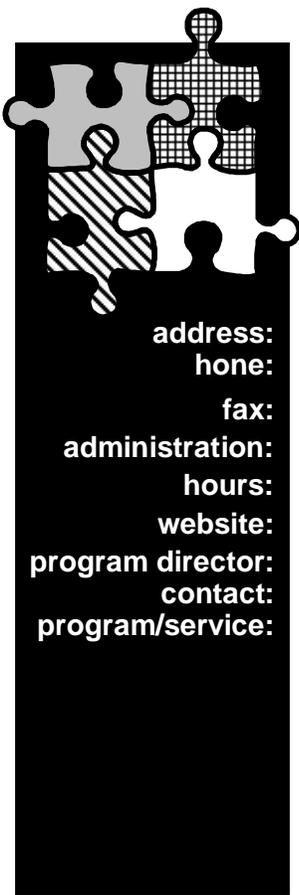
contacts: Bernie Lamp, III – President 989-356-4422
Dave Zeller – District Vice Governor
989-356-2977 home - 989-356-2167 work

website: www.oweb.com/upnorth/lions/
program/service:

Local sight and hearing conservation in conjunction with local doctors. Sight restoration through corneal transplant, screen patients and solicit pledges of eyes to the Michigan Eye Bank Center, Ann Arbor. Collect used eye glasses and hearing aids. Support Drug Awareness Program through the Lions International Quest Program in the local school system, loan wheel chairs to sick and needy persons. Heavily involved in the support of Leader Dogs of Michigan and its Puppy Program. Provide financial assistance for medical care and supplies for people with diabetes.

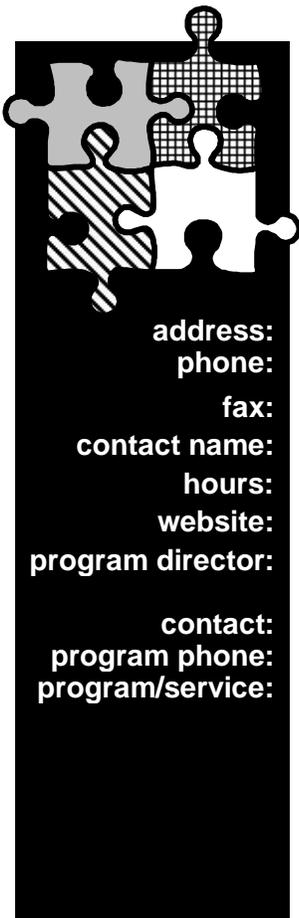
meetings: Alpena Lions Club Noon – Alpena Golf Course Country Club –
Tuesdays at noon - Contact Bernie Lamp, III -989-356-4422

Alpena Lions Club Evening –Contact Dave Zeller – 989-356-4422



Long Term Care Ombudsman Program NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
hone: 989-356-3474
fax: 989-354-5909
administration: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Laurie Sauer, Program Director
contact: Dawn Jacobs, Elder Advocacy Services Manager
program/service: **Long Term Care Ombudsman Program** provides information and education to families and individuals about long term care facilities and services. The Ombudsman investigates concerns and helps facility residents, families and friends to resolve problems dealing with quality care, residents' right and state regulating services. The Ombudsman and Ombudsman Volunteers act as a liaison between residents, care providers and state regulatory agencies. The Ombudsman provides educational programs and training in residents' rights, guardianship, volunteer advocacy and long term care public benefits.



Low Income Weatherization Program NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474
fax: 989-354-5909
contact name: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Bob Cain, Program Director
989-471-5110 ext. 5
contact: Beth Storms, Crisis Prevention Program Coordinator
program phone: 989-471-3277
program/service: **Low Income Weatherization Program** provides water heater insulation, pipe wrap, low flow shower-head installation, ceiling and attic insulation and ventilation, wall, floor and perimeter insulation, caulking, weather-stripping and other measures to prevent air infiltration. Energy saving measures installed on a client's home depends on the energy audit and funding available. Housing units are eligible for weatherization assistance if they are occupied by a family whose income is at or below 150% of Federal Poverty Guidelines.



Luther Community Manor Apartments

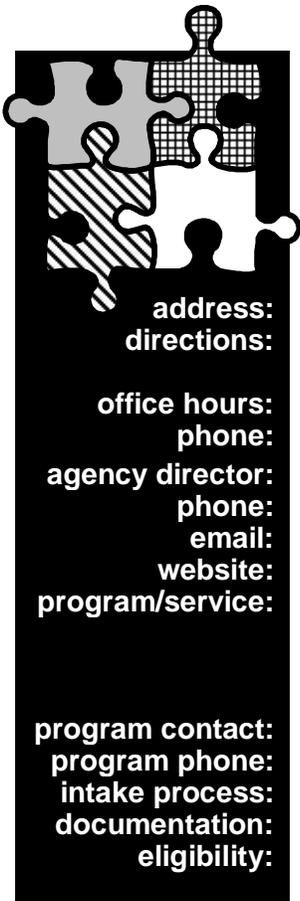
A Caring Senior Community

address: 210 Wilson Street - Alpena, MI 49707
phone: 989-356-6725
email: imala@lssm.org

program/service:

- Quality housing for seniors 62 and older
- Affordable for fixed income seniors
- Worry-free housing
- Live independently in a caring senior community
- Rent is 30% of income minus medical expenses
- Includes basic utilities
- Part-time service coordinator on staff

An equal opportunity, accessible H.U.D. 202, Section 8 Project managed by Lutheran Social Services of MI.



Medicaid Dental Clinic

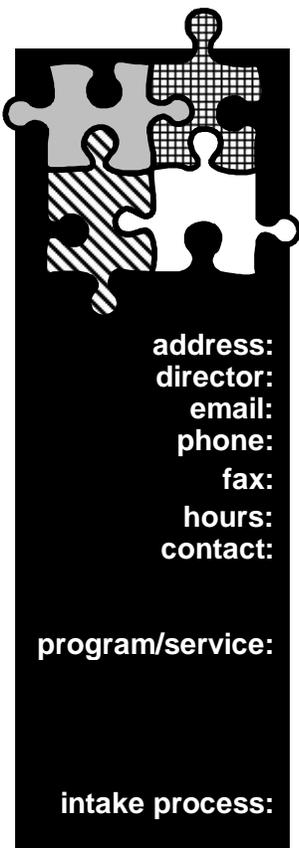
District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23
office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294 Fax 989-356-3529
agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org

program/service:

Medicaid Dental Clinic
 Provides a full range of Medicaid covered dental services. Individuals without dental benefits can also apply for membership in Northern Dental Plan which offers dental services at reduced rates.

program contact: Roseanne Schultz, RS, BSN, Personal Health Nursing Director
program phone: 989-356-4507 Toll Free 1-877-321-1070 Fax 989-354-0855
intake process: Call for appointment
documentation: Medicaid card
eligibility: income

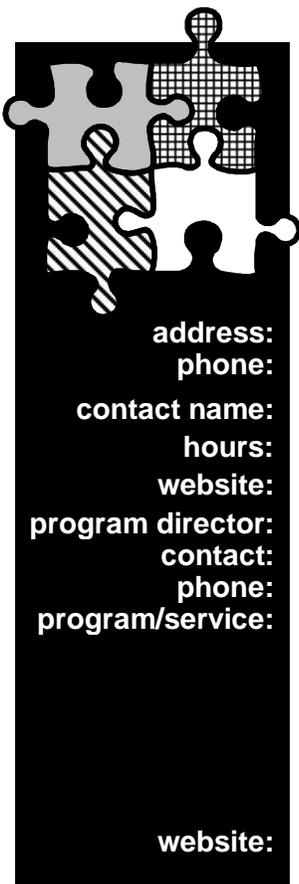


Medicare/Medicaid Assistance Program (MMAP) Alpena Senior Citizen's Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585 Toll Free 1-800-803-7174
fax: 989-356-6548
hours: Monday – Friday 8 am – 5 pm
contact: Krystal May – MMAP Alpena County Site Coordinator at Center
Dawn Jacobs – Area Agency on Aging MMAP Regional Coordinator

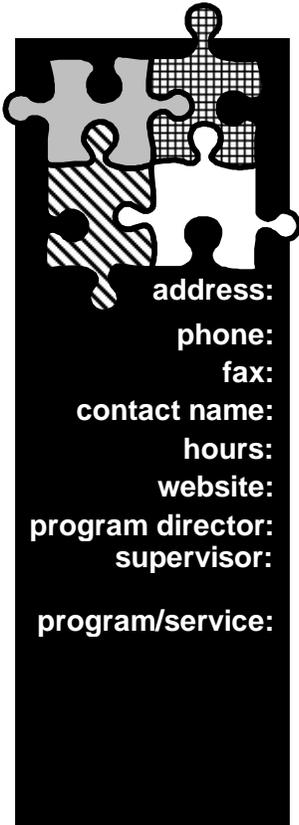
program/service: This program/hotline for Medicare beneficiaries and their families provides well-trained volunteers who assist with understanding Medicare and Medicaid eligibility, enrollment and coverage, medical bills, supplemental and long-term care insurance, and prescription assistance programs including Medicare Prescription Drug Coverage (Part D).

intake process: By phone to make appointment



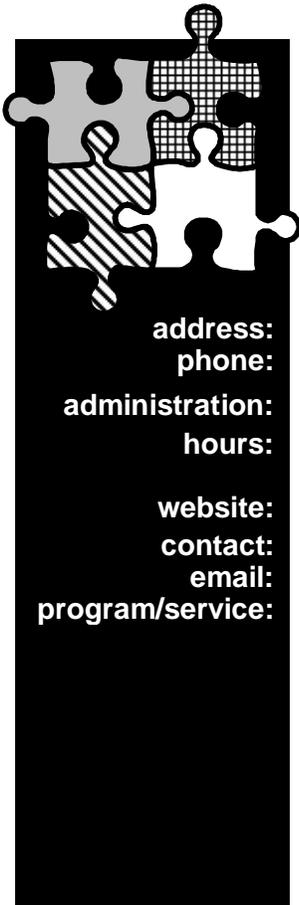
Michigan Assistive Technology Loan Fund (MALTLF) NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474 Fax 989-354-5909
contact name: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Laurie Sauer, Program Director
contact: Michelle Smith, Program Coordinator
phone: 989-356-3474 ext. 272
program/service: **Michigan Assistive Technology Loan Fund (MALTLF)** provides low cost, fixed-rate loans to qualified applicants to finance the purchase of assistive technology devices and/or services. Examples of potential loan items include vehicle lifts, ramps, home modifications, specialized computers, etc. To participate in the program, applicants must be individuals with disabilities or parents/guardians of individuals with disabilities.
website: www.mi-atlf.org



Mi-Choice Waiver Program NEMCSA – Area Agency on Aging

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474
fax: 989-354-5909
contact name: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Laurie Sauer, Program Director
supervisor: Colleen Hathaway, Community Based Care Supervisor
program/service: **Mi-Choice Waiver Program** is designed to allow persons who are eligible for Medicaid-covered nursing home services (anyone age 18 and older) to remain in their home with the same level of care. Clients must be medically eligible for nursing home placement and financially eligible for Medicaid based on 300% of SSI and assets of \$2,000 or less per individual.



Michigan Works! Service Center NEMCSA – Area Agency on Aging

address: 315 W. Chisholm St. - Alpena, MI 49707
phone: 989-358-3129 Fax 989-354-8479
administration: John Swise, CEO or John Briggs, COO
hours: Monday – Wednesday, Friday 8 am – 5 pm
Thursday 9 am – 5 pm
website: www.michworks.org
contact: Dawn Stone, Area Manager
email: stoned@nemcsa.org
program/service: **CORE SERVICES:** may include, but are not limited to, local and statewide employment opportunities, labor market information, resume writing information, skill assessment, job search, placement assistance, and career counseling.
INTENSIVE SERVICES: may include comprehensive and specialized assessments of skill levels, individual and group counseling, planning, assistance in improving learning communication and interviewing skills.
TRAINING SERVICES: may include classroom or occupational skills training, on-the-job training, and specialized training for eligible populations.



Michigan State University Extension

address: 603 S. Eleventh Ave. - Alpena, MI 49707
location: Located on the Fairgrounds. If you come through the main gate it is the second building on the left.

phone: 989-354-9870
fax: 989-354-9898

hours: Monday – Friday 8:30 am – 4:30 pm

website: www.alpenacounty.org
email: alpena@msue.msu.edu
contact: Mary Dunckel, County Extension Director

program/service: MSU Extension provides informal education that helps people identify problems and find solutions to improve their homes, families, farms, businesses or communities. MSU Extension's goal is to provide practical, timely, research-based information and educational programs to help Alpena County residents meet local needs in agriculture and natural resources; and children, youth, families and communities. Extension programs are guided by experienced faculty and staff members in Alpena County and on the MSU campus in East Lansing. MSU Extension is an integral part of county government and is funded through cooperative agreements between the federal government, state government and the Alpena County Board of Commissioners.

Advanced Care Planning

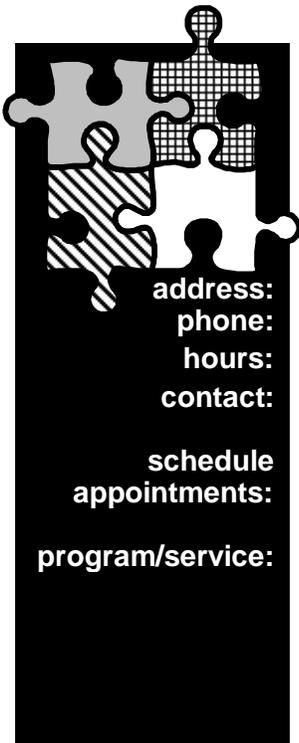
Program that helps people prepare and plan for the end of life. This program addresses Durable Power of Attorney for health care.

Senior Project FRESH

Program is offered annually from June 1st thru October 31st, to low-income seniors. Participants receive at least \$20 worth of Project FRESH coupons to redeem at participating farm markets for fresh fruits & vegetables. They also attend a short nutrition education session at the time of distribution.

Family Nutrition Program

Offers a series of nutrition/food preparation lessons in the home to low income seniors. Staff and participants prepare a meal together.

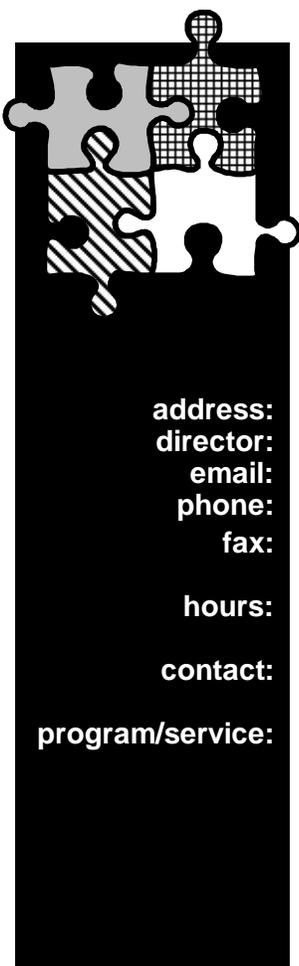


Miracle Ear Center

address: 537 Chisholm St. Suite #100 - Alpena, MI 49707
phone: 989-354-4484
hours: Tuesday – Wednesday 9 am – 4 pm – *Alpena office hours*
contact: Toya – Alpena office

schedule appointments: 1-800-872-4074

program/service: Reconnect with the sounds and the voices that make life fuller and richer. Because straining to hear and repeatedly asking "pardon me?" gets tiresome. So instead of saying "What?" Ask instead, "What will my miracle sound like?"



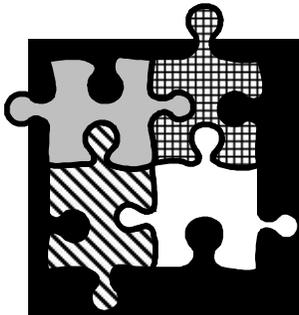
National Family Caregiver Support Kinship Care Alpena Senior Citizen's Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

hours: Monday – Friday 8 am – 5 pm

contact: Krystal May, Program Coordinator

program/service: **National Family Caregiver Support Program** provides information and services to family caregivers who are caring for someone older than age 60, or the grandparent(s) and other relative caregivers over the age of 55 who are caring for a child age 18 or under. Priority will be given to those in greatest social and economic need with particular attention to low-income older individuals.



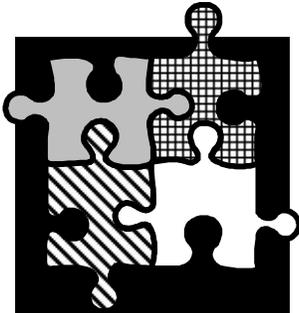
Northeast Michigan Community Mental Health Services

address: 400 Johnson Street - Alpena, MI 49707
phone: 989-356-2161 Toll Free 1-800-968-1964

contact name: Tony White, Director

program/service: To provide comprehensive mental health services to people in the following categories: those who have a Developmental Disability and may need specialized expertise in caring for multiple-handicapped children and adults; people who have a mental illness or emotional problems, or are otherwise in need of clinical counseling and treatment resources and services.

Outpatient Therapy and Counseling, Psychiatric and Psychological Evaluation and Treatment Services, Adult Social Activity Program, Residential and Support Services, Adult Activity and Training for Persons with Developmental Disabilities, Family/Court Consultation, Coordination of Mental Health Disability Prevention Services, Work Activity and Vocational Training Services, 24 hours Mental Health Emergency Crisis Intervention Line. Fees are based on "ability to pay". No one will be denied services due to an inability to pay.



Northeast Michigan Community Service Agency Inc. NEMCSA

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474 Fax 989-354-5909

administration: John Swise, CEO or John Briggs, COO

hours: Monday – Friday 8:30 am – 4:30 pm

website: www.nemcsa.org

eligibility: Varies by programs

program/service: **Client Services:** The Emergency Food Assistance Program (TEFAP), Commodity Supplemental Food Program (CSFP), Low Income Weatherization Program, Homeless Prevention Program and Utility Assistance.

Additional Services Managed by NEMCSA Divisions: Michigan Enrolls (Maximus), Michigan Assistive Technology Loan Fund, Earned Income Tax Credit Assistance Program, Individual Development Account Program, Family Self-Sufficiency Program, Supportive Housing Program, Tennant Based Rental Assistance Program for Families with Children and The Homeless Assistance Recovery Program (HARP).

Early Childhood Education Programs: Early Head Start, Head Start and Michigan School Readiness Program.

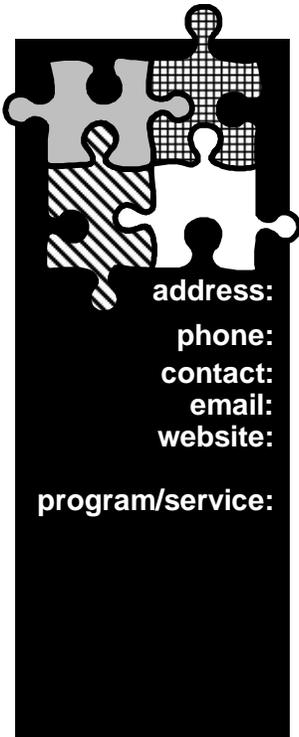
Youth Programs: Compass Youth and Family Guidance, School Success Partnership, Club Cash and Tennant Based Rental Assistance Program For Youth.

Community Development: Census Affiliate, NEMCSA Housing Program and Homeless Technical Assistance.

Aging Programs: Long Term Care Ombudsman Program, Medicare Medicaid Assistance Program (MMAP), In-Home Services, Congregate Meals, National Family Caregiver Support, Adult Day Care Services, Legal Services, Care Management and MI-Choice Waiver Program.

Volunteer Programs: The Foster Grandparent Program (FGP), Senior Companion Program (SCP) and the Retired Senior Volunteer Program (RSVP)

Michigan Works: Workforce Investment Act (WIA), Adult and Dislocated Workers, Welfare Reform Program, Michigan No Wrong Door System and the Michigan Older American Community Service Employment Program (MOACSEP).



Northeast Michigan Depression & Bipolar Support Alliance, DBSA

address: 112 Water St. – Alpena, MI 49707

phone: 989-354-4470

contact: Marcelle Levitt, Administrative Director

email: nemdbsa@speednetllc.com

website: www.dbsalliance.org

program/service: To provide self-help group and personal support and educational information to people affected by depression, bipolar, and related mood disorders, and to those who care about them. DBSA is a 501c(3) non-profit organization and a participating United Way agency. All services are currently offered free of charge. Mental Health lending library and internet research room. Specialty group/classes are offered and a professionally led.



Northern Health Plan District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707

directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23

office hours: Monday – Friday 8 am – 4 pm

phone: 989-356-4507 Toll Free 1-800-221-0294

fax: 989-356-3529

agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer

phone: 989-356-4507

email: jbruning@hline.org

website: www.dhd4.org

Northern Health Plan

program/service: Provides basic levels of health care coverage. Covered services (with \$5 co-pay) include office visits, specialist services and walk-in/urgent care; covered services without co-pay include outpatient lab and x-ray. A number of prescription medications are available with 50% co-pay. Other medications may be available at a discount rate.

program director: Roseanne Schultz, RN, BSN, Personal Health Nursing Director

program phone: 989-356-4508 Toll Free 1-800-221-0294 Fax 989-356-3529

intake process: Call for appointment

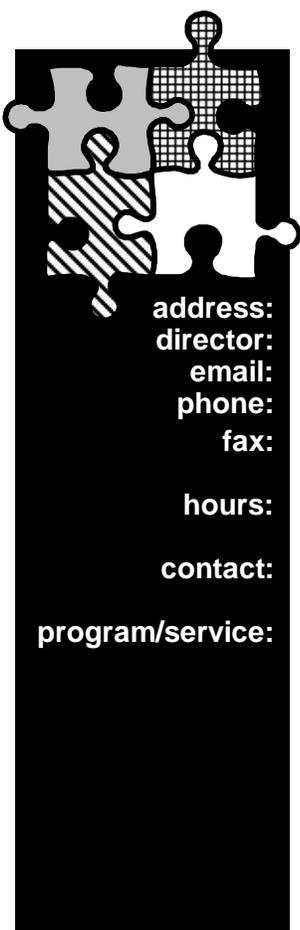
requirements: Income guidelines, no other health insurance and adults to age 65.



Northern Hearing Services

address: 2079 S. State St. – Alpena, MI 49707
hours: Monday – Thursday 8:30 am -4:30 pm
phone: 989-354-4289

contacts: Dr. Ohmart, MD
Jennifer Gruschke, MA. CCC-A (Audiologist)
Kim LaCross, MA. CCC-A (Audiologist)



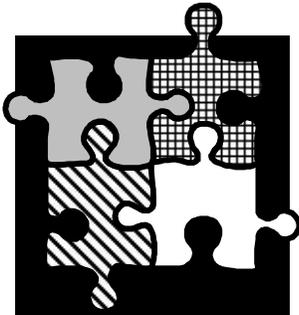
Prescription Maintenance Program Alpena Senior Citizen’s Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

hours: Monday – Friday 8 am – 5 pm

contact: Krystal May, Prescription Maintenance Coordinator

program/service: **Prescription Maintenance Program & Medicare/Medicaid – Part D Assistance:** This program is a cooperative effort between the Alpena Senior Citizens Center and area physicians to offer services to order medication from Pharmaceutical companies at little or no cost to the patient. This is not insurance coverage, and individual companies may change medications and availability at any time. The MMAP program offers assistance learning the ins and outs of Medicare supplemental plans, Part D information and assistance and any necessary appeals to get medical bills coordinated with other insurance.



Partners in Prevention

address: 3022 US-23 S - Alpena MI 49707

director: Carlene Przykucki
email: nemcpi@verizon.net

phone: 989-356-2880 Toll Free 1-800-354-2880
fax: 989-354-6939

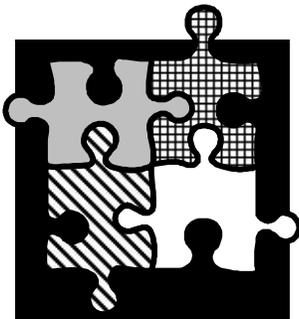
hours: Monday – Friday 9 am – 5 pm

program/service: **Circle of Parents Support Group** – for kinship caregivers, parents or anyone in a parenting role. It provides the opportunity to participate in weekly group meetings with other parents to exchange ideas, share information, develop and practice new parenting skills, learn about community resources, and give and receive support. Groups are conducted in a confidential and non-judgmental manner.

Regional Alcohol and Drug Awareness Resource (RADAR) Network State Associate Center – Lending library of videos, books and data sets as well as free brochures and pamphlets on alcoholism, prescription drug abuse, illicit drug use, tobacco use support, and guides to community-based prevention and positive parenting.

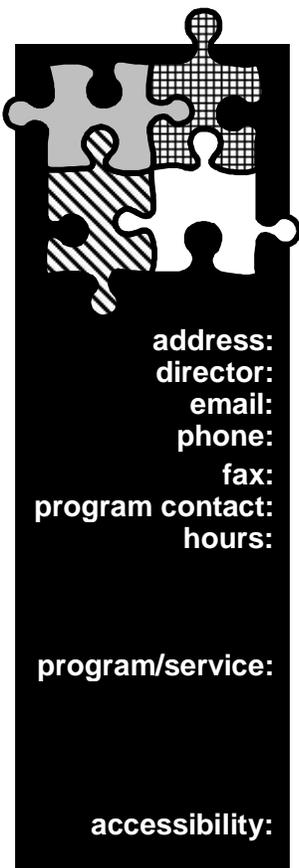
Fetal Alcohol Spectrum Disorders Family Support Group this is a free and confidential monthly gathering of parents and caregivers who share common experiences, challenges and concerns because Fetal Alcohol Spectrum Disorders has touched our lives. We recognize that having the courage to seek support will help us find healing and hope. Members offer each other mutual help, emotional support, practical support and knowledge. Our discussions, sharing of information and other activities promote caring, empathy and empowerment.

accessibility: Accessible w/o special facilities, no stairs in service delivery area.



Region 9 – Area Agency on Aging (AAA) NEMCSA

address:	2375 Gordon Rd. - Alpena, MI 49707
phone:	989-356-3474
fax:	989-354-5909
contact name:	John Swise, CEO or John Briggs, COO
hours:	Monday – Friday 8:30 am – 4:30 pm
website:	www.nemcsa.org
program director:	Laurie Sauer, Program Director
contact:	Connie Skowronek, Administrative Assistant
program/service:	<p>The Region 9 Area Agency on Aging plans, coordinates and develops a comprehensive service delivery system for the elderly in a 12 county area. The AAA contracts state and federal funds for aging programs through a network of senior centers and other community agencies. The agencies and the AAA are focal points for services. The AAA also advocates for the elderly and provides technical assistance, training and contract monitoring.</p> <p>Programs sponsored by the AAA include: Care Management, Home and Community Based Waiver, Long Term Care Ombudsman, Medicare Medicaid Assistance Program (MMAP), Michigan Assistive Technology Loan Fund Program, and the Michigan Older American Community Service Employment Program (MOACSEP)</p> <p>Contracted Services include: Adult Day Services, Congregate and Home Delivered Meals, Disease Prevention/Health Promotion, Elder Abuse Prevention, Kinship Care, Homemaker, Medication Management, Legal Assistance, Personal Care, Respite and TRIAD.</p> <p>Education: The Matter of Balance Program and the Stanford Chronic Disease Self-Management Program.</p>
eligibility:	Services are available to homebound persons who are 60 years of age or older upon completion of an assessment.
cost:	Clients are not charged a fee for services. Donations and cost sharing are encouraged to help maintain the programs.
access:	Contact your AAA or the senior center nearest you. Referrals are accepted from older adults, family members, physicians, hospital discharge planners, social workers and concerned individuals.



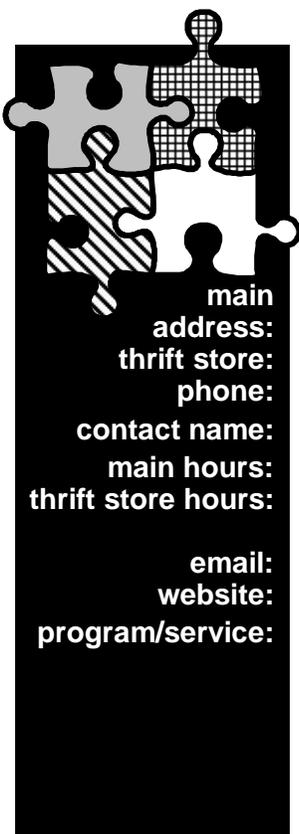
Regional Alcohol and Drug Awareness Resource (RADAR) Network State Associate Center Partners in Prevention

address: 3022 US-23 S - Alpena MI 49707
director: Carlene Przykucki
email: nemcpi@verizon.net
phone: 989-356-2880 Toll Free 1-800-354-2880
fax: 989-354-6939
program contact: Ruth Fleck, FASD Administrative Assistant
hours: Monday – Friday 9 am – 5 pm

However, we have a small staff and at times may need to close the office for errands or meetings. Please call ahead to be sure someone will be in the office when you stop by.

program/service: **Regional Alcohol and Drug Awareness Resource (RADAR) Network State Associate Center** – Lending library of videos, books and data sets as well as free brochures and pamphlets on alcoholism, prescription drug abuse, illicit drug use, tobacco use support, and guides to community-based prevention and positive parenting.

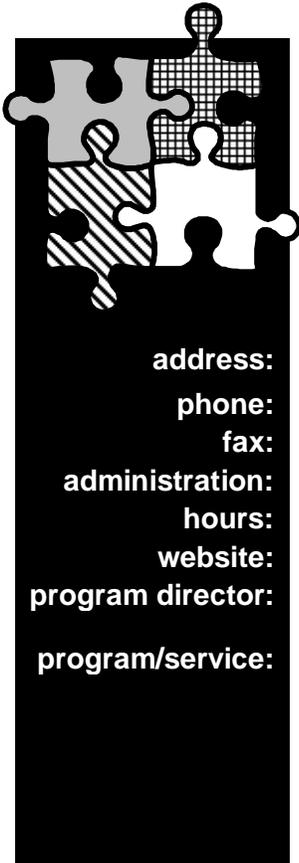
accessibility: Accessible w/o special facilities, no stairs in service delivery area.



Salvation Army

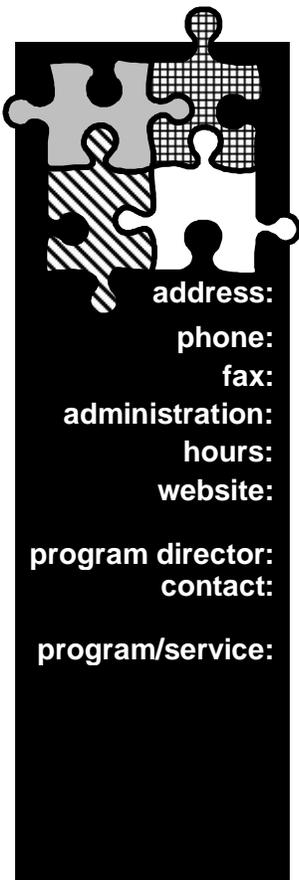
main address: 722 N. Second Ave. – PO Box 6 – Alpena, MI 49707
thrift store: 2323 US -23 S – Alpena, MI 49707
phone: 989-358-2769 Fax 989-354-5120
contact name: Captain Craig and Joan Stoker or Heidi Zinke
main hours: Monday – Friday 9 am – 5 pm
thrift store hours: Monday – Saturday 10 am – 6 pm
Donation drop off – Thursday, Friday and Saturday 10 am – 5 pm
email: heath_sells@usc.salvationarmy.org
website: www.usc.salvationarmy.org

program/service: Our mission is to preach the gospel of Jesus Christ and meet the human needs in His name without discrimination. Included but not limited to: preliminary budget counseling; food; housing/shelter; utility assistance; clothing; household/furniture; medical/dental/prescription; gasoline; bus tickets; vehicle repairs; information and referrals; Pastoral counsel.



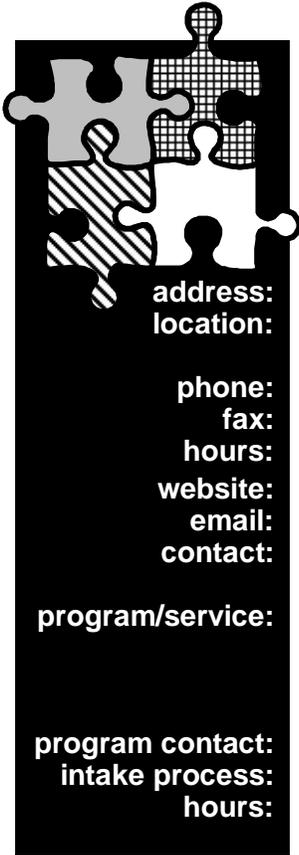
Senior Community Service Employment Program NEMCSA

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474
fax: 989-354-5909
administration: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Laura Budreau, Program Director
program/service: **Senior Community Service Employment Program** is a work training program designed to provide and promote useful part-time opportunities in community service employment for low income persons age 55 and older and assist them in receiving the training that may be required for employment in private or other unsubsidized employment.



Senior Companion Program (SCP) NEMCSA

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474
fax: 989-354-5909
administration: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Barbara Dault, Program Director
contact: Nancy Kotwicki, Services Coordinator
program/service: **The Senior Companion Program (SCP)** operates within guidelines similar to the Foster Grandparent Program but the volunteers provide companionship and assistance to frail/homebound elders and older persons with special needs. Both programs receive federal and state funds.



Senior Project FRESH Michigan State University Extension

address: 603 S. Eleventh Ave. - Alpena, MI 49707
location: Located on the Fairgrounds. If you come through the main gate it is the second building on the left.
phone: 989-354-9870
fax: 989-354-9898
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.alpenacounty.org
email: alpena@msue.msu.edu
contact: Mary Dunckel, County Extension Director
Senior Project FRESH
program/service: Program is offered annually from June 1st thru October 31st, to low-income seniors. Participants receive at least \$20 worth of Project FRESH coupons to redeem at participating farm markets for fresh fruits & vegetables. They also attend a short nutrition education session at the time of distribution.
program contact: Sienna Suszek, Family & Consumer Sciences Extension Educator
intake process: Call for appointment
hours: Offered on an as-needed basis



Shelter Inc.

address:	3022 US-23 South Suite D - Alpena, MI 49707
phone:	989-356-2560 Toll Free 989-356-9650
client contact:	989-356-9650 Fax 989-356-6659
program director:	Sandra Pilgrim-Lewis, Agency Director
email:	slewis@shelterincalpena.org
hours:	Monday – Friday 8 am – 5 pm 24 hour 1-800-396-9129
website:	www.shelterinc.alpena.org
email:	contactus@shelterinc.alpena.org
contact:	Char McGuire, Transitional Supportive Housing Coordinator
email:	charmcguire@shelterincalpena.org
function:	Shelter, Inc. is a community supported human service organization dedicated to assisting victims/survivors and their families in ending domestic and sexual violence and discrimination in their lives through education, systems change, building community partnership, and ensuring availability and accessibility of support services.
services:	Our current primary service area encompasses the Northeast Michigan counties of Alcona, Alpena, Iosco, Montmorency and Presque Isle.
program/service:	<ul style="list-style-type: none">• Individual and group counseling• Legal and personal advocacy• Children’s programming• Long-term supportive housing assistance• Life skills management• Information and referrals• Food, clothing and household assistance• Community education/prevention services
accessibility:	Full wheelchair access
intake process:	Walk-in and phone calls
eligibility:	Victim of domestic or sexual violence



Stephen H. Fletcher Library Alpena Community College

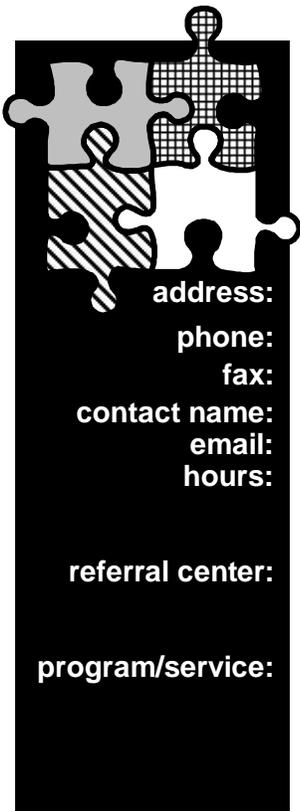
address: 666 Johnson St. - Alpena, MI 49707
phone: 989-358-7252 Fax 989-358-7556
contact name: Wendy Brooks, Dean of Learning Resource Center
hours: Annually September thru April
Monday & Thursday 7:30 am – 9 pm
Tuesday & Wednesday 7:30 am – 8 pm
Friday 7:30 am – 4 pm
Saturday 10:30 am – 4:30 pm
Sunday 12 noon – 4 pm
Reduced hours during holidays and break periods, see on campus bulletin boards, the library website, or the entire library or the campus switchboard for more details.
website: www.alpenacc.edu/library
email: acclrc@alpenacc.edu

program/service: Provides intellectual access to recorded knowledge and information consistent with the present and anticipated teaching and research responsibilities of Alpena Community College and – insofar as possible-to share those resources with members of our community and other institutions. Provides the loan of books and audio-books and interlibrary loans books and journals from other library nationwide; journals and newspapers (in-house) in paper and microform formats; access to computers, covering full text journals, e-books, reference data bases, word processing and other computer related tools and functions.



Social Security Administration Office

address: 111 N. Fourth Ave. - Alpena, MI 49707
phone: 989-356-4140 Toll Free 1-800-772-1213
fax: 989-354-4281
T.D.D. For Deaf – 1-800-325-0778
contact name: Nancy McKee-Marshall, Manager
hours: Monday – Friday 9 am – 4 pm
website: www.ssa.org
program/service: Representatives available to assist individuals in filing for retirement, survivors, disability, Medicare, and supplemental security payments. Also assist in answering inquiries about programs and help beneficiaries with Social Security problems.



Society of St. Vincent De Paul

address: 805 W. Chisholm St. - Alpena, MI 49707
phone: 989-354-9168
fax: 989-354-3671
contact name: Sheri Allen
email: svdpstoealp@i2k.com
hours: Monday – Friday 9:30 am – 5 pm
Saturday 10 am – 2 pm

referral center: Tuesday 10am – 12 noon and 1 pm – 3 pm
Wednesday 10 am – 2 pm

program/service: Wherever there are people in need of food, clothing, housing, medicine, employment, education, etc. the society offers care and help. Thrift store with used clothing or furniture that may be purchased or donated to the needy. Donations are welcome.



Sunrise Centre

address: 630 Walnut Street – Alpena, MI 49707
email: info@sunrisecentre.org
website: www.sunrisecentre.org
phone: 989-356-6649 Toll Free 1-877-205-5217
fax: 989-356-3539

program/service: Sunrise Centre recognizes the progressive nature of chemical dependency and treats alcoholism and other drug dependencies as chronic diseases which, if not treated, will be fatal. Chemical dependence is treatable and the recovery process is ongoing. The program at Sunrise Centre is designed so that residents learn to become responsible for their own actions and recovery. It provides the tools and principles needed for a drug free life.



St. Bernard Friendship Room (Soup Kitchen)

address: 322 W. Chisholm St. - Alpena, MI 49707

phone: 989-354-8018

contact name: Annette Brewington

hours: Monday – Friday 1 pm – 6 pm and Saturday 11 am – 4 pm

meals: Monday – Friday 4:30 pm – 5:30 pm

supervisor: Saturday 3 pm – 4 pm

program/service: St. Bernard Soup Kitchen provides hot meals Monday – Saturday. Anyone asking for a meal will be fed without charge and without questions asked. This is a volunteer service subsidized by financial and food contributions from the Alpena Community and surrounding area.



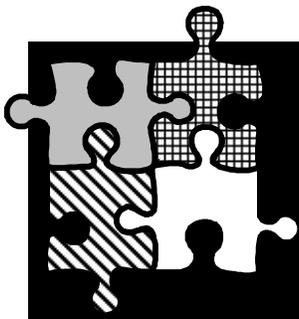
Teter Orthotics & Prosthetics

address: 341 Long Rapids Plaza

phone: 989-356-9556 Toll Free 1-877-607-0171

program/service: Teter Orthotics & Prosthetics offers a variety of services to meet individual needs: • Lightweight Custom Plastic Orthotics • Orthotic Shoes, Inserts and Diabetic Foot Care • Sports Bracing, Repairs and Adjustments • Spinal Orthotics, Scoliosis Specialists • Ultra Lightweight Prosthetics • Mastectomy Products, including Amoena Breast Forms

Intake: Appointment through Physician Referral



Tendercare Alpena/Extendicare

Formerly Known as Beverly Enterprises & Provincial House

address: 301 Long Rapids Rd. - Alpena, MI 49707

phone: 989-356-2194

fax: 989-356-6874

directions: Corner of US 23 & Long Rapids Rd. 1 ¼ mile west on Long Rapids Rd. on north side

contact name: George Sobeck

website: www.tendercarealpena.com

email: gsobeck@extendicare.com

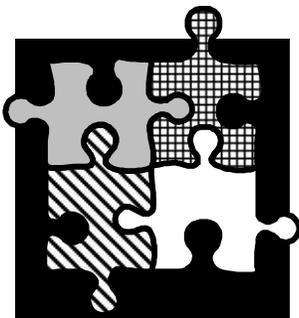
accessibility: Full wheelchair access, accessible w/o special facilities, designated parking and no stairs in service delivery area.

program/service: **Tendercare Alpena Health and Rehab Center**
Skilled Nursing Center providing short and long term care, physical therapy, occupational therapy, speech therapy, IV's, TPN (Total Parental Nutrition), bariatric services, wound care and respite care

program contact: Diana Hale – Referral Manager
Phone: 989-356-2194 Fax: 989-354-6874

hours: 24 hours per day – 365 days per year

application process: Requires referral from physician or discharge planner or contact facility regarding process.



Tendercare Greenview/Extendicare

Formerly Known as Pierce's Nursing Home

address: 1234 Golf Course Rd. – Alpena, MI 49707

phone: 989-356-1030

fax: 989-356-6847

directions: On Golf Course Rd. between US 23 and Genschaw Rd. across from the golf course.

contact name: Laura Caldwell

website: www.tendercaregreenview.com

email: lcaldwell2@extendicare.com

accessibility: Full wheelchair access, wheel chair ramps and designated parking

hours: Main Administrative Office – 8:00 – 5:30 p.m.

program/service: **Tendercare Greenview Health and Rehab Center**
Skilled Nursing Center providing short and long term care, physical therapy, occupational therapy, speech therapy, IV's, TPN (Total Parental Nutrition), bariatric services, wound care and respite care

program contact: Andrea "Annie" Hepburn – Social Service/Referral Manager
Phone: 989-356-1030 Fax: 989-354-6847

hours: 24 hours per day – 365 days per year

application process: Requires referral from physician or discharge planner or contact facility regarding process.

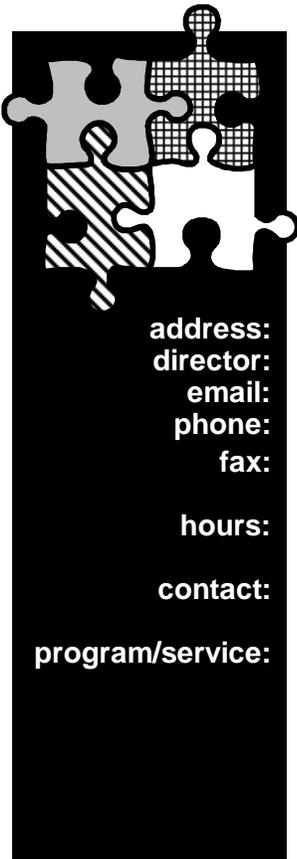


Thunder Bay National Marine Sanctuary

address: 500 W. Fletcher St. – Alpena, MI 49707
director: Cathy Green
email: cathy.green@noaa.gov
web: www.thunderbay.noaa.gov
phone: 989-356-8805
Cathy ext. 10, Sanctuary Store ext. 18, Reception ext. 13
fax: 989-354-0144

hours: Monday – Saturday 10 am – 4 pm
Thursday 10 am – 7 pm

program/service: Exhibits open to the public (free admission), group and school tours and presentations by appointment, documentaries and film shown in 90-person theater, Sanctuary Store gift shop, teacher training workshops, volunteer program.



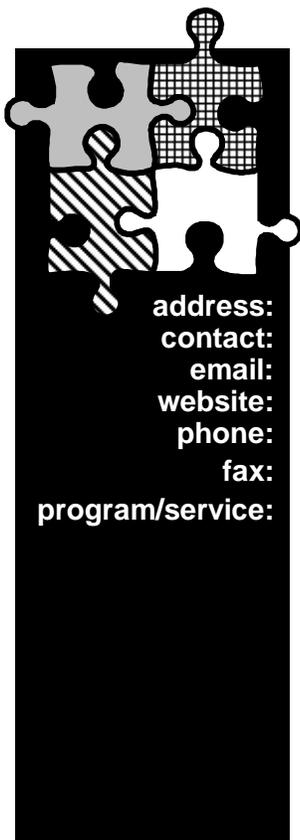
Travel Services Alpena Senior Citizen's Center

address: 501 River St. - Alpena MI 49707
director: Grace Marshall, Executive Director
email: srcenter@freeway.net
phone: 989-356-3585
fax: 989-356-6548

hours: Monday – Friday 8 am – 5 pm

contact: Pat Miller, Trip Coordinator

program/service: One day trips as well as extended tours are always available through the Senior Center. Take advantage of special rates and treat yourself to a great getaway! You deserve it. You don't need to be over 60 to take advantage of these great trips from Good Times Travel. Make this a Family Event!



Turning Brook

address: 300 Oxbow Drive - Alpena MI 49707
contact: Carolynne Wemeyer, Administrator
email: turningbrook@rlmgmt.com
website: www.rlmgmt.com
phone: 989-354-4200
fax: 989-354-4211
program/service: The Home is focused on providing private customized living spaces paired with personal assistance needed. Turning Brook is staffed 24 hours a day with compassionate and devoted caregivers who have a true passion for the elderly. Independent/Assisted/Respite Care options, long-term care insurance accepted, 24 hr. personal care assistance, medication assistance, three home-cooked meals per day, emergency call and security system, weekly housekeeping and laundry services, many therapeutic and social activities, public transportation available, convenient front-door parking and beautifully landscaped exterior with sidewalks.



United Way of Northeast Michigan

address: 3022 US-23 S - Alpena MI 49707
location: 1 block south of Big Lots, across from Red Arrow Party Store
director: Germaine P. Stoppa, Executive Director
email: gpstoppa@verizon.net
phone: 989-354-2221
fax: 989-356-5782
hours: Monday – Friday 8:30 am – 12 noon and 1 pm – 4 pm
email: uwnemi@verizon.net
program/service: The object of this organization shall be to receive contributions, gifts, and grants of money and to administer the same for charitable, recreational, and philanthropic uses. To study and keep abreast of the unmet social welfare needs in the community and to determine the appropriate source of financing such programs as may be needed and to cooperate in the planning and development of such services.
accessibility: Accessible w/o special facilities, designated parking
meetings: Regular Board Meetings are held second Tuesday of each month, except for September through November at 4 pm at United Way office. Open to the public



Victim's Assistance

Prosecutor's Office County Annex

address: 719 W. Chisholm Street, Suite 2 – Alpena, MI 49707
contact: Nancy Szejbach
phone: 989-354-9748
fax: 989-354-9788
hours: Monday – Friday 8:30 am – 4:30 pm

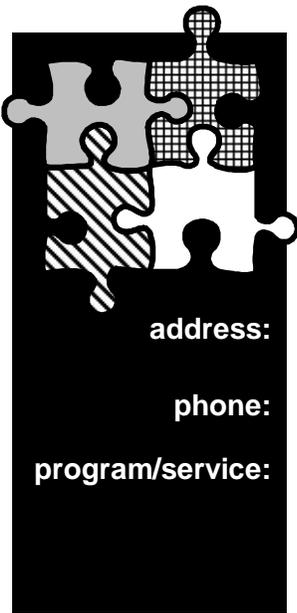
program/service: To keep Crime Victims informed of their rights as ordered by the Crime Victims Act that was approved by the State of Michigan on October 9, 1985. Inform victims of crimes of legal rights, accompany victims to court upon request, assist in filing applications for Crime Victims Compensation (based upon request and eligibility), advise victim of status of case (upon request), referrals counseling if necessary.



Veterans of Foreign Wars Post #2496 (VFW)

address: 2900 Cannon Street – Alpena, MI 49707
contact: Larry Marchlewski Sr.
phone: 989-354-8021 (lounge) 989-657-6473 (cell)
contact: Huron Braves (Military Order of Cooties, Pup Tent #96)
Joe Mouthaan, 989-727-2888
Honor Degree of VFW; works with Veterans in Hospitals
contact: Ladies Auxiliary, VFW Post #2496
Gail Morrison, 989-464-5676
Visits nursing homes with fruit baskets and social activities.

program/service: Promote Americanism; give aid to area Veterans and their families, aid Senior Citizens, loan hospital beds, wheelchairs, crutches, etc. Provide community service. Promote all sports and sponsor teams for youth. Hall is available to rent for banquets and weddings. Ladies Auxiliary provides catering service.



Veterans of Foreign Wars Post #3890 (VFW)

address: 133 W. Fletcher – Alpena, MI 49707

phone: 989-356-4525

program/service: Promote Americanism, give aid to Veterans and their families, aid Senior Citizens, and provide community service.
Auxiliary – Community service projects, i.e. hospital sewing and beautification.



Veterans of the Vietnam War, Inc.

address: PO Box 694 – Alpena, MI 49707

contact: Richard Hampsher

phone: 989-354-3555

program/service: Help veterans and families of Alpena. Work with area schools to educate students about the effects of wars, including World War II and Korean War. Working with VA Hospital in Saginaw to help with transportation.

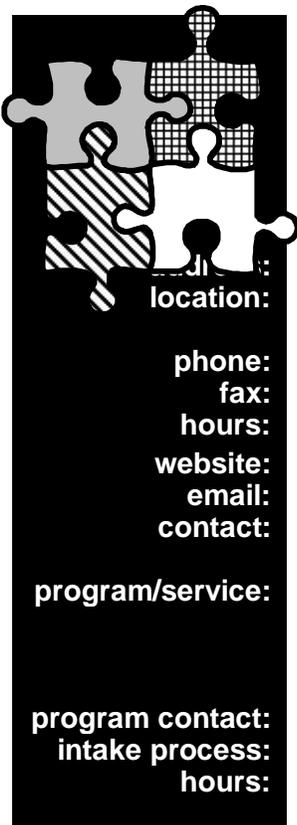


Wolf Creek Driver Testing

address: 133 Johnson Street – Alpena, MI 49707

phone: 989-358-2000

program/service: -Drivers License Examination
-Road course examinations
-Motorcycle examinations



Who Gets Grandmas Yellow Pie Plate Michigan State University Extension

location: 603 S. Eleventh Ave. - Alpena, MI 49707
Located on the Fairgrounds. If you come through the main gate it is the second building on the left.

phone: 989-354-9870

fax: 989-354-9898

hours: Monday – Friday 8:30 am – 4:30 pm

website: www.alpenacounty.org

email: alpena@msue.msu.edu

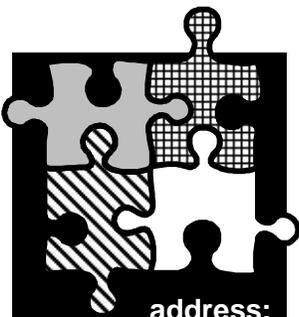
contact: Mary Dunckel, County Extension Director

program/service: **Who Gets Grandmas Yellow Pie Plate**
Program that helps people prepare and plan for the end of life. This program addresses how to will away your non-titled possession.

program contact: Sienna Suszek, Family & Consumer Sciences Extension Educator

intake process: Call for appointment

hours: Offered on an as-needed basis



Women’s Cancer Screening District Health Department #4

address: 100 Woods Circle Suite #200 – Alpena, MI 49707
directions: Across from Besser School, off Wilson St. which is the street that runs behind the Holiday Inn, which runs parallel with US-23
office hours: Monday – Friday 8 am – 4 pm
phone: 989-356-4507 Toll Free 1-800-221-0294 Fax 989-356-3529
agency director: John Bruning, RS, MBA, MSPH, Administrative Health Officer
phone: 989-356-4507
email: jbruning@hline.org
website: www.dhd4.org
program/service: **Women’s Cancer Screening**
 Breast and Cervical Cancer Screening, provided free of charge to eligible women who are 40 to 65 years old. Services include breast exam, mammogram, pelvic exam, pap test.
program contact: Roseanne Schultz, RS, BSN, Personal Health Nursing Director
program phone: 989-356-4507 Toll Free 1-877-321-1070 Fax 989-354-0855
intake process: Call for appointment
documentation: Income
eligibility: Female between ages of 40 to 65.



Workforce Investment Act (WIA) NEMCSA

address: 2375 Gordon Rd. - Alpena, MI 49707
phone: 989-356-3474 Fax 989-354-5909
contact name: John Swise, CEO or John Briggs, COO
hours: Monday – Friday 8:30 am – 4:30 pm
website: www.nemcsa.org
program director: Laura Budreau, Program Director
program/service: **Workforce Investment Act (WIA) Adult and Dislocated Workers**
 WIA Adult and Dislocated Workers programs are for individuals 18 years and older. The program’s mission is to provide information, support and resources that enable individuals to make a successful adjustment and quick transition for entry or reentry into the workforce.
Trade Adjustment Assistance (TAA) and Alternative Trade Adjustment Assistance (ATAA) help affected workers who have lost their jobs as a result of increased imports or shifts in production out of the US. To obtain TAA or ATAA services and benefits a group of workers must first file a petition with the U.S. Department of Labor’s Division of Trade Adjustment Assistance (DTAA) requesting certification. If certified, each worker in the group may apply separately for individual services and benefits through their local One-Stop Career Center.



Wright and Fillippis

address: 1201 W. Chisholm Street – Alpena, MI 49707
phone: 989-356-20354 Toll Free 1-800-482-0222

program/service:

- Surgical appliances and supplies
- Home Health Care Equipment & Supplies
- Oxygen Therapy Equipment
- Artificial Limbs

afc homes

a directory of programs & services for aging adults in Alpena County

Bethany AFC

Stella & Kurt Pokorzynski
2612 S. Third St. - Alpena, MI 49707
989-358-2761

Blue Horizon

208 N. Eighth St. - Alpena, MI 49707
989-354-4455

Country Care Home

10685 Spruce Rd. - Ossineke, MI 49766
989-471-5298

Hillman's Haven A.F.C.

200 N. Elizabeth Street - Hillman, MI 49753
989-742-2699

Kelly Care A.F.C.

Kelly Kuna
4520 Boardwalk Ave. - Alpena, MI 49707
989-354-6843 and 989-354-8033

Morrison Adult FCH

430 Beebe St. - Alpena, MI 49707
989-356-1561

Pat's Country Care Home

Pat Delong
10685 Spruce Rd. - Ossineke, MI 49766
989-471-5298

Rolling Acres

11229 US – 23 South - Ossineke, MI 49766
989-471-5544

Sally's AFC #1

Sally Dingman
211 Princeton - Alpena, MI 49707
989-356-6173

Sally's AFC #2

Sally Dingman
740 St. Onge - Alpena, MI 49707
989-356-9098

486 Oliver St. - Alpena, MI 49707
989-354-2401

157 Gilchrist - Alpena, MI 49707
989-354-6173

Sunrise AFC

Sandra Lehman
2902 Connon St. - Alpena, MI 49707
989-354-5837

Sunshine Garden AFC

351 Pinecrest St. - Alpena, MI 49707
989-356-3700

Toupe Home AFC

Jamie Troupe
8621 W. Long Lake Rd. - Alpena, MI 49707
989-595-6172

Up North Independent Living

11229 US – 23 South - Ossineke, MI 49766
989-471-5544

Victoria Adult Foster Care Home

7560 S M-65 – Lachine, MI
989-379-3320

associations

a directory of programs & services for aging adults in Alpena County

American Association of Retired Persons (AARP) Chapter #468

201 Partridge Ave. – Alpena, MI 49707 - 989-354-5836

Meetings: the 2nd Monday of each month at the Alpena Senior Citizen Center

The chapter joins the seniors for noon lunch and social hour follows.

Alpena Area Ministerial Association

105 W. Chisholm St. – Alpena, MI 49707 - 989-354-8019

Contact: Dan Lute, Pastor - Word of Life Church

Meetings: Second Thursday of every month – Call for more information

An organization of clergy from the congregations of Alpena County which meets monthly to foster understanding between churches and to cooperate on matters of mutual concern.

Alpena Right-To-Life

PO Box 252 – Alpena, MI 49707 - 989-356-0112

Contact: Dorothy Sharp

Meetings: 2nd Friday September – June 10:30 am at St. John the Baptist Catholic Church

2250 S. First Ave. – Alpena, MI 49707

To educate the general public of all ages and to take responsible civic and political action in order to protect all innocent human life from the moment of fertilization to natural death, especially the unborn, the handicapped and the aged. Call for more information.

Alpena Shrine Club, Elf Khurafeh Temple

1020 US 23 North – PO box 451 – Alpena, MI 49707 - 989-595-3025 Messages – 989-356-0041

Contact: Gerald Leginzo, Secretary/Treasurer

Meeting: Second Tuesday each month at 6:30 pm at the DAV Building at 1020 US 23 North, Alpena

Fraternal organization which supports hospitals for children under 18 years of age. Alpena Shrine Club is the link to 19 orthopedic hospitals and 3 Burn Institutes. No charge for care and services provided by a Shrine Hospital. Admission based on medical/financial need regardless of race, creed or color. Burns Institute accepts children who have been burned and need immediate care, children needing plastic reconstruction, or restorative surgery, rehabilitation as a result of burns.

Transportation, meals, lodging provided through Alpena Shrine Club to Chicago Hospital or Cincinnati Burns Institute.

Association of Lifelong Learners @ Alpena Community College

Contact: 989-358-7271

Website: www.alpenacc.edu/services/volunteer/all

Membership : July 1 – June 30 - \$50 per person, \$90 per couple – Snowbirds \$35 April – Dec.

Age: 50 and older or retired Location: Classes are usually held at ACC, but may be at other sites

Benefits: Quarterly meetings, special events, field trips, priority in class registration, discount at ACC's bookstore. - Non-credit classes. About 40 different courses each quarter.

ALL is a program of educational and social opportunities designed for older adults. Participation offers personal growth, camaraderie and a sense of community. Classes, tours and other activities are arranged according to the interests of members. A wide variety of classes are available with something to interest everyone! Members receive a newsletter & schedule of activities each quarter.

associations

a directory of programs & services for aging adults in Alpena County

Daughters of Isabella #975

Contact: Marge Foster - 989-354-4768

Meetings: 1st Thursday of each month at 7 pm

At St. John's Catholic Church Social Center – 2513 S. First St. - Alpena

A charitable organization of Catholic women. They help those in need especially at Thanksgiving and donate to the Alpena Community College Christmas Wish List.

Delta Kappa Gamma International – Alpha XI Chapter

Contact: Pauline Buchner, President - Phone 989-354-3778

Meetings: Meets 7 times a year

Email: pbuchner@charter.net

Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education. Chapter covers Alpena, Presque Isle and Montmorency counties.

Elks Lodge #505 (BPOE)

1015 US 23 North – Alpena, MI 49707 - 989-354-8145 (Lodge)

Contact: Joan Wysocki

Email: elks505@voyager.net

Meetings: 1st and Third Thursday each month except July – November, 1st Thursday only

Hours: Monday – Saturday 11 am – 11 pm, Sunday 12 noon – 12 midnight Closed Holidays

Fraternal Organization. Provides funding for handicapped children and community needs. Flag Day services held annually. Memorial service held first Sunday in December. Private organization, applications available.

Exceptional Friends of Ossineke

Caledonia Township Hall – Gillard Rd. – Spruce, MI 48762

Contact: Virginia DeRosia - 989-727-3097

To have a party for socialization and recreation for the handicapped. Music for dancing is provided with a meal afterward. April – June, August, September, November and December by Handicap Club. July by Ossineke Eagles. October by Black River Catholic Women. Held monthly at Caledonia Hall, Spruce. Annual Dues. Open to anyone 18 years or older. Services provided for Alpena, Montmorency, Presque Isle and Alcona Counties.

Fraternal Order of Eagles – Eagles Hall

1960 M-32 West - Alpena, MI 49707

Contact: Gary Cahoun - 989-354-4577

Email: eagles1241@live.net

Meetings: Monday – Saturday 12 noon – 11 pm Sunday 12 noon – 9 pm

Eagles Auxiliary

Historic Preservation Society

Contact: Fred LaHaie - 989-356-5526

Dedicated to providing information, disseminate knowledge, educate and encourage the preservation of historic resources and structures which depict the diversity of architectural styles and design found in the city of Alpena, Alpena County and Northeast Michigan.

associations

a directory of programs & services for aging adults in Alpena County

Human Services Coordinating Council

Alpena MI 49707

Contact: Pam Lloyd Gorski - 989-354-9104

Email: pamlg@i2k.com

Meetings: 3rd Wednesday of each month at various host sites

Mission: To use interagency collaboration to strengthen the well-being of individuals and families and to promote a healthy community. Agencies, businesses and community individuals are invited to attend.

Knights of Columbus #529

Alpena - 989-356-0777

Meetings: First Wednesday at 7:30 pm

Social group open to all Catholic men. Special fund raising projects held throughout the year to support local retardation services, statewide projects and Boysville. Ladies auxiliary social group for all Catholic women.

National Association of Retired Federal Employees, Thunder Bay

Contact: Vivian or Earl Koss

Phone: 989-379-4205

Meetings: Call for more information on times and days

To promote the general welfare of annuitants and potential annuitants of civil service.

National Alliance for the Mentally Ill of Northeast Michigan (NAMI)

7460 US 23 South – Ossineke, MI 49766

Contact: Judy Hutchins - 989-471-5015

Email: judyhutchins@yahoo.com

Meetings: First Tuesday of each month at 1:30 and 7 pm at First Congregational Church of Alpena, Second at Lockwood, Upstairs Conference Room

Support, education and advocacy for persons with mental illnesses and their families, including support groups.

Straits Area Ostomy Association

Arlie Black – 989-379-4093 or 989-356-6191

Linda Smith – Alpena

Charlene Taylor - Petoskey

Email: eagles1241@live.net

Meetings: Meets monthly in various cities in N.E. Michigan

Psychological and moral support for ostomates and their families. Newsletter and hospital visits available.

chiropractic

a directory of programs & services for aging adults in Alpena County

Alpena Chiropractic Life Center

2568 US Hwy 23 S – Alpena, MI 49707
989-356-6321 Fax 989-356-6331

Contact Dawn & Julie

Mon. 8 am – 6:30 pm
Tuesday 9 am – 5:30 pm
Wednesday & Thursday 8 am – 5:30 pm
Friday & Saturday 9 am- 1 pm
Senior Citizens discount on exam
We except most insurances

Jarrald A. Corn

Chiropractic Adjustment

2483 US 23 S – Alpena, MI 49707
989-354-2511

Toll Free: 1-877-226-6688

Monday – Friday 10:30 am – 12 noon
Off couple hrs. for lunch and
Then open until 5:30

Kadrach Family Chiropractic

*Dr. Lauren & Dr. Kenneth Kadrach
Basic General Chiropractic Help*

1019 US 23 N – Alpena, MI
989-356-9922 Fax 989-356-0009
Mon. – Thurs. 9 am – 1 pm & 3 pm – 7 pm
Tues. & Fri. 11 am – 4 pm
Wednesday 9 am – 1 pm
Closed on Saturday & Sunday

Robert T. Lang DC

1135 State Ave – Alpena, MI 49707
989-356-9096

Mary

Monday 9 am – 12 noon & 2 pm – 6 pm
Tuesday, Wednesday &
Friday 7:30 am – 12 noon

Maximum Performance Chiropractic & Nutrition

Paula Frantz

525 State Ave– Alpena, MI 49707
989-356-9355 Fax 989-356-2925
Website: www.alpenachiropracter.com

email: paula.mpcn@charter.net

Mon. – Fri. 9 am – 6 pm
Saturday 9 am – 1 pm
Medicare discounts offered

Dr. Wallace G. Nordgaard

Energy Treating

123 N. Second Ave – Alpena, MI 49707
989-356-2914

Thunderbay Chiropractic

*Dr. Lorie Vorraro
Richard Chura
Massage Therapist*

145 N. State Ave – Alpena, MI 49707
989-356-4126 Fax 989-354-8715
Monday – Friday 10 am – 6 pm
Closed Thursday

clubs

a directory of programs & services for aging adults in Alpena County

Alpena Area Newcomers Welcome Service

13500 Pratt Road – Ossineke, MI 49766 - 989-471-2382

Contact: Rita Hoerberling

Email: ritah@voyager.net

Meetings: varies by activities

2nd Thursday of the month – Lunch at Big Boy

4th Thursday of the month – Activities at Members Homes

To provide social activities for newcomers, offering the opportunity to become acquainted and to provide general information on Alpena and Discount coupons form Local Merchants.

Membership Dues - \$12.00 per year. Quarterly newsletter.

Alpena Boosters Club

PO Box 393 – Alpena, MI 49707 - 989-354-4714 or 989-354-7234

Contact: Blair Diamond, President

Meetings: the 2nd Tuesday of each month at the Booster's Club.

To support youth athletic activities in Alpena County.

Alpena Garden Club

212 Partridge Ave. – Alpena, MI 49707 - 989-356-3627

Contact: Lois Rosado

Email: arosal@charter.net

Meetings: the 1st Monday of the month April through December at 11:30 am at the Alpena Golf Course.

To further the beautification of the city, promote and increase knowledge in caring for flowers, trees and shrubs.

Alpena Moose Lodge #571

2630 Werth Rd. – Alpena, MI 49707 - 989-356-1630

Contact: Jolene Wojda

Email: lodge571@mooseunits.org

Hours: Saturday – Sunday 2 pm – 10 pm

Fraternal organization which supports youth programs (Little League) and participates in various community service projects, i.e., help for needy families, Alpena Figure Skating and Hockey, Hospice, Brown Trout Festival and Special Olympics.

Alpena Regional Medical Center Tray Club

1501 W Chisholm St. – Alpena, MI 49707 - 989-356-7390 Fax 989-356-8177

Contact: Kali Smith

Volunteer opportunities for fundraising events to support patient care projects at the hospital.

Alpena Rotary Club

PO Bo 58 – Alpena, MI 49707 - 989-354-3185

Contact: Steve Lappan, President

Meetings: Mondays, 12:15 pm at the Holiday Inn of Alpena

International service club working toward the betterment of local communities and worldwide issues.

clubs

a directory of programs & services for aging adults in Alpena County

Alpena Sportsmen's Club, Inc.

4260 M-32 West – Alpena, MI 49707 - 989-354-2582

Contact: Mike Arthur

Meetings: First Monday of the month at 7 pm at the club

To serve community with hunting education, conservation, serving Boy Scouts. Educational classes concerning shooting, conservation, outdoor activity, safety in various fields of expertise, work with various legislative groups such as NRA, MUCC, NSCA, NWF and NSA. Monitor gun laws, game laws and conservation laws. Open to the public – membership owned.

Exchange Club of Alpena

2118 US 23 South – Alpena, MI 49707 - 989-354-8424 Fax 989-356-0662

Contact: Toni Suszek

Email: bparr@speednetllc.com

Meetings: Every Tuesday at 6 pm at the 19th Hole

A national service agency composed of dedicated American business and professional men and women who devote time, talent and energy to benefit their community, state and nation through projects promoting Americanism, Youth, Community Service, and the prevention of Child Abuse.

Kiwanis Club

PO Box 634 – Alpena, MI 49707 - 989-379-3386 or 989-471-2195

Contact: Beth Pelbey, Treasurer

Meetings: Every Monday at 12 noon at Holiday Inn of Alpena

To give primacy to the human and spiritual values of life; to encourage the daily living of the Golden Rule; to promote the adoption and application of higher social, business and professional standards; to develop a more intelligent, aggressive and serviceable citizenship; to provide through Kiwanis Clubs a practical means of forming enduring friendships and implement community service projects with an emphasis on improving the quality of life for children and youth.

Sponsors "Key Club" service club for high school youth; maintain Boat Harbor Kiddie Park; co-sponsor Brown Trout Festival; support with service, time and funds to numerous community charitable organizations.

TOPS Club, Inc. (Take Off Pounds Sensibly) Chapter 883

St. Paul Lutheran Church - 727 S. 2nd Ave. – Alpena, MI 49707

Contact: Dolores Baker - 989-356-1817

Meetings: Tuesdays at 5:25 pm

Non-profit weight loss support group. Provides support and encouragement to those trying to lose weight.

Zonta Club of Alpena

PO Box 185 – Alpena, MI 49707

Contact: Cindy Gabara - 989-356-4411

Email: zontaclubofalpena@hotmail.com

Meetings: First and Third Thursday of each month at 12 noon

Zonta is a service organization for executive and professional women.

Support activities for Shelter, Habitat, Hope House, ARMC, Library and others. Provide various scholarships for young women.

counseling

a directory of programs & services for aging adults in Alpena County

Alcona Health Center – Alpena Services

1185 US 23 North – Alpena, MI 49707
989-354-4109

Alpena Regional Medical Center Behavioral Health Services

1501 W Chisholm St. – Alpena, MI 49707
989-356-7242
1-800-288-7242

Full range of psychiatric services for children, adults and geriatrics

Alpena Therapy Associates

109 N. Second Ave. – Alpena, MI 49707
989-356-8900

Nena Sork, MSW

Pat Dorsey, MSW

Professional Counseling

Individuals, Couples and Families

Caring Counseling

442 W. Baldwin St. – Alpena, MI 49707
989-358-2273

Catholic Human Services

154 S. Ripley Blvd. – Alpena, MI 49707
989-356-6385

Dr. Ted Stiger, Psy. D.

123 N. Second Ave. – Alpena, MI 49707
989-356-4777

Psychiatry

Family Connections

112 S. First Ave. – Alpena, MI 49707
989-358-9393

Counseling & Consultation

Personal Counseling

2070 Wyndham Lane – Alpena, MI 49707
989-916-5621

Veteran's Counselor

720 W. Chisholm St. – Alpena, MI 49707
989-354-2010

dentists

a directory of programs & services for aging adults in Alpena County

Alpena Dental Implant Center

110 Arbor Lane – Alpena, MI 49707
989-356-9242 fax: 989-354-4884
Monday 8 am – 6 pm
Tuesday & Thursday 8 am – 5 pm
Wednesday 7:30 am – 3:30 pm
Closed Friday

Alpena Family Dentistry

2685 US 23 S – Alpena, MI 49707
989-354-4100
Mon., Tues., Thurs. & Fri. 8 am – 5 pm
Closed Wednesday
Emergency walk-ins will be fit in

Dr. David Beatty

201 W. Chisholm – Alpena, MI 49707
989-354-7010 fax: 989-354-2469
Email: drbeatty@chartermi.net
Tues. – Friday 8 am – 5pm
Closed Monday – call may open
established patients only –
emergency walk-ins will be fit in
after hour emergency service available

Dental Clinics North

100 Woods Circle Suite 600 – Alpena, MI
49707
989-356-4898 fax: 989-358-6599
1-866-878-6547
Mon. – Thurs. 7:30 am – 5 pm
Friday 7:30 am – 1:30 pm
Closed Monday – call may open
emergency walk-ins will be fit in

Downtown Dentistry

141 W. Washington Ave. – Alpena, MI 49707
989-356-2631 1-866-397-0654
Mon., Tues. & Thurs. 9 am – 4:30 pm
Wed. & Fri. 9 am – 12 pm
emergency walk-ins will be fit in
after hour emergency service available

Family Dentistry – Dr. Wolf

320 Long Rapids Plaza – Alpena, MI 49707
989-354-2108 fax: 989-356-4245
Mon. – Thurs. 8 am – 5pm
Friday 8 am – 2 pm
24 hour emergency service available –
Call office

Dr Hoitenga & Dr. Behl

2229 US 23 S – Alpena, MI 49707
989-354-8112 fax: 989-354-3542
Mon. – Thurs. 8 am – 5pm
Closed on Fridays
Walk-ins will be taken
24 hour emergency service available –
If established patients

Dr. William Keskimaki

330 Long Rapids Plaza – Alpena, MI 49707
989-356-0191 fax: 989-354-9159
Monday 8 am – 7 pm
Tues., Wed. & Thurs. 7:30 am – 5 pm
Closed on Fridays

dentists

a directory of programs & services for aging adults in alpena county

Dr. Gregg Resnick

110 Arbor Lane – Alpena, MI 49707

989-354-4884

Mon- Thurs. 8 a.m. – 5 p.m.

Closed Fridays

Walk-in available – prefer phone call

Emergency service available

After hrs. emergency available for

Established patients only

Call Dr. Resnick 989-354-2827

Dr. Thomas Rifenberg

128 S. First Ave. – Alpena, MI 49707

989-356-0556

Mon., Tues., & Fri. 9 am - noon

Wednesday & Thursday 8 am – 5 pm

Walk-ins call for appt. will be fit in

24 hour emergency service available

Dr. Tony Skiba

141 W. Washington Ave. – Alpena, MI 49707

989-356-2631 fax: 989-356-2079

Toll free 1-866-397-0654

Mon., Tues., & Thurs. 9 am - 4:30 pm

Wed. & Fri. 9 am - noon

Walk-ins call for appt. will be fit in

Dr. Michael Steber

174 N. Ripley Blvd. – Alpena, MI 49707

989-356-6411 fax: 989-358-9541

Mon., Tues., Thurs. & Fri. 8 am - 5 pm

Wed. 8 am – 1 pm

Walk-ins call for appt. will try to fit in

Sunrise Side Dental Centers

3448 US 23 S – Alpena, MI 49707

989-354-3130 fax: 989-354-8136

Web site: www.sunrisesidedental.com

Alpena - Mon. & Wed. 8 am – 5pm

Lincoln - Tues., Thurs. & Fri. 8 am – 5 pm

Dr. Andrew Tarkington

215 S Ripley Blvd – Alpena, MI 49707

989-354-8340

Mon. – Thurs. 8 am – 5 pm

Fridays 8 am - noon

Walk-ins will be taken will fit into schedule

After hours emergency service available –
for established patients

Dr. James Vedder

176 N. Ripley Blvd. – Alpena, MI 49707

989-356-3655

Mon. – Thurs. 8 am – 4:30 pm

Walk-ins will be taken will fit into schedule

After hours emergency service available –
for established patients

elder law & advocacy

a directory of programs & services for aging adults in Alpena County

Gillard, Bauer, Mazrum, Florip, Smigelski & Gulden

Attorneys at Law

109 East Chisholm Street – Alpena, MI 49707

989-356-1798 Fax 989-354-2821

Website: www.gillardlaw.com

Attorneys: Roger C. Bauer, James L. Mazrum, James D. Florip, William S. Smigelski, Timothy M. Gulden, Joel E. Bauer and Daniel J. Florip

- Business & Corporations
- Probate
- Estates & Wills
- Estate Planning & Trusts
- Real Estate & Property
- Social Security Disability

Isackson & Wallace PC

Attorneys at Law

114 S. Second Avenue – Alpena, MI 49707

989-354-8242 Fax 989-356-3369

Website: alpenalegal.com

Attorneys: Keith Wallace, William Pfeiffer and Nancy A. Ward

- Estate Planning
- Business Transactions
- Medicaid Eligibility
- Criminal Law
- Probate Law
- Real Estate
- Divorce
- Corporations
- Personal Injury
- Elder Law

Kane, Funk & Poch PC

Attorneys at Law

421 S. Ripley Boulevard – Alpena, MI 49707

989-356-2128

Attorneys: Robert B. Kane, David M. Funk, Jr. and R. John Poch

- Real Estate
- Probate
- Personal Injury
- Divorce and Family Law
- Wills and Trusts

elder law & advocacy

a directory of programs & services for aging adults in Alpena County

Law Office of Kimberly S. Schultz, PLLC

Attorney at Law

116 S First Avenue – Alpena, MI 49707

989-356-8800

Attorney: Kimberly S. Schultz

- Wills
- Estate Planning
- Trusts

Legal Services of Northern Michigan

Attorney at Law

123 N. Second Avenue, Suite #1 – Alpena, MI 49707

989-356-9081 Fax 989-354-4711

Attorney: David Bisgrove

- Wills
- Estate Planning
- Probate Court
- Nursing Home Requirements

Wenzel, Bennett, Kowalski & Harris, P.C.

Attorneys and Counselors at Law

109 N. Second Avenue – Alpena, MI 49707

989-356-6128

Email: lawyers@northernlaw.com

Website: www.northernlaw.com

Attorneys: Douglas K. Wenzel, Karen Jo Bennett, Douglas A. Kowalski,

Lisa L. Harris and K. Edward Black

- Wills
- Trusts
- Estates
- Elder Law

funeral homes

a directory of programs & services for aging adults in Alpena County

Bannan Funeral Home

222 S. Second Avenue – Alpena, MI 49707

989-354-8411 Fax 989-354-5078

Website: www.gillardlaw.com

Contact: *D. Chad Esch, Manager*

Today there are many choices available to us concerning pre-arrangements. Many adults desire to make their own funeral arrangements. Their desire is to help alleviate remaining family members many of the decisions required at the time of death, and also to have the type of funeral that would reflect their desires and lifestyle. Any type of pre-arrangement made may be with or without any financial commitment prior to the funeral home providing any professional services.

Hunter Funeral Home

Since 1915

310 West Chisholm – Alpena, MI 49707 - 989-354-2500

Traditionally Dignified Service

- Complete Funeral Services
- Economical Choices in Preplanning, Cremations and Burials
- Insurance & Trusts

Karpus-Hunter Funeral Home

Alex Hunter – Funeral Director

516 West Chisholm – Alpena, MI 49707

989-354-5556

McWilliams Funeral Home

Serving The Community Since 1940 – Wayne McWilliams - Director

504 West Washington – Alpena, MI 49707 - 989-354-8044

- Traditional and Cremation Services For All Faiths
- Funeral Pre-Planning Services
- Personalized Family Video Services
- Monuments
- In-home Arrangements Available
- Family Owned with a comfortable Caring Environment since 1940
- Complete Barrier Free Access

governmental numbers

a directory of programs & services for aging adults in Alpena County

Alpena County –

Animal Control – 989-358-2877

Board of Commissioners - 989-354-9500

720 W. Chisholm St. – Alpena, MI 49707 - Hours: Monday – Friday 8:30 am – 4:30 pm

Central Dispatch - 989-354-9111

720 W. Chisholm St. – Alpena, MI 49707

Circuit Court - 989-354-9678

720 W. Chisholm St. Suite #8 – Alpena, MI 49707

District Court - 989-354-9678

720 W. Chisholm St. – Alpena, MI 49707

Fairgrounds Caretaker – 989-356-1847

Friend of the Court – 989-354-9710

720 W. Chisholm St. Suite #1 – Alpena, MI 49707

Probate Court – 989-354-9650

720 W. Chisholm St. Suite #4 – Alpena, MI 49707

Prosecutor's Office - 989-354-9738

720 W. Chisholm St. Suite #2 – Alpena, MI 49707

Register of Deeds - 989-354-9547

720 W. Chisholm St. – Alpena, MI 49707

Road Commission – 989-354-3252

1400 N. Bagley Street – Alpena, MI 49707

City of Alpena –

City Manager - 989-354-1700

Thad Taylor - Website: www.alpena.mi.us.

City Planning Commission - 989-354-1700

Greg Sundin - email: gregs@alpena.mi.us

City Engineer - 989-354-1700

Rich Sullenger - email: richs@alpena.mi.us

governmental numbers

a directory of programs & services for aging adults in Alpena County

State Legislators

State Senator - Tony Stamos, Republican - Midland

720 Farnum Building, PO Box 30036, Lansing, MI 48909-7536
Phone: 866-305-2136 email: ofctstamas@senate.michigan.gov

State Senator - Jason Allen, Republican – Traverse City

820 Farnum Building, PO Box 30036, Lansing, MI 48909-7536
Phone: 866-525-5637

State Representative – Matt Gillard – Democrat - Alpena

S1485 House Office Building, PO Box 30014, Lansing, MI 48909-7514
Phone: 866-MATT-106 Fax: 517-373-8446 email: matthewgillard@house.mi.gov

U.S. Legislators

U.S. Senator - Debbie Stabenow, Democrat - Michigan

133 Hart Senate Office Building, Washington D.C. 20510
Phone: 202-224-4822 Fax: 202-224-8834 email: senator@stabenow.senate.gov

U.S. Senator – Carl Levin, Democrat - Michigan

459 Russel, Washington D.C. 20510
Phone: 202-224-6221 Fax: 202-224-1377 email: senator@levin.senate.gov

health & fitness

a directory of programs & services for aging adults in Alpena County

Alan Lacross Martial Arts

421 W. Miller Street – Alpena, MI 49707
989-354-5852

*Instructors: Alan LaCross, Master Instructor, with over 50 years in Martial Arts
Three black belt instructors*

- Tang Soo Do
- MMA
- Kick Boxing
- Self Defense
- Tai Chi
- Weight training

Home of the Northside Fight Club, sponsor of the “Warriors of the Octagon”
Adult and childrens classes. Open six days a week.

Alpena Health & Racquet Club

2490 US – 23 South – Alpena, MI 49707
989-354-3900

Specialties: Weight Management, Warm & Friendly Atmosphere, Trainers and Nutritional Counseling, Tanning, Sports Nutrition, Personalized Fitness Programs, Nutritional Counseling, Minute-Monthly and Unlimited Packages.

Alpena Senior Citizen’s Center

501 River Street – Alpena, MI 49707
989-356-3585 Fax 989-356-6548
Hours: Monday, Wednesday and Friday 9 am – 10 am

Certified Arthritis Exercise Class - Core strengthening and balance are two key physical issues in the aging population. This program should help those senior who participate gain more stability and balance as well as improve their overall well being both physically and emotionally.

Bay Athletic Club

Inside Alpena Regional Medical Center
1501 W. Chisholm Street – Alpena, MI 49707
989-356-5600

Website: www.bayathleticclub.com

*Hours: Monday – Thursday 5:30 am – 8:30 pm
Friday 5:30 am – 7:30 pm and Saturday 7:30 am – 3 pm*

Annual and Monthly Memberships and Day Passes available

- Cardio
- Weights
- Classes
- Massage and more

health & fitness

a directory of programs & services for aging adults in Alpena County

Bloom Yoga

Upstairs in the Old National Bank Building

104 Water Street – Alpena, MI 49707

989-356-3931

Website: www.bloomyogacenter.com

Hours: Call or look at website for class schedules

Yoga classes and instruction from beginner basics to experienced. All props provided.

Mats available for sale or rent, Alpena's only all yoga studio. All experienced yoga instructors.

Curves for Women - Alpena

123 N. Second Avenue – Alpena, MI 49707

989-354-8700

Curves is the largest fitness franchise in the world with 10,000 locations worldwide. Curves Clubs can be found in 60 countries. We are the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women.

And now with Curves Complete, you'll have the perfect online companion to your Curves membership. With round-the-clock access to personalized meal plans, recipes, and expert advice, you'll get the support you need to meet your goals.

Plaza Pool - Alpena

Located next to the Alpena High School

3303 South Third Avenue – Alpena, MI 49707

989-354-8287

Whether you're looking for a place to work out, or a place to bring the family for a few hours of fun, the Plaza Pool has what you need, seven days a week, so come by and see what we have to offer! Open Swim, Family Fun, Lap Swim, 30 day, 60 day and one year pool passes available, punch cards, senior water fitness class, aqua chi and body sculpt, water walking, rehabilitation and exercise, swim lessons, CPR, LG, First Aid Certification classes, Private pool rental, Birthday packages and Saturday Night at the Dive-In.

Please contact us for a full schedule of events and hours.

Thunder Bay Recreation Center

701 Woodward Avenue – Alpena, MI 49707

989-356-1945

Fitness center with cardiovascular equipment and weight training. Group fitness classes, personal training, massage therapy, sauna and hot tub, and volleyball and basketball. Also, the Alpena Tennis Association manages two indoor courts. The building houses a banquet facility with complete kitchen. Fully air conditioned.

optometrists

a directory of programs & services for aging adults in Alpena County

Alpena Optical & Hearing Center

205 W. Chisholm St. – Alpena, MI 49707
989-356-0688
Mon., Tues., Thurs. & Fri. 8:30 am – 5 pm
Closed 12 noon – 1 pm
Wednesday 8:30 am – 12 noon
Saturday 8:30 am – 12 noon

Eye Talk Family Optical

Dr. James Curtis

2483 US 23 S – Alpena, MI 49707
989-356-6423
Contact Rita
Mon-Tues 9 am – 5 pm
Wednesday 9 am – 1 pm
Thurs. & Fri. 9 am- 5 pm
Appointments only - no walk-ins

Harkins & Karsten, OD

Dr. Harkins, OD
Dr. Karsten, OD

200 E. Chisholm – Alpena, MI
989-354-5890
Monday 9 am – 8 pm
Tues. Thurs. & Friday 9 am – 5 pm
Wednesday 9 am - noon
Appointments only - no walk-ins

Northern Eye

Dr. Robert Currier
Dr. Alan Rinke

127 Park Place – Alpena, MI 49707
989-354-3171
Mon. – Thurs. 7 am – 4 pm
Friday 7 am – 3 pm

Pearle Vision

Gerald Skiba, DO

Alpena Mall
2368 US 23 S – Alpena, MI 49707
989-356-9096
Lynn – Office Manager
Monday – Friday 9 am – 9 pm
Wed. & Fri. 9 am – 12 pm
Saturday 9 am – 6 pm
Eye glass repair walk-ins welcome

Thunder Bay Eye Care

Dr. Steven Garant, DO

1011 W Washington Ave – Alpena, MI 49707
989-356-3937
Mon. – Thurs. 8 am – 5pm
Friday 8 am – 2 pm

Wal-Mart Vision Center

Dr. David Vanderlive, DO

1180 M-32 W – Alpena, MI 49707
989-354-0631
Mon. – Fri. 9 am – 9 pm
Saturday 9 am 9 pm
Sunday 12 noon – 5 pm
Walk-ins will be taken

pharmacies

a directory of programs & services for aging adults in Alpena County

Alpena Regional Medical Center Pharmacy

Inside Regional Medical Center

1501 W Chisholm St. – Alpena, MI 49707
989-356-7000 Fax 989-356-8098
Toll Free 1-800-556-8842

- Reasonable pricing
- No delivery service

K-Mart Pharmacy

Corner of US 23 S & Werth Rd. across from Shell gas station

2355 US 23 S – Alpena, MI 49707
989-356-8418 fax 989-354-0808

- K-Mart Healthy Rewards for over 50
- Discount on Meds
- K-Mart Maintenance – generic drug program
- No delivery service

LeFave Pharmacy & Home Medical Equipment

Corner of Chisholm St. & Fifteenth Ave.

1202 W. Chisholm – Alpena, MI
989-354-3189
Toll Free: 1-877-588-7868

- Durable Medical Equipment
- Save money w/ generic medications
- \$3.00 delivery charge – Mon. – Fri.
- Within City Limits

Neiman's Family Market

US 23 and Ripley – Across from Bowling Alley

2205 US 23 S Suite 144 – Alpena, MI
989-356-2191 Fax 989-356-3153
Email: neimanspharmacy@yahoo.com

- Medicare accepted
- Diabetic Supplies
- One stop shopping
- Free delivery – within city limits
- \$5 charge outside city limits
- Please ask pharmacist about delivery options

Ossineke Pharmacy

Inside Alcona Health Center – ¼ mile south of Nicholson Hill Rd.

11897 US 23 S – Ossineke, MI 49766
989-471-2339
Toll Free: 1-866-892-9623

- Small drugstore and Pharmacy
- No delivery Service

Rite Aid Pharmacy

US 23 South across from Pizza Hut

2140 State Ave– Alpena, MI 49707
989-354-4630 Fax 989-354-0030
website: riteaid.com

- Diabetic supplies
- Discount card for non-insured
- Accepts Medicare & Medicaid
- Drive-thru for prescriptions
- No delivery service

pharmacies

a directory of programs & services for aging adults in Alpena County

The Drug Store

Next to Alpena Mall on US 23 S

2236 US 23 S— Alpena, MI 49707
989-354-2171 Fax 989-356-6606
Website: www.healthmart.com

- Drive-up window
- 10% discount for Seniors
- Accept Medicare Part D
- Delivery of meds, with a \$2.00 charge
- Within city limits only

The Medicine Shoppe

Across the street from Ripley Car Wash

826 W Washington and N Ripley St.
Alpena, MI 49707
989-356-6106 Fax 989-356-2539
email: medicineshoppe.com

- Free Delivery
- Accepts Medicare Part D
- 340B plan From Alcona Health and Thunderbay Health Centers
- Free Blood Pressure checks 1st Monday of each month from 10 am – 5 pm

Walgreens

*SW. corner of Bagley and Washington
across from the Marathon Gas Station*

1011 M-32 West - Alpena, MI 49707
989-354-8784

- No Delivery Service
- Good Customer Service
- Accepts Medicare Part D
- Go to any Walgreens to have prescriptions filled
- Express pay on a secured system if paying by credit card.

Wal-Mart Pharmacy

*M-32 West across from Stanson Flooring inside
Wal-Mart*

1180 M-32 W - Alpena, MI 49707
989-354-0731
website: walmart.com

- No Delivery
- Accepts Medicare Part D
- Medical and Diabetic Supplies
- 90 day refills if insurance allows
- \$4 generic maintenance medications

physicians & medical offices

a directory of programs & services for aging adults in Alpena County

Alcona Health Center – Alpena Services

1185 US 23 North, P.O. Box 857 – Alpena, MI 49707

989-356-4049 Fax 989-356-6287

Website: www.ahc.familydoctors.net

340 B Prescription Plan and the PIN – Patient in Need Program

Office Physicians:

- Dennis Dettloff, MD
- Karrin Licht, MD
- Cheryl Parson, MD, Medical Director
- Timothy Uhlman, PHD
- Karen Wagner, MSW, Behavioral Health
- Sara Wine, DO
- Jeffrey Wisniewski, PAC

Hospitalists At Alpena Regional Medical Center

- David Evangelista, MD
- Christopher Gerling, MD

Alcona Health Center – Ossinke Services

11745 US 23 South – Ossineke, MI 49766

989-471-2156 Fax 989-471-2114

Website: www.ahc.familydoctors.net

Office Physicians:

- Jacqueline Fitzgerald, DO
- David French, MD
- Bernard O'Brien, PAC Medical Director
-

Hospitalists At Alpena Regional Medical Center

- David Evangelista, MD
- Christopher Gerling, MD

Alpena Dialysis Service

301 Oxbow Drive – Alpena, MI 49707

989-356-3128

Alpena Express Care & Family Practice

109 S. 13th Avenue – Alpena, MI 49707

989-340-0555 Fax: 989-340-0559

Office Physician:

- David Dargis, DO

Alpena Medical Arts Clinic

211 Long Rapids Rd. – Alpena, MI 49707

989-354-2142 Fax: 989-354-8600

Website: www.alpenamedarts.com

Office Physicians:

- Avery J. Aten, MD
- Jennifer L. Briscoe, MD
- Thomas J. Cook, MD
- James D. Decker, MD
- Michelle LaFave, MD
- Christy L. Werth, DO

General Surgery

- Mark A. Gallagher, DO
- Brian S. Hanna, DO

Physician Assistant

- Rodney P. Szymanski, PAC

Nurse Practitioner

- Cecilia L. Peasley, CNP

physicians & medical offices

a directory of programs & services for aging adults in Alpena County

Alpena Orthopaedic Associates

401 Long Rapids Plaza – Alpena, MI 49707
989-356-9333 or 1-800-999-9333 Fax: 989-356-0804
Website: www.alpenabonedoctors.com

Office Physician:

- Jonathan A. Bielfield, DO
- Eric R. Cornish, MD
- Kabindra N. Mishra, MD
- Steven E. Vorenkamp, MD

Alpena Regional Medical Center – Physician's w/ offices

1501 W. Chisholm St. – Alpena, MI 49707

Daniel Azabache, MD – Internal Medicine, Nephrology

989-354-4489 or 989-356-7510 or 989-356-8033

Pain Clinic – Pain Management/Anesthesiology

Mark Kallaway, MD 989-356-7283 or 989-356-7390

Kevin Kozicz, MD 989-356-7283 or 989-356-7390

Leslie Leicht, MD – Physical Medicine and Rehabilitation

989-356-7510

Cancer Center

989-356-7353

Alpena Surgical Associates

311 Long Rapids Plaza – Alpena, MI 49707
989-354-5717

Office Physician:

- Lee Britton, MD
- Mark W. Puls, MD

Alpena Urology

321 Long Rapids Plaza – Alpena, MI 49707
989-356-4564 or 1-800-92901956

Website: www.alpenaurology.com

Office Physician:

- Richard J. Milligan, MD, PC

George Gonzalez, MD

601 W. Chisholm St. – Alpena, MI 49707
989-356-9880

Neurology

physicians & medical offices

a directory of programs & services for aging adults in Alpena County

Great Lakes Heart Center

460 Long Rapids Plaza – Alpena, MI 49707

989-356-0141 Fax 989-354-5670

Office Physicians:

- Sanjeev Arora, MD, FACC
- Abraham Salacata, MD FACC
- Mark Smith, MD FACC
- Christopher Walls, MD
- Sandra Keavey, PAC

Headache & Pain Center

1063 US 23 North – Alpena, MI 49707

989-358-6824

Pain Management & Anesthesiology

- Robert Coombs, MD

HealthWise Medical Clinic

101 Oxbow Drive – Alpena, MI 49707

989-358-8100

Office Physicians:

- Rhonda Keller, FNP
- Casey Lechel, FNP

Integrated Family Care

346 Long Rapids Plaza – Alpena, MI 49707

989-354-7775 Fax 989-354-4114

Office Physicians:

- Elaine Smith, DO
- Joanne Root, DO

Internal Medicine Clinic

105 Arbor Lane – Alpena, MI 49707

989-356-3485 Fax: 989-356-6396

Office Physicians:

- James Bullen, MD
- Charles Easton, MD
- Peter Bachwich, MD
- Stephen Sheridan, MD
- J.J. Mazur, MD

Northern Foot And Ankle Centers

105 Prentiss St. – Alpena, MI 49707

989-354-3309

Office Physician: Lorne Zielaskowski

physicians & medical offices

a directory of programs & services for aging adults in Alpena County

Northern Hearing Services

2079 S. State Avenue – Alpena, MI 49707

989-354-2191

Office Physicians: Galen D. Ohmart, MD
Han-Soo Bae, MD

North Side Medical Clinic

114 E. Oldfield St. – Alpena, MI 49707

989-356-6125

Bruce Ohmart, MD - Orthopedic

199 Long Rapids Rd. – Alpena, MI 49707

989-356-6191

Manuel Chavarri, MD – Internal Medicine/Endocrinology

108 S. First Avenue – Alpena, MI 49707

989-354-8500

Women's Health Center - Alpena

393 Long Rapids Rd. – Alpena, MI 49707

989-356-0504 Fax 989-356-6981

Office Physician: Christa Williams, MD

recreational-social groups/activities

a directory of programs & services for aging adults in Alpena County

	Contact	Phone
4-D 2 nd Street Dance Co.		989-354-2576
ACC Spotlight Series	Florence Stibitz	989-358-7373
Alpena Aero-Modelers	Jack Carlisle	989-356-2550
Alpena Antique Tractor And Steam Engine Club	Jim Geddert	989-595-6607
Alpena BASS Club	Randy Yochum	989-356-3244
Alpena City Band	Ray Reynolds	989-356-9057
Alpena City Rifle League	Darrel Ulch	989-354-4244
Alpena Civic Theatre	Sue Maxwell	989-354-3624
Alpena Community Concert Association	Ann Diamond	989-354-3486 or 989-356-7738
Alpena County Horseman's Club	Bette Wilke	989-356-0607
Alpena Dork Brothers Running Club	Joe Gentry	989-356-2816
Alpena Garden Club	Esther Mullaly	989-356-0592
Alpena Golf Course	Gordie Carlson	989-354-5052
Alpena Motorcycle Club	Dale Schultz	989-356-2781
Alpena Muzzleloaders	R.J. Bordeau	989-354-8983
Alpena Ramblin' Rods Car Club	Vic Bays	989-356-9233
Alpena Senior Citizens Center	Chip Lavelly	989-356-3585
Alpena Sportsmen's Club Pistol League	Dan Serre	989-356-6696
Alpena Symphony Orchestra	Jim Arbuckle	989-354-5139
Alpena Vintage Car Club	Bruno Hirzel	989-354-5022

recreational-social groups/activities

a directory of programs & services for aging adults in Alpena County

	Contact	Phone
Art in the Loft	Carleen Collins	989-356-4877
Assoc. of Lifelong Learners ACC	Jodene Compton	989-358-7335
Besser Male Chorus	Jim Arbuckle	989-354-5139
Besser Museum for Northeast MI	Janet Smoak	989-356-2202
Besser Rifle League	Jim Krueger	989-595-2110
Bowling Leagues	Thunder Bowl Lanes	989-354-2411
Boy Scouts	Mike Bruce	989-471-2502
Checkerboard Mixers	Marge LaHaie	989-354-5244
Dance Centre	Christine Giordano	989-356-1439
Ducks Unlimited	David Bannan	989-354-4992
Girls Scouts	Judy Abledinger	989-379-4376
Golden Agers – Salvation Army	Maj. Joan Stoker	989-358-2769
Gone to Pieces Quilt Guild	Monica Joy	989-727-8031
Have a Heart Quilters	Marge Paulkotter	989-354-2831
Houndsmen	Mary Ann Niedbala	989-356-0924
Huron Humane Society	Natalie Francis	989-356-4794
Huron Shore Barbershop Chorus	Bill Martin	989-356-0476
Middle Island Light Station Tours	Capt. Mike Theut	989-356-1385 or 989-619-1013
Newcomers Club	Rita Hoeberling	989-471-2382
Northeast Michigan Genealogical/ Historical Society	Janet Romas	989-595-2384
P.K. Fletcher Gun Club	Ray LaCross	989-354-3847

recreational-social groups/activities

a directory of programs & services for aging adults in Alpena County

	Contact	Phone
Retired Old Men Eating Out (ROMEOS)	Bud Huiting	989-358-1385
Rivers Edge Golf Club	Julie Burton	989-354-5558
Ruffed Grouse Society	Tony Skiba	989-356-9364
CoolCity Singles	Del Baughman	989-356-2826
Sunrise Side Model A Club	Larry Cornell	989-595-5021
Thunder Bay Amateur Radio Club	Tom Twite	989-354-2469
Thunder Bay Arts Council	Paula Glennie	989-356-6678
Thunder Bay Audubon Society	Esther Cole	989-354-8361
Thunder Bay Beagle Club	Mark Quaine	989-354-6625
Thunder Bay Diving Club	Lee Barnhill	989-356-9336
Thunder Bay Island Tours	Paul LeBreque	989-464-7241 or 989-657-3484
Thunder Bay National Marine Sanctuary	Jean Prevo	989-356-8805
Thunder Bay Steelheaders	Carla DeRosia	989-354-5010
Thunder Bay Theatre	Mark Butterfuss	989-354-2267
Thunder Bay Woodcarvers Club	Howard Lahti	989-356-2919

senior housing options

a directory of programs & services for aging adults in Alpena County

Birchwood Meadows Apts.

2550 E Grant St.– Alpena, MI 49707
989-356-1222

Carriage House

451 Pinecrest St.– Alpena, MI 49707
989-356-3759

Fowler Apartments

525 River St.– Alpena, MI 49707
989-354-3567

Hiddenbrook Apartments

500 Long Rapids Plaza – Alpena, MI 49707
989-742-4020

Kurrash Apartments

11th Avenue.– Alpena, MI 49707
989-354-3567

Luther Community Manor

210 Wilson St.– Alpena, MI 49707
989-356-6725

Ossineke Manor Apartments

1819 W. Nicholson Hill Rd. – Ossineke, MI
989-742-4020
1-2 bedroom apts/disabled/handicapped units
For any age and senior units over 62

Pine Brook Apartments

2026 Bagley St. – Alpena, MI 49707
989-727-3242

Pine Meadow Apartments

481 Pine Meadow Lane – Alpena, MI 49707
989-356-1599
Low income

Pine Meadow Village

491 Pine Meadow Lane – Alpena, MI 49707
989-356-1599

Pine Meadow Village #2

486 Pine Meadow Lane – Alpena, MI 49707
989-356-1599
Low income

Pinecrest Manor Apartments

200 Long Rapids Plaza – Alpena, MI 49707
989-742-4020

Riverview Apartments

315 River St. – Alpena, MI 49707
989-354-3567
1 bedroom apartments

Springtree Apartments

539 Pinecrest St. – Alpena, MI 49707
989-356-1599
Low income

Thunder Bay Apartments

2026 Bagley St. – Alpena, MI 49707
989-354-2023

Town and Country Apartments

995 Golf Course Rd. – Alpena, MI 49707
989-356-3212

support groups

a directory of programs & services for aging adults in Alpena County

Aging in Peace

Shelter Inc.

3022 US 23 S. Suite D – Alpena, MI 49707 Contact Mary Mischley
989-356-2560 Fax 989-356-6659 Toll Free 1-800-396-9129

Website: www.shelterinc.alpena.org

- Crisis Line – 24 hrs. a day
- Housing Programs
- Support group 7 pm – 8 pm with Maria
- Counseling
- Safe House – up to 90 stay in safe house

Al-Anon – Wed. Noon Group

c/o Catholic Human Services

Meetings: 12 noon to 1 pm

154 S. Ripley – Alpena, MI 49707 - 989-354-2728

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.

Al-Anon – Tuesday Women’s Group

7 pm at First Congregational Church

Second Avenue and Lockwood Street

989-354-8548

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.

Al-Anon – Thursday Evening Group

8 pm at Immanuel Lutheran School Cafeteria

355 Wilson Street – Alpena, MI 49707

989-354-8548

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.

support groups

a directory of programs & services for aging adults in Alpena County

Alcoholics Anonymous (AA) - Alpena

Answering Service

Meetings: open to public – call for information - 989-354-2728

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in the hope that they may solve their common problems and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, political group, organization or institution, does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety.

Alpena Area Parkinson's Support Group

Contact: Kara LaMarre – 120 E. Blair St. – Alpena, MI 49707

989-354-2873 or 989-356-3474 ext. 216

Fax 989-354-0855 email: lamarrek@nemcsa.org

Meetings: 4th Monday at 7 pm at the AMA-ESD Building 2118 US 23 South, Alpena

To provide information and support to people with Parkinson's Disease and their families and caregivers.

Alpena Breast Cancer Support Group – The Pink Ribbons

1204 Golf Course Rd. – Alpena, MI 49707

Contact: Donna - 989-356-9359 Joan - 989-354-4912 Linda – 989-356-0475

Meetings: Last Monday of each month from 7 pm – 9 pm at Alpena Regional Medical Center cafeteria conference room

Support for breast cancer survivors

Alzheimer's Support Group

Contact: Annie Hepburn – 989-356-1030 or Rae Margaret Adams – 989-356-2194

Meetings: 2nd Wednesday of each month 11 am – 12 noon

*Meeting at: First Presbyterian Church
1600 West Chisholm St.
Alpena, MI 49707*

Alzheimer support group for family and friends and caregivers

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Caregiver Support Group

Contact: Annie Hepburn – 989-356-1030 or 989-657-9069 or Mary Ann Kenne

Meetings: last Thursday of the month from 1 pm – 2 pm

Meeting at: Cabin Creek Coffee Shop

201 N Second Ave

Alpena, MI 49707

This is a general caregivers group for anyone who wishes to attend.

Circle of Parents

Partners in Prevention

Contact: Ruth Fleck, Circle of Parents Facilitator

Phone: 989-356-2880 Fax 989-354-6939

Meetings: Please call for the current schedule and location of Circle of Parents in Alpena County

Intake Process: walk in

Eligibility requirements: Participant cannot have an open protective services case.

This is a free mutual support group for kinship caregivers, parents or anyone in a parenting role. It provides the opportunity to participate in weekly group meetings with other parents to exchange ideas, share information, develop and practice new parenting skills, learn about community resources, and give and receive support. Groups are conducted in a confidential and non-judgmental manner.

Depression and BiPolar Support Group

Contact: Marcell Levitte 989-354-4470

Meeting at: 110 Water St. – Alpena, MI 49707

Fetal Alcohol Spectrum Disorders Family Support Group

Partners in Prevention

Contact: Mary Schalk, FASD Education Project Director

Phone: 989-356-2880 Fax 989-354-6939

Meetings: Third Wednesday of each month at 6:30 pm. Please call to verify as holidays or other matters may cause a change in schedule.

Location: Main Office Site - 3022 US-23 S - Alpena MI 49707

Intake Process: walk in

Eligibility requirements: Caring for or about someone affected by the birth mother's use of alcohol while pregnant.

This is a free and confidential monthly gathering of parents and caregivers who share common experiences, challenges and concerns because Fetal Alcohol Spectrum Disorders has touched our lives. We recognize that having the courage to seek support will help us find healing and hope. Members offer each other mutual help, emotional support, practical support and knowledge. Our discussions, sharing of information and other activities promote caring, empathy and empowerment.

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Fibromyalgia Support Group

Contact: Karen or Randy McArthur – 989-356-0085 or ARMC 989-356-7737

Meetings: 1st Thursday every month at 2 pm

Meeting at: First United Methodist Church

167 S Ripley Blvd.

Alpena, MI 49707

Fibromyalgia support group for family and friends.

Friends Together Cancer Support Group

PO Box 704 – Alpena, MI 49707

Contact: Judy Burns – 989-356-3231 or 989-356-4862 or 1-800-723-810

Website: www.friendstogethermi.org

Meetings: 3rd Thursday at 6 pm

Every Thursday 9:30 am

Meeting at: Friends Together Office

1013 State St.

Alpena, MI 49707

Friends Together is a hopeful approach to foster healing for persons who have cancer and their families. It is designed to provide a supportive environment which focuses not only on the disease process and recovery, but also upon the individual experiencing the disease. Individuals and significant others are provided the opportunity to participate in the exchange of information. Friends together will help to identify and provide support to implement realistic measures in the development of a healthy lifestyle.

Heart & Soul Support Group

Contact: Jack Thompson – 989-595-2571 or Vivian Hepburn - 989-471-3190

1501 W. Chisholm St. – Alpena, MI 49707

Meetings: Tuesday at 9:30 am – 3:30 pm

Meeting at: First Presbyterian Church

1600 W. Chisholm

Alpena, MI 49707

Weekly painting workshop offered in a handicapped-accessible studio for people facing long-term chronic illnesses or disabilities. Art supplies provided free.

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Hospice of MI – Grief Support Group – Living On

Contact: Marcy Nunneley 989-354-5258 Fax 989-356-6931

112 W. Chisholm St. – Alpena, MI 49707

Website: www.hom.org

Meetings: call for information between 8 am – 4:30 pm

Hospice of the Sunrise Shore Grief Support

Contact: 989-358-1156 or 1-800-664-8587

109 N. Second Ave. – Alpena, MI 49707

Website: www.vitalcare.org

Meetings: call for information between 8 am – 4:30 pm

Northern Strokes Support Group

Contact: Bonnie Jackson - 989-727-2202

Meetings: 3rd Monday at 1 pm – lunch meeting

Meeting at: GenAr's Restaurant

585 S. Ripley Blvd.

Alpena, MI 49707

Rock Solid

Contact: Jennifer Teddy - 989-358-2728

Meetings: Call for meeting times and days

To provide information and support to suicide survivors or those who have lost a friend or family member to suicide.

Stroke Support Group

Contact: Joan 989-356-1726 or Elaine 989-356-2111

1098 Wayne Rd. – Alpena, MI 49707

Meetings: 3rd Friday every month from January thru October at 2 pm

Meeting at: Alpena Senior Citizens Center

501 River St.

Alpena, MI 49707

Vision Loss Support Group

Contact: Ruth or Sarah 989-356-1622 or Toll Free 1-800-446-1580

Meetings: 2nd Wednesday 1 pm – 3 pm

Meeting at: Alpena Community College

Center Bldg. Rm #104

Alpena, MI 49707

