

# Ally Resource Guide for LGBT Older Adults



## Central Michigan

Bay, Clare, Gladwin, Gratiot, Isabella,  
Midland and Saginaw Counties

# **Ally** RESOURCE GUIDE

---

## FOR LGBT OLDER ADULTS

Greetings!

The Region VII Area Agency on Aging and Perceptions, Inc. are committed to assisting LGBT older adults and caregivers in locating services that are safe and affirming to the LGBT older adult community. Working with SAGE Metro Detroit (Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders), we reached out to businesses across Central Michigan in order to identify businesses and organizations that do not discriminate based on sexual orientation or age. This Resource Guide is funded by the Michigan Health Endowment Fund, and its purpose is to reduce isolation for LGBT older adults by raising awareness of LGBT affirming services available to them.

The agencies and businesses in this guide have made a commitment to serve all older adults equally - with dignity and respect. Creating this guide provides ALL older adults with services that can help them age in place. We hope this guide provides you with the resources you need to engage in vital living as you age.

Sincerely,



Marjo Morden  
Project Coordinator

Chris Lauckner  
**Perceptions, Inc.**  
989-891-1429

Annette Jeske  
**Region VII Area Agency on Aging**  
(989) 893-4506




Central Michigan  
**Assisted Living/Housing**


---

### **Clare County Senior Services**

Senior services, home delivered meals, light housekeeping, personal care and respite care. Adult day care, grocery shopping and congregate dining in Clare, Harrison & Lake George.

 [www.clarecoseniors-coa.net](http://www.clarecoseniors-coa.net)

 225 W. North Main St.

 (989) 539-8870


**Harrison, MI 48625**


---

### **Family Home Health Care Services MI, LLC**

Since 1988, people throughout Mid Michigan have counted on Family Home Health Care Services to provide professional, compassionate and reliable home health services.

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

 1933 Churchill Blvd

 (989) 773-5546

**Mt. Pleasant, MI 48858**


---

### **Right at Home**

Non-medical, private duty home care. Provides extra help around the house, assistance recovering from a hospital stay or someone to check in throughout the week. Respect, comfort, compassion and safety are our highest concerns, and we work to tailor a care plan that meets the individual needs.

 [www.rightathome.net/northern-michigan](http://www.rightathome.net/northern-michigan)

 5103 Eastman, Ste 147

 (989) 486-9557

**Midland, MI 48640**


---

### **Visiting Angels**

Private Duty Non-Medical Home Care Services.

 [www.visitingangels.com/greatlakesbay](http://www.visitingangels.com/greatlakesbay)

 527 N Franklin St #C

 (989) 214-1466

**Frankenmuth, MI 48734**

---


---

## Assisted Living / Housing

### Visiting Physicians Association

We care for patients in private residence, assisted living communities, adult foster care homes and group homes.

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

 (989) 667-8740

 1484 Straits Dr, Suite 5

**Bay City, MI 48706**


---


## Housing

### Bay City Comfort Care

A community that we'd be excited for our own family members to be a part of. Having the opportunity to develop our communities from the ground up, we're able to integrate this idea across every square inch of our facilities, and implement design features that convey our culture, and create an environment that our residents are excited to call home.

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

 (989) 545-6000

 4130 Shrestha Dr


**Bay City, MI 48706**

---

### Brookdale Bay City

Senior Assisted living community.

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

 (989) 892-2600

 720 N Pine St


**Bay City, MI 48708**

---

### Nottingham Place

Assisted living facility specializing in memory care, providing a home-like environment and supportive care for residents and families. We provide private rooms, activities, meals, laundry service and dedicated staff.

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

 (989) 837-3190

 5800 Jefferson Avenue


**Midland, MI 48640**

---

### Great Lakes Bay Health Centers

Patient-centered medical home that provides services such as medical care, dental, vision, pharmacy, behavioral health, HIV prevention and care, and nutrition. GLBHC is committed to changing lives because we care by providing quality healthcare to everyone regardless of their background. Nobody is turned away based on their ability to pay.

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

 (989) 753-9011

 501 Lapeer Ave


**Saginaw, MI 48607**


---

### Plainview Assisted Living

Plainview Assisted Living is a licensed Facility working with the aged, those with Alzheimer's, physically impaired, and developmentally disabled. Providing 24 hr a day care and supervision and assistance with all activities of daily living.

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

 (989) 662-7202

 202 Plainview Drive


**Auburn, MI 48611**

---

### Village of Rosebush Manor

Village of Rosebush Manor provides senior living for those 62 and older. They provide the independent lifestyle they seek with the comfort of knowing the assistance they need is available any time.

 [www.pvm.org/locations/rosebush-manor/](http://www.pvm.org/locations/rosebush-manor/)

 (989) 433-0150

 4210 East Rosebush Road


**Rosebush, MI 48878**

---

### Samaritas Senior Living

You will be sure to find your best fit amongst memory care, skilled nursing or rehabilitation. Our programs are always evolving to better meet the goals of our residents; programs will meet your needs while also allowing for the most independence possible. As your needs change, Samaritas Senior Living will help guide you and ensure successful transitions of care.

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

 (989) 799-1902

 3200 State Street


**Saginaw, MI 48602**

---


## **Chiropractors**

### **Clare Hometown Chiropractic**

Our goal at Clare Hometown Chiropractic is to provide you, our patient, with the quality chiropractic healthcare you need and enable you to manage and maintain your own health and that of your loved ones through education.

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

 218 E. Fifth Street

 (989) 424-6360


**Clare, MI 48617**


---

### **Explore Chiropractic**

We are a neurologically based chiropractic clinic in Mt. Pleasant, MI. We accept all patients with a strong emphasis in pediatrics and pregnant women.

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

 913 E. Pickard Street Ste N

 (989) 317-3096

**Mt. Pleasant, MI 48858**


---

### **Morgan Chiropractic**

At Morgan Chiropractic Center, we are focused on providing quality chiropractic care. We pride ourselves on taking the time to fully listen to our patients and address their needs.

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

 214 Dartmouth Dr

 (989) 832-4400

**Midland, MI 48640**

---


### **Kehrs Chiropractic**

We believe that true health is taking all facets of your life into consideration when striving to be healthy -- physical, mental, chemical and nutritional. We offer chiropractic care, massage therapy, and health resources including free health classes.

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



401 Center Ave #200

 (989) 778-2522


**Bay City, MI 48708**


---


## Chiropractors / Counseling


### Kehrs Chiropractic Cont.

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

 (989) 631-5910


 (989) 773-1816

 (989) 607-4322

 (989) 790-2700

 601 E Wackerly Street Ste 2

**Midland, MI 48642**

 2705 S Isabella Road Ste B

**Mt Pleasant, MI 48858**

 4882 Gratiot Road Suite 13

**Saginaw, Michigan 48638**

 4805 Towne Centre Suite 101

**Saginaw, Michigan 48604**


---


## Counseling

### Gratiot Psychological Services

Our mission is to aid in the emotional and psychological development of people of all ages through individualized, couples, and group psychotherapy.

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

 (989) 796-4555

 724 E. Superior


**Alma, MI 48801**


---


### List Psychological Services

List Psychological Services, PLLC provides outpatient mental health and substance abuse treatment. List Psychological Services is dedicated to helping individuals with depression as well as a variety of other mental health and substance abuse disorders. Our agency invites you to take an anonymous screening to determine if behavioral health care would be beneficial to you.

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

 (989) 684-7977

 (989) 790-3130

 126 Washington Ave

**Bay City, MI 48708**

 5024 North Center Rd.

**Saginaw, MI 48604**

---




---


## Counseling/Dentists

### Partners in Change: Psychological & Community Services PLC

Psychological assessment and counseling services. We strive to create an environment that brings hope and improves the quality of life for persons affected by trauma, mental health challenges and/or drug and alcohol abuse and addictions.

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

 (989) 832-2165

 720 W. Wackerly Suite II


**Midland, MI 48640**


---


## Dentists

### Kathryn Winkel Family Dentistry

We value our patient relationships, making it a priority to deliver gentle, compassionate care. We work hard to make patients feel at ease by providing exceptional care in a relaxed, convenient atmosphere.

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

 (989) 631-6680

 1504 Harcrest


**Midland, MI 48640**

---

### Michael D. Bowen DDS PC

Full service dentistry, all ages, all phases of dentistry including braces, implant placement and restoration, root canals, crowns and bridges and sleep appliance therapy.

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

 (989) 687-7378


 292 E Saginaw Road

**Sanford, MI 48657**

---

### Michael R. Kruscke DDS

General Dentist

 (989) 773-7232

 601 N. Main Street


**Mt. Pleasant, MI 48858**


---


### My Community Dental Centers


Dedicated to providing dental services to Medicaid enrollees and low-income, uninsured residents throughout the state of Michigan. It is our mission to improve the lives of our patients and enhance community health by setting the highest standard of health care.

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

 (989) 630-0760

 (989) 772-4026

 (989) 7275-0725

 (989) 792-6621

 815 N. Clare Ave, Ste C

**Harrison, MI 48625**

 2020 E. Preston St

**Mt. Pleasant, MI 48858**

 135 Lake Street

**Roscommon, MI 48653**

 185 N Frost Dr.


**Saginaw, MI 48638**


---

### Michigan Donated Dental Services

Comprehensive dental care is provided at no cost to eligible patients through volunteer dentists. Patients must have no insurance, income below 200% FPL and be elderly, medically compromised, or have no permanent disability.

 [www.smilemichigan.com/DDS](http://www.smilemichigan.com/DDS)

 (517) 347-6994

 3657 Okemos Rd, Ste 200

**Okemos, MI 448864**


---


---


## Optometrists

### Envision Eye Care

Offers the highest quality comprehensive eye care in a warm, friendly environment. We focus on cataract, corneal and refractive surgery, in addition to ocular disease management and routine vision care. On site optical dispensary.

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

 5310 Hampton Place Suite 2


 (989) 799-2020

**Saginaw, MI 48604**


---

### L.O. Eye Care

For over 50 years L.O. Eye Care has been the premier choice in eye care for thousands of Mid-Michigan residents. From routine eye exams to diagnosing eye diseases, advanced surgical procedures to eye emergencies. Our goal is to help people of all ages put life into focus.

 [www.visionsource-midlandeyecare.com](http://www.visionsource-midlandeyecare.com)

 1535 East Broomfield

 (989) 772-3339


**Mt. Pleasant, MI 48858**


---

### Newton Eye Care Center

We are a privately owned optometry practice with a single optometrist in the office. We strive to give all of our patients the best possible care and treat them with kindness.

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

 3720 E. Wilder Rd

 (989) 667-9393

 **Bay City, MI 48706**


---

### Vision Quest Optical


A high fashion, modern optical with friendly staff and a caring doctor.


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

 3801 Wilder Rd #4

 (989) 778-1414

**Bay City, MI 48706**

 (989) 835-2020

 509 S. Saginaw Rd.

**Midland, MI 48640**

---

---


## Rehabilitation/Nursing Facilities

### Heartland Healthcare Center - Hampton

Skilled Nursing Center specializing in skilled rehabilitation with physical therapy, occupational therapy and speech therapy on site. Nurses are skilled and able to manage the most complex patients.

 [www.heartland-manorcare.com/Hampton](http://www.heartland-manorcare.com/Hampton)

 800 Mulholland


 (989) 895-8539


**Bay City, MI 48708**


---

### McLaren Bay Region

McLaren Bay Region is a 399-bed acute tertiary care hospital providing specialty, primary and preventative services including cardiovascular, neuroscience, orthopedics, oncology, women's health, rehabilitation, home health and hospice care, EMS and more.

 [www.mclaren.org/bayregion/bayregion.aspx](http://www.mclaren.org/bayregion/bayregion.aspx)

 1900 Columbus Ave

 (989) 894-3000


**Bay City, MI 48708**


---

### North Woods Nursing Center

North Woods is a skilled nursing facility that offers short-term rehabilitation rooms for those recovering from surgery or injury, as well as extended nursing care beds for those individuals needing hospice, medically complex, wellness or memory care services.

 [www.mclaren.org/bayregion/bayregion.aspx](http://www.mclaren.org/bayregion/bayregion.aspx)

 1900 Columbus Ave


 (989) 894-3000


**Bay City, MI 48708**


---

### NovaCare Rehabilitation

Our highly-respected clinical team provides preventative and rehabilitative services that maximize functionality and promote well-being. We develop individualized treatment plans to help achieve each patient's specific goals.

 [www.novacare.com/community/central-michigan](http://www.novacare.com/community/central-michigan)

 1234 E Broomfield St Suite A3

 (989) 773-1333

**Mt Pleasant, MI 48858**

---


---


## Rehabilitation/Nursing Facilities


### Sacred Heart Rehab Centers

Sacred Heart provides Substance Use Disorder Treatment as well as HIV/AIDS Care Services.


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

 (989) 894-2991

 (989) 776-6000

 1106 Washington Ave

**Bay City, MI 48708**

 301 E Genesee Street


**Saginaw, MI 48607**


---

### Hospice of Gladwin County

Free respite hospice. Offer free grief/loss classes, one to one. Grief/loss support. We purchase books and pamphlets for anyone in the community. We loan out medical equipment and give free medical supplies

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

 (989) 426-4464

 P.O. Box 557


**Gladwin, MI 48624**

---

### Saginaw County Health Department

Saginaw County Health Department's mission is to protect and promote the public's health and well-being.

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

 (989) 758-3813


 1600 N. Michigan Ave


**Saginaw, MI 48602**


---

### Disability Services Resource

We are dedicated to helping people with temporary or permanent disabilities by providing 5 programs for free to Bay County Residents. Our programs include Medical Loan Closet, Ramp, Campership Scholarships, DAT Disability Awareness Training, and Adaptive Sporting Events.

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

 989.426.5450

 215 S. Antler

**Gladwin, MI 48624**

---

---

## Veterans Health Care

### Aleda E. Lutz Veterans Affairs Medical Center

Aleda E. Lutz VA Medical Center, Saginaw, Michigan offers a variety of health services to meet the needs of our nation's Veterans.



<https://www.saginaw.va.gov/services/>



1500 Weiss St. Saginaw



1-800-406-5143, extension 11240

**Saginaw, MI 48602**


---

**Legal Services**

**Alston Legal Services**

Legal services are offered in the areas of estate planning, estate administration, Medicaid benefits for long-term care, real estate, and business entities. Care is taken to develop a strong attorney-client relationship for optimum results.

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

 (989) 892-3082

 2480 Center Ave


**Bay City, MI 48708**

---

**Garske Hewitt PLC**

Full service legal firm serving the entire Great Lakes Bay Region.

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

 (989) 355-0100

 505 S. Euclid Ave.


**Bay City, MI 48706**

---

**Sarah's Law Firm**

We are a caring team of professionals which will help with life's important decisions and be there for your family when you are no longer able. We focus on three areas, Estate Planning, Probate & Trust Law, and Elder Law and Long-Term Care, which includes wills, trusts, powers of attorney, Medicaid, and Veterans planning.

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


 (989) 546-7999

 525 W. Warwick Dr Ste. B

**Alma, MI 48801**

 502 N. McEwan

**Clare, MI 48671**

 246 W. Wright Ave.

**Shepherd, MI 48884**

---


---


## Legal Services

### Shinners & Cook, P.C

We provide expert legal counsel from business transactions to real estate to estate planning to litigation. We know how important it is to respect our client priorities, time, and confidentiality.

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

 (989) 799-5000

 5195 Hampton Place

**Saginaw, MI 48604**


---


## Spirituality

### Christ the King Lutheran Church

Welcomes everyone as a beloved child of God. The ELCA recognized the ordination of LGBTQ+ clergy in 2009 and we as a church support that decision and recognize our LGBTQ+ siblings as created in God's image.

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

 (989) 426-1659


 600 S. M-18


**Gladwin, MI 48624**

---

### St. John's Episcopal Church

An open and affirming community of faith with traditional worship and progressive thinking. Our mission is to link lives in the love of Christ. All are truly welcome.

 [www.sjec-midland.org](http://www.sjec-midland.org)

 (989) 631-2260

 405 N. Saginaw Road


**Midland, MI 48640**

---

### St. Luke's United Methodist Church

St. Luke's is a United Methodist Church. Our vision- nurturing the world with God's love. Our mission- called by God to reach out and welcome all.

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

 (989) 893-8031

 206 Schearmann

**Essexville, MI 48732**

---




---


## Spirituality

### Unitarian Universalist Fellowship of Central Michigan

We are a Unitarian Universalist religious community open to all those who choose to walk with us in the spirit of love and search for truth.

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

 (989) 893-8031

 P.O. Box 41


**Mt. Pleasant, MI 48804**

---

## Salon/Barber Shops

### Breezy Spa Services

Licensed Aesthithion serving the Greater Midland Area, providing skin care and body treatments from waxing and facials to massage and body scrubs using only the finest ingredients.

 (989) 486-9960


 307 E. Main Street

**Midland, MI 48640**

---

### Envy Salon & Spa

Salon & Massage. We do colors, perms, cuts, and waxing.

 (989) 792-2240


 3545 Bay Road Suite 2

**Saginaw, MI 48603**

---

### Hair Force One Barber Shop

Local barber shop, cut hair and shave with clippers.

 (989) 297-4906

 222 Federal Ave

**Saginaw, MI 48607**

---


---


## Salon/Barber Shops / Other

### Rock Your Locks Salon

Full-service salon offering cuts/color, manicure/pedicures, waxing facials & make-up. We're about unapologetically being your most authentic self. We provide a safe, no judgement atmosphere for those who struggle to find a salon-home.

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

 (989) 799-1455

 422 Court Street


**Saginaw, MI 48607**

---

### SWAE

Wellness services such as skin care, non-toxic manicures, pedicures, eyelash extensions, waxing, and infrared sauna.

 (989) 486-9960

 307 E. Main Street

**Midland, MI 48640**

---

---


## Other


---

### Pet Sitting

#### Alma Dog Sitting

Dog sitting, friendly dogs only, cage free, \$25 a day, free daily walks. Dogs love it here!

 (989) 954-7210


 329 Ely Street

**Alma, MI 48801**

---

#### Michelle's Pet Care+Dog Training

Customized convenient in-home visits for pets. Responsible, Common sense, mature, and passionate about providing dependable care and helping to meet specific care needs.

 (989) 409-9588

 **Bay City, MI**


---

---

## Home Improvement

### S's Home Maintenance

Construction

 (989) 424-9201


---


## Other

### Gladwin Counsel on Aging

Services for the senior adults in Gladwin County. Some are active seniors who enjoy the food, fellowship, and special events at the Council's four Senior Dining Centers. Others benefit from home-delivered meals and in-home services like homemaking, personal care, and respite care programs that help keep the elderly independent and in their own homes.

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

 989.426.5450

 215 S. Antler.


**Gladwin, MI 48624**


---

### Region VII Area Agency on Aging

The needs of older adults and those who support them come in all shapes and sizes and so do the services available to meet those needs. Call us and one of Region VII AAA's Information & Referral specialists will assist you.

 [www.region7aaa.org](http://www.region7aaa.org)

 (800) 858-1637

 1615 South Euclid Avenue

**Bay City, Michigan 48706**

---