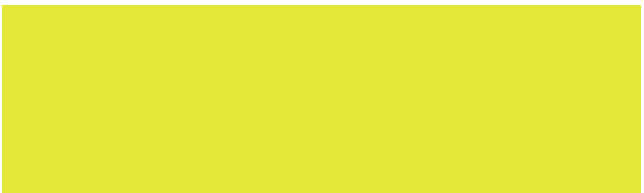


Ally Resource Guide for LGBT Older Adults



Greater Thumb Area

Bay, Huron, Sanilac, Saginaw
and Tuscola 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




Greater Thumb Area **Assisted Living/Housing**

Assisted Living

Concerned Home Care

Providing home health care to senior patients who need assistance with their medical needs post hospitalization, post rehabilitation. The services provided includes: Skilled Nurse to assess, teach, and treat patients illness, Therapy services to assist patient with rehabilitation needs to become independent and stay safe in his or her home.

 www.concernedhomecare.com

 (989) 479-3101


 136 N. First Street

Harbor Beach, MI 48441

Health Care At Home

Home health care providing care to the elderly and disabled in the comfort of their own homes, from 4 hours to 24 hours a day. We pride ourselves on the personal level of commitment we give to both our staff and our clients.

 www.gethealthcareathome.com


 (989) 872-2793


 6450 Main Street Suite 2


Cass City, MI 48726

Reliacare Home Health Services

We are a skilled private duty Home Health Care Agency that offers various services - Skilled Nursing, PT, OT, Speech Therapy, MSW & Home Health Aids. We also work very closely with the medicaid waiver program.

 www.reliacareagency.com

 (989) 672-2200

 1250 Cleaver Road

Caro, MI 48723


Assisted Living / Housing

Visiting Angels

Private Duty Non-Medical Home Care Services. Assistance with ADL's, Dementia Care.

 www.visitingangels.com/greatlakesbay

 527 N Franklin St #C

 (989) 214-1466


Frankenmuth, MI 48734

Visiting Physicians Association

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

 www.visitingphysicians.com

 1484 Straits Dr, Suite 5


 (989) 667-8740


Bay City, MI 48706


Housing

Brookdale Bay City

Enriching the lives of the Elderly through assisted living.

 www.brookdale.com

 734 N. Pine


 (989) 892-2600


Bay City, MI 48708

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

 4130 Shrestha Dr


 (989) 577-5161


Bay City, MI 48706


Housing

East Side Manor Senior Apartments

Senior Independent Living Apartments. Low income/income based rent. 30% off income and rent. Heat, air conditioning, electric, water trash and snow removal included.

 www.eastsidemanor.net


 239 Roberts Street


 (810) 648-4230


Sandusky, MI 48471

Plainview Assisted Living

A home-style, family oriented atmosphere where everybody gets the individual attention that they need and deserve. Our goal for your loved ones is to feel at ease and call Plainview Assisted Living their home. To this end, we strive to take as much of the burden off both you and your family, not only daily care but coordination of all their care, including Doctor's appointments, insurance questions, and medication needs.

 plainviewassistedliving.org


 202 Plainview Drive


 (989) 662-7202


Auburn, MI 48611

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

 3200 State Street

 (989) 744-1462

Saginaw, MI 48602

Greater Thumb Area
Health Care


Chiropractors

3 Point Chiropractic

Provides specialized care for children, adults, and the elderly. We utilize the latest techniques and equipment and offer personalized care to treat specific conditions. As a healthcare provider, we do not discriminate for any reason.

 www.3pointchiro.net


 (989) 704-3334


 1 N. Center Street
Sebewaing, MI 48759

Woodbeck Chiropractic

Providing chiropractic care, homeopathic & massage therapy.

www.woodbeckchiro.com


 (810) 648-1300


 1240 W. Sanilac Suite E
Sandusky, MI 48471


Kehrs Chiropractic


We are passionate about changing people's lives through chiropractic, nutrition and teaching true health. 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


 (989) 778-2522

 (989) 607-4322

 (989) 790-2700

 401 Center Ave #200
Bay City, MI 48708


 4882 Gratiot Road Suite 13
Saginaw, Michigan 48638


 4805 Towne Centre Suite 101
Saginaw, Michigan 48604


Counseling

Lakeshore Therapy


Caring, Competent, Confidential. Wide scope of counseling services and group therapy.

 www.lakeshoretherapy.com

 (810) 689-4846

 9615, 1115 S Van Dyke Rd #1

Bad Axe, MI 48413

 5730 Main St


Lexington, MI 48450

 51 Austin St

Sandusky, MI 48471

Professional Counseling Service, PLLC

Outpatient mental health counseling for individuals, couples, and families. Monthly groups to address DV, anger management, alcohol or marijuana abuse and retail theft.

 (989) 269-5180


 128 W. Huron Ave Ste C


Bad Axe, MI 48473


List Psychological Services


List Psychological Services, PLC provides outpatient mental health and substance abuse services.


 www.listpsych.com


 (989) 672-2016

 (989) 673-5700


 (989) 453-3051

 (989) 684-7977

 (989) 790-3130

 467 N. State Street

Caro, MI 48723

 651 N. State Street

Caro, MI 48723

 7484 W. Michigan Ave Suite C

Pigeon, MI 48755

 126 Washington Ave

Bay City, MI 48708

 5024 North Center Rd.


Saginaw, MI 48604


Dentists

Bad Axe Family Dentistry / Bill's Family Dentistry

When you visit our office you will experience all that modern dentistry has to offer, including a comprehensive list of general, restorative and cosmetic dental services to meet your needs.

 www.badaxefamilydentistry.com

 (989) 269-9704

 (989) 883-9451

 1011 S. Van Dyke Road

Bad Axe, MI 48413


 215 N Center Street


Sebewaing, MI, 48759


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

 (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

 (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


 (989) 799-2020


 5310 Hampton Place Suite 2

Saginaw, MI 48604

Greater Thumb Eyecare


Provides eyecare and vision care products in the Vassar, Marlette and surrounding communities. We handle routine eye exams as well as medical and emergency eyecare visits to all ages.

 www.thumbeye.com

 (989) 635-1500

 25755 Van Dyke Road

Marlette, MI 48453


 295 N. Main Street


Vassar, MI 48768

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


 (989) 667-9393


 3720 E. Wilder Rd

Bay City, MI 48706

Vision Quest Optical

Dr. Ruggles has been helping his patients see the world more clearly for almost thirty years. Voted 2015's best Optometrist in Bay City for Optometry treatment and services as reviewed by patients.

 www.visionquestmidland.com

 (989) 778-1414


 3801 Wilder Rd #4


Bay City, MI 48706


Physical Rehabilitation / Nursing Centers

Active Physical Therapy and Sports Medicine


At Active Physical Therapy we strongly believe our patients deserve to recover in the most comfortable environment possible. Caring staff, hands-on treatment, and immediate openings, our patients see the results they both need and deserve.

 www.activephysicaltherapymi.com

 (989) 269 2700

 123 W. Huron Avenue Suite B


Bad Axe, MI 48413


 267 E. Sanilac Road

Sandusky, MI 48471

Brown City Physical Therapy Specialists

We are a private practice physical therapy clinic. We help people return to activities that they enjoy by restoring movement and addressing pain. We provide individualized care with a licensed therapist.

 www.corporateconciiergehw.org

 (810) 356-7441


 4217 Main Street

Brown City, MI 48416

Disability Services Resources

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

 www.dsrbcb.com


 (989) 895-5444


 1820 N. Trumbull Drive

Bay City, MI 48708

Great Lakes Bay Health Centers

Patient centered medical home that is committed to changing lives because we care by providing quality healthcare to everyone regardless of their background.

 www.greatlakesbayhealthcenters.org

 (989) 753-9011


 501 Lapeer Ave


Saginaw, MI 48607


Physical Rehabilitation / Nursing Centers

Harbor Beach Community Hospitals Senior Life Solutions

Harbor Beach Community Hospital's Senior Life Solutions program is an intensive outpatient group therapy program designed to meet the unique needs of older adults struggling with symptoms of anxiety and depression or difficult life transitions often related to aging.

 www.hbch.org


 204 S. Huron Avenue


 (989) 479-0200


Harbor Beach, MI 48413

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


 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

 1900 Columbus Ave


 (989) 894-3000


Bay City, MI 48708


Narayan Rehabilitation Inc.

(Shriji Physical Therapy)

We are committed to serving the communities throughout the Greater Thumb Area and provide Physical Therapy, Occupational Therapy, Speech and Durable Medical Equipment.

 www.narayanrehab.com

 1004 W. Caro Rd. – Caro


 (989) 672-8700


968 S Van Dyke Rd. – Bad Axe


Physical Rehabilitation / Nursing Centers

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


 1900 Columbus Ave


 (989) 894-3000


Bay City, MI 48708

Sacred Heart Rehab Centers


Sacred Heart provides Substance Use Disorder Treatment.


 www.sacredheartcenter.com

 1106 Washington Ave

 (989) 894-2991

Bay City, MI 48708


 (989) 894-2991


 301 E Genesee Street


Saginaw, MI 48607

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

 1600 N. Michigan Ave


 (989) 758-3813


Saginaw, MI 48602


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 entitites. Care is taken to develop a strong attorney-client relationship for optimum results.

 www.alston.com

 (989) 892-3082


 2480 Center Ave

Bay City, MI 48708

Dafoe Law, PLLC

Local attorney Travis Dafoe is a Saginaw County native with seven+ years of legal experience. His Frankenmuth legal practice focuses on estate planning, probate, trust administration, real estate law, business law and elder law.

 www.frankenmuthlaw.com

 (989) 321-2330


 160 S. Main Street Ste 4

Frankenmuth, MI 48734

Dawn Young Law

Human rights advocate specialized in Social Security Disability, Petitions for Involuntary Commitment, Guardianship/Conservatorship, Supplemental Security Income Appeals, Veteran Benefits Appeals.


 www.dawnyounglaw.com


 (989) 272-8144

Garske Hewitt PLC

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

 www.garskelaw.com

 (989) 355-0100


 505 S. Euclid Ave.


Bay City, MI 48706

Legal Services / Other

Law Office of Pamela Stefan P.C.

General practitioner - Wills - Estate Planning - Custody - Divorce - Family Law - Real Estate


 (989) 823-3085


 115 N. Main Street PO Box 1691
Vassar, MI 48768

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

 (989) 799-5000


 5195 Hampton Place
Saginaw, MI 48604

Other

Bay Area Women's Center

We provide crisis intervention, counseling, shelter and medical forensic exams for victims of domestic and sexual violence.


 <http://www.hdc-caro.org/thumbbody-express.html>

 (989) 673-8488

Huron Development Commission

A Community Action Agency serving the human service needs of individuals residing in Huron, Lapeer, Sanilac and Tuscola Counties.

 www.hdc-caro.org


 (989) 673-4121


 429 Montague Avenue
Caro, MI 48723

Other / Pet Care

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

Other / Salon & Barber Shops

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

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
 (989) 799-1455


 422 Court Street
Saginaw, MI 48607


Other / Spirituality

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

 (989) 893-8031

 206 Schearmann


Essexville, MI 48732

Other / Transportation

Caro Transit Authority - Thumbody Express

We are a public transportation system providing friendly, courteous service to Almer and Indianfields Townships as well as the City of Caro, with *limited* service to Cass City, Mayville, and Vassar.


 <http://www.hdc-caro.org/thumbody-express.html>

 (989) 673-8488

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

 (800) 858-1637

 1615 South Euclid Avenue

Bay City, Michigan 48706
