

Community Resource Directory



Tri-County
Office on Aging

5303 S. Cedar St.
Lansing, MI 48911-3800
517.887.1440 or toll free 800.405.9141
www.tcoa.org

**REVISED
October 2016**

INTRODUCTION

The staff of the Tri-County Office on Aging developed this Community Resource Directory for service providers, older persons, and individuals requiring long-term care and their families.

We hope the directory will put people in touch with the many services available in the tri-county area. Our staff is available to assist with additional questions you may have concerning benefits, programs and services for senior citizens. In the Lansing area, call (517) 887-1440. Information and Assistance services are also available to assist you in the out county areas – look under **Senior Citizens Offices/Information & Assistance** in this directory.

The information contained in this directory is also available on our Web site: ***www.tcoa.org***

**TRI-COUNTY OFFICE ON AGING
COMMUNITY RESOURCE DIRECTORY**

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Tri-County Office on Aging Phone: (517) 887-1440 or 1-800-405-9141

5303 S. Cedar St., Building 1
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

Find us on Facebook at TCOA

Hours: 8:00 a.m. to 5:00 p.m., Monday through Friday

Services: Tri-County Office on Aging (TCOA) is the Area Agency on Aging for Region VI serving Clinton, Eaton and Ingham Counties. Its mission is to “promote and preserve the independence and dignity of the aging population”. TCOA funds a variety of programs, such as Adult Day Care, Elder Abuse Education, Home Health Aide, Homemaker, In-Home Respite Care, Legal Assistance, Long-Term Care Ombudsman, and Volunteer Transportation.

Eligibility: Individuals age 60 and older and persons with disabilities 18+ years living in Clinton, Eaton and Ingham Counties. Many programs have specific income limits.

TCOA directly provides the following services:

Caregiver Support

Caregiver Support is available to provide counseling for caregivers and their families on planning for the future, including housing, finances and long term care options.

Case Coordination

Case Coordination is available for people who can benefit from limited support. A staff person conducts an assessment and can arrange in-home care for eligible persons who need some assistance with personal care, homemaking, chores or respite.

Crisis Services for the Elderly

Crisis Service responds to non-medical emergencies, such as utility shut off notices and prescription drug issues, for older adults 60+ in the tri-county area 24-hours a day, seven days a week. Staff will assess the situation and help arrange necessary services. After hours number: 800-282-7622.

Housing Assistance

Housing information is available for individuals 60 and older and for persons with disabilities age 18 and older. The housing specialist assists individuals transitioning from a nursing facility back into the community by locating suitable housing. Information on avoiding evictions, resolving tenant landlord issues and locating new housing can also be provided.

Information & Assistance

Staff provides information that relates to older adults and persons with disabilities on community resources and supports in the tri-county area.

Options Counseling

Offers older adults and their caregivers assistance in planning to meet needs that arise as individuals seek to remain in the community as they age. This can include identifying needs, providing information regarding community resources and creating a plan of action. Options Counseling can take place through both phone and in-person conversations and has no income eligibility requirement.

Tri-County Office on Aging – Direct Services cont.

Kinship Care/Respite Program

Provides caregivers (55+) with a break from the responsibilities of caring for children 18 years of age or younger. Persons must meet specific eligibility criteria.

Michigan Medicare Medicaid Assistance Program (MMAP)

Counselors can help you to understand Medicare & Medicaid enroll in Medicare prescription drug coverage, review supplemental insurance needs, apply for Medicaid or Medicare Savings programs, identify and report fraud and abuse or scams, and explore long term care insurance. Call 800.803.7174 for more information.

Project Choices (MiChoice)

Offers an alternative to nursing home care. A Nurse and Social Worker team assist eligible individuals with their families and friends, to design a plan of care. Coordinating and providing key services, while respecting each individual's right to choose their own options, allows clients the opportunity to remain at home or live in the setting of their choice.

The Nursing Facility Transition Service

Provides options to nursing facility residents by offering an alternative to institutional care. Nursing facility residents who have a desire to live in the community have a choice. This program assists those eligible to transition from a nursing facility to the comfort of their own home or a licensed setting of their choice.

Meals-On-Wheels

Provides a hot, well-balanced meal delivered midday by Meals on Wheels volunteers. Hot meals are available Monday through Friday and frozen meals are available for the weekends and holidays. Meals on Wheels serves vulnerable persons 60 and older (spouses and partners included). Eligibility is determined through assessment.

Senior Dine Card

Program is a partnership with local restaurants to provide meals to qualified seniors. Client receives a card that is used like a credit card at participating restaurants. The program provides an occasional meal outside the home.

Senior Dining Sites

Provides hot, well-balanced meals and other activities at various sites throughout the tri-county area.

Project Fresh

Provides qualified seniors with coupons to purchase fresh fruits and vegetables at Michigan farmers markets and roadside stands.

AARP Tax Counseling for the Elderly

Trained volunteers assist low and middle income older adults and persons with disabilities with their income tax and property tax credit forms. Special arrangements can be made for home visits.

Aging and Adult Services Agency

Phone: (517) 373-8230

Chandler Plaza Building
300 E. Michigan Ave. 3rd Floor
Mailing address:
P.O. Box 30676
Lansing, MI 48909-8176
Fax: (517) 373-4092
Web site: www.michigan.gov/osa

Hours: 8:00 a.m. – 5:00 p.m. Monday – Friday

Services: The Michigan Aging and Adult Services Agency (AASA), located within the Michigan Department of Health and Human Services, is the state administrative agency for services to the elderly. AASA’s mission is to “promote independence through advocacy, leadership and innovation in policies, programs and services”. This state agency administers federal and state funding for local programs that offer a variety of services for older adults such as meals, legal aid, transportation, health promotion, household chores, personal care and adult day care. AASA also advises the state legislature and governor on issues and policies important to older Michigianians. *It does not provide direct services to senior citizens. Those telephoning this agency for assistance on local services may expect to be referred to the appropriate Area Agency on Aging.*

ADULT DAY CARE

Adult Respite Services**Phone: (517) 882-3403**

Elmhurst School
2400 Pattengill
Lansing, MI 48910
Fax: (517) 325-6344

Hours: 9:00 a.m. to 3:00 p.m. Tuesday through Friday

Services: An adult day care program designed to meet the physical, emotional, intellectual and social needs of impaired older adults. Activities include crafts, games, fellowship, health talks, exercise, walks, music programs, and reminiscing discussions. Nutrition Dining Site at noon.

Eligibility: Residents of the tri-county area who are 60 years of age or older who are physically impaired, socially isolated, mentally confused, or have limited ability to function independently.

Cost: Based on income and available funds. Scholarships may be available. Donations of \$3.00 requested for meals.

Clinton County Day Treatment Center**Phone: (989) 224-6729**

1000 E. Sturgis, Suite 2
St. Johns, MI 48879

Hours: 10:00 a.m. to 2:00 p.m. Tuesday and Thursday only.

Services: Day treatment programming 2 days per week, with an emphasis on social skill building, problem solving, communication skills, daily living skills, and interpersonal improvement.

Eligibility: Must be referred by Clinton County Counseling Center. Contact (888) 800-1559.

Cost: Based on a sliding scale. Accepts some insurance.

Elizabeth's Place**Phone: (517) 316-2569**

1518 S. Washington Ave
Lansing, MI 48910
Website: www.jwrhealthservice.com

Hours:

Services: Elizabeth's place is a full day program that creates opportunities for seniors age 65 and older to improve their quality of life and well-being. The facility specializes in providing care for seniors with physical or cognitive disabilities. Services for seniors include therapeutic health and wellness programs and education, socialization and recreational activities, basic computer skills training, respite care, transportation, medical assistance and more. Multilingual support is available.

Eligibility: Seniors age 65 and older. Call for a free consultation.

Cost: Payments received through private pay, Medicaid, long term care insurance and Veterans Administration.

Forster Woods Adult Day Center.**Phone: (517) 349-3101**

4656 N. Meridian Rd.
Williamston, MI 48895
Fax (517)349-6487
Website: www.forsterwoods.org

Hours: Monday – Friday 7:30AM-5:30PM.

Saturday upon request

Services: Our mission is to support caregivers who may require assistance with daily living activities and benefit from a compassionate environment and opportunities for socialization. Services include transportation coordination, personalized care, breakfast/lunch & snacks, musical activities, animal therapy, exercise

Eligibility: Adults who have physical, mental, or emotional limitations.

Cost: \$14 per hour with discounts offered for half and full days. Partial scholarships available upon request.

Grand Mere's Adult Day Health Club**Phone: (877)719-0826**

1038 Eastbury Drive
Lansing, MI 48917
Web Site: www.granmeresclub.com

Hours: 7:00 a.m. - 7:00 p.m. Monday through Friday. Saturday 10:00 a.m. - 3:00 p.m.

Services: The primary focus of the program is to help adults achieve a marked improvement in their overall well-being and to provide support and respite for caregivers. This is accomplished by providing planned activities, health monitoring, continuous supervision, personal care, medication management, counseling, nutritious meals, transportation, physical and occupational therapy along with providing access to onsite health care professionals. The day health club also offers an onsite hair salon and whirlpool Hydrotherapy bathing services. Staff members are all certified Dementia practitioners.

Eligibility: For residents of the Tri-County area that are 60+ and adults 21+ with disabilities. Grand Mere's social workers will do an assessment that will determine services needed for each individual.

Cost: \$13 per hour. There is a \$50 registration fee and meals are included in the daily rate or package rate. Transportation is \$3 for every 5 miles and applies to both pick-up and return. One session of bathing is \$35 and a four session package is \$120. In addition to a la carte services, Grand Mere's offers four membership packages. The membership packages all include meals, daily exercise regimen, choice of various social activities, access to a licensed counselor for private sessions and access to onsite therapy and physician visits. Using a package gives savings off the hourly rate. Grand Mere's accepts Visa and MasterCard, Blue Cross, and other private insurances. Additional funding may be available for Medicaid Recipients. Ask the Admissions Director for information regarding qualifications.

Helping Hands Respite Care**Phone: (517) 337-4611**

201 Hillside Court

East Lansing, MI 48823

Fax: (517) 337-4099

Web Site: www.helpinghandsrespite.care**Hours:** 9 a.m. to 4:30 p.m. Monday through Friday.**Services:** To enrich the lives of participants and their caregivers by promoting physical, mental, and emotional fitness through individualized care. Specific services include respite care for families, recreational activities (such as exercise, games, and music), counseling and indoor/outdoor gardening. Meals are provided by the Tri-County Office on Aging and individual dietary needs are considered. Medications are closely supervised under professional guidelines. Transportation arrangements are coordinated with family or community services.**Eligibility:** Adults 18 years or older who have physical, mental, emotional or social limitations and who require assistance and supervision in daily living.**Cost:** \$13.00 per hour. A minimum of five hours in any program day is required. Scholarships may be available. Transportation cost is included in fee in most cases for CATA SpecTran, Rural Service or EATRAN. For Clinton County half of the transportation cost will be paid. Additional \$3.00 donation for meals.

See also: In-Home Services for respite54

COUNTY HEALTH DEPARTMENTS

Barry-Eaton District Health Department

**Phone: (517) 543-2430 or
(517) 485-7110**

1033 Health Care Dr.
Charlotte, MI 48813
Fax: (517) 543-7737
Web site: www.barryeatonhealth.org

Hours: 8:00 a.m. to 12:00 noon and 1:00 to 5:00 p.m. Monday through Friday.

Services: Programs include: Adult /Senior Health, Infant/Child Health, Community Health, Environmental Health, Emergency Preparedness, Substance Abuse and Health Connections. Resource center is available.

Eligibility: Persons living in Barry and Eaton Counties

Cost: Depends on the program.

Additional Program Information

Breast and Cervical Program: Free mammograms and pap smears for those who are 50- 64 years old and 40 to 49 year old with breast problems who are not insured or insured but not with an HMO and are low income. Call or check web site for details. 517-541-2630 or 485-7110 x 360.

Eaton County Immunization Clinics – Please call for an appointment (517) 541-2660 or (517) 485-7110 x 630 most immunizations are free for children.

Eaton County Health Department

8:30 a.m. – 11:30 a.m. and 1:15 p.m. - 4:00 p.m. every Wednesday

9:00 a.m. – 12:30 a.m. and 2:00 p.m. – 6:00 p.m. every 3rd Wednesday

Behavioral Health Program Phone: (517) 543-2580

The behavioral health program has many levels of outpatient services to meet the program's mission of empowering individuals, families and the community with affordable, accessible and research supported treatment of addictions and other behavioral health concerns. Levels of outpatient services provided include assessment services to determine needs, individual, family and/or family sessions, home based family services in conjunction with the Eaton County Family Drug Court program and outpatient recovery groups. The behavioral health program also offers an intensive outpatient program that meets three times weekly. Visit <http://www.barryeatonhealth.org/BehavioralHealth/OutpatientServices.aspx> for a more detailed description of these services.

Ingham County Health Department**Phone: (517) 887-4311**

5303 S. Cedar, Building 3 (2nd Floor)

Lansing, MI 48911

Fax: (517) 887-4310

Website: www.hd.ingham.org**Hours:** Varies depending on service, program and/or location.**Services:** General – Immunization Clinics (see below), physical exams, public nursing services (in-home, school or community settings). Health care offered at 7 different locations to serve Ingham county residents. Some water testing done as part of environmental health services.**Eligibility:** Persons must reside in Clinton, Eaton or Ingham County. Call Registration and Enrollment Services at (517) 887-4306 for further eligibility information.**Cost:** Immunization fee varies except for TB skin test (\$5.00). Most immunizations for children are free. Physician fees are based on a sliding pay scale.**Additional Program Information**

Blood Pressure Testing & Immunization Clinics: Vaccines protect you, your family and community. Many are available for no or little cost for a limited time through local health departments. Monday, Tuesday and Friday, 9:30 – 11:30 a.m. and 1- 4:30 p.m. Wednesday from 9:30 – 11:30 a.m. and 1:00 – 6:00 p.m. Thursday from 1:00 – 4:00 p.m. A TB test takes 48 to 72 hours to read. Call (517) 887-4316 for more information.

Breast & Cervical Cancer Control Program: Free breast and cervical cancer screening available to women age 40 - 64 in Ingham, Clinton, Jackson and Gratiot Counties. Services include Pap test, pelvic exam, clinical breast exam and mammogram. Follow-up services also provided if breast and/or cervical abnormalities are found. Cost is free. Medicare (Part A only), Medicaid and other commercial insurance accepted. Women in Health Maintenance Organizations (HMO) not eligible. By appointment only (517) 887-4364.

Ingham Health Plan/Medical Access Project: Identify the uninsured and State Medical Program recipients get medically necessary health care and dental services. Call (517) 887-4641 for enrollment information. Customer service number: 866-291-8691

Registration and Enrollment: Provides information, screens and enrolls new patients into the Health Center and assesses client eligibility for a wide range of programs. Call (517) 887-4306

Women's Health Services: Comprehensive services for women of all ages. Call (517) 887-4302

Mid-Michigan District Health Department**Phone: (989) 224-2195**

Clinton County Branch Office
1307 E. Townsend Rd.
St. Johns, MI 48879
Web site: www.mmdhd.org

Hours: 8:00 a.m. – 12:00 noon & 1:00 – 5:00 p.m. Monday through Friday.

Services: Blood pressure screening and immunization clinics by appointment. Days available are listed below. Flu clinics and cholesterol screenings scheduled in the fall as needed and published in the newspaper. May also call and make appointment for TB tests. Car seats loaned as needed for grandchildren through Clinton County Family Resource Center. Call (989) 224-1173 for more information.

Eligibility: Residents of Clinton, Gratiot and Montcalm Counties

Cost: No fees except for Hepatitis B vaccine (adults only), cholesterol screening, and TB skin test for a job requirement fee \$6.00. Meningitis test fee \$65.00.

Blood Pressure Screening & Immunization Clinics

Please call ahead to make an appointment and verify date, time and location. 989-224-2195 Ext. 8

St. Johns: Health Department, 306 Elm St.	1 st and 3 rd Mon.
DeWitt: St. Anne's Episcopal Church, 200 W. Webb Rd.	3 rd Thurs., of every odd month
Elsie: United Methodist Church, 160 W. Main	4 th Thurs., of every even month
Westphalia: Township Hall, Grange Road	4 th Mon., of every odd month
Bath: United Methodist Church, Webster Rd.	2 nd Mon. of every odd month

Mid-Michigan Health Plan

A program for low-income, uninsured residents of Clinton, Gratiot or Montcalm counties, whose gross household income is at or below 150% of federal poverty level (FPL) \$14,700/single or \$19,800 for married couples. Health plan provides coverage for basic approved health services such as office visits, specialty care services, lab and x-ray services and certain prescriptions. No cost to enroll. Some services have co-pays.

Breast and Cervical Cancer Screening Control Programs

Women ages 40-64 may be eligible for free mammograms, pelvic exams and pap tests in Clinton County. Call for an appointment (989) 227-3118

DENTAL SERVICES

Adult Dental Clinic

Phone: (517) 887-4423
General: (517)-887-4300

Ingham County Health Department
5303 S. Cedar, 2nd Floor, Door 3
Lansing, MI 48911

Website: <http://www.chc.ingham.org/LocationHours/CedarAdultDental.aspx>

Hours: 8:00 a.m. to 12:00 noon and 1:00 p.m.-5:00 p.m. Monday and Wednesday. 8:00 a.m. to 12:00 noon and 1:00 p.m. to 7:00 p.m. Tuesday and Thursday. 10:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m. Friday.

Services: Cleaning, oral exams, fillings and extractions.

Eligibility: All patients must complete an eligibility/financial screening first. You must bring proof of household income and residency. Call (517) 887-4609 or 517-887-4302 with questions.

Cost: Sliding scale fees based on income.

Affordable Dentures

Phone: (517) 323-3172 or
Toll free: 1-800-DENTURE

Lansing Towne Center
5451 H West Saginaw Hwy.
Lansing, MI 48917

Web site: www.affordabledentures.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Appointments are not required but recommend that patients arrive at the office at opening time to register for services.

Services: Provides dentures and extraction services. Three types of dentures available: *Economy Denture* is the most affordable and available with same-day service. *Custom Dentures* are made with more expensive teeth, set in a wax base that can be tried on and changed before being cast, often available the same day. *Premium Dentures* are the most natural looking, made with the best denture teeth which are highly resistant to wear and stains, the teeth are first set in wax to try on and make changes before lab will custom finish. This style is often available on the same day. Cast metal and acrylic partial dentures are also acrylic available along with other services.

Cost: Depends on dentures or service chosen. Fee schedule available for prices. Payment is required at the time services are performed. Cash, MasterCard, Visa, Discover cards and checks are accepted.

Care Free Dental Clinic

Phone: (517) 272-5053

5135 S. Pennsylvania
Lansing, MI 48910

Website: <http://www.carefreemedical.com/clinics/dental/>

Hours: 9:00 a.m. to 4:00 pm. Monday through Thursday and Friday 9:00 a.m. to noon. Call for an appointment. Hours are dependent on a dentist being available in the office.

Services: Dental care for those without insurance. Services include: exams, cleanings, fillings, extractions (scheduled 1 day a month), emergency care for severe pain, swelling and infection and education on preventative oral care. Basic work only – no crowns, bridges, dentures, replacement of missing teeth, molar root canals or braces.

Eligibility: Ingham County residents or those with a Lansing mailing address with no insurance.

Cost: First cleaning is \$45 with \$35 future charge. Accepts Medicaid and Healthy MI Delta Dental plans. Pay-It-Forward (P-I-F) option for those willing to donate hours of community service in return for dental care. Must take a short Oral Health class and complete the necessary paperwork. Call 517-507-3999 for more information.

Michigan Donated Dental Services (DDS) Program

Phone: (866) 263-4067 toll free or (517) 347-6994

3657 Okemos Road, Suite 200

Okemos, MI 48864

Web Site: www.nfdh.org or <https://www.smilemichigan.com/pro/DDS>

Fax: 372-0008

Hours: By appointment

Services: Provides free, comprehensive dental treatment. Program does NOT cover routine check-ups or provide ongoing treatment. Offers one-time only assistance. Program cannot pay existing dental bills. Most applicants are expected to help with lab costs. Applicants with Medicaid are expected to exhaust that resource first as Medicaid is covering some dental services.

Application:

Call for information or to request an application. There is a waiting list for services which averages 1 year for open counties. This varies depending on the number of people needing services and the availability of dentists. Please contact DDS Coordinator at (517) 347-6994. All applications must be submitted through the DDS coordinator.

Eligibility: Applicant must be unable to pay for needed dental treatment due to permanent disability, 65 years and older or qualify as medically frail, developmental disability, or mental illness.

Cost: Applicants may be asked to help with lab work that is not donated at 100%

Eaton County Dental Clinic Phone: (877) 313-6232 or (877) 733-7651 or (517) 541-8157

MI Community Dental Clinics, Inc. and

Barry-Eaton Health Department

623 Courthouse Dr.

Charlotte, MI 48813

Fax: (517) 541-8190

Website: www.midental.org

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday.

Services: Comprehensive dental services including oral examination and cleaning, x-rays, emergency services, fluoride treatments, fillings, crowns, root canals, tooth removal, replacement dentures and partial dentures for eligible residents.

Cost: Non-refundable \$50 fee to enroll which include Michigan Community Dental Plan Membership, 1 oral exam, x-rays, a treatment plan and a discounted price for all treatment.

Eligibility: Providing dental care for adults and children on Medicaid as well as low income, uninsured individuals, Healthy Kids Dental and MICHild. All individuals must first register as a patient for dental services by calling our Contact Center New Patient number (877) 313-6232.

Eaton Discount Dental Program**Phone: (866) 498-7914**

Eaton County Board of Commissioners
1045 Independence Blvd.
Charlotte, MI 48813
Web site: www.eatondiscountdental.com

Hours: Monday through Thursday 8:00 a.m. to 6:00 p.m. and Friday 8:00 a.m. to 5:00 p.m.

Services: Reduced fee dental program, not insurance. Participating DenteMax dentists have agreed to accept a discounted fee as payment for each of the services included. Average price is 20% - 50% lower than standard fees on most dental procedures including preventative and specialists. Participating specialists include: Orthodontists (braces) Periodontists (gums) Oral Surgeons (bridges and dentures) Pediatric dentists and Endodontists (root canals).

Eligibility: All Eaton County residents. No age, income or health restrictions. Annual renewal application required.

Cost: \$69 per year can include up to 9 persons residing at the same residence or students in college. Payment can only be made by credit card.

**Lansing Community College
3430 Dental Hygiene Clinic****Phone: (517) 483-1458 or
Human Service Office: (517) 483-1410**

Health and Human Services Bldg
515 N. Washington Square, Room # 107
Lansing, MI 48933
Website: www.lcc.edu/health/dental/clinic

Hours: Call to schedule an appointment. When school is in session the clinic is typically open Tuesday, Wednesday and Thursday. Appointment days vary per semester. Individuals 15 years old and younger or not a current patient on record must schedule a screening appointment first before a clinic appointment.

Services: Preventative dental services are offered to assist the patient to retain her/his teeth for a lifetime. This includes medical-dental history, oral exam/screening, dental education including a home care kit, prophylaxis (teeth cleaning), x-ray pictures (as needed), and topical fluoride treatments. Fillings, dentures, extractions and diagnostic services are not provided.

Eligibility: Open to the public, must be willing to spend extra time for appointments. More time is needed than in a general dentist's office because students are learning and performance is reviewed and evaluated by licensed dental hygienists and dentists.

Cost: General fee of \$25.00 for LCC students, seniors and children 17 years old and under. \$30 for adults. Additional charges as necessary. Minimal fee charged to cover cost of materials and supplies.

DENTAL SERVICES...Cont.

St. Johns Based Dental Clinic

Phone: (877) 313-6232 or (989)224-3053

Community Dental Clinic (Located inside the Mid-Michigan District Health Department)

1307 E. Townsend Rd.

St. Johns, MI 48879

Hours: Mon., Weds., Thurs. & Fri.: 8 a.m. to noon & 12:30 to 4:30 p.m.

Tues. 8 a.m. to noon and 1-5 p.m. Call to make an appointment.

Services: Include oral exams, cleaning, fluoride treatments, fillings and crowns, tooth removal, tooth replacement including dentures and partial dentures; emergency treatment and root canals.

Eligibility: Adults age 21 and over on Medicaid; low income, uninsured individuals whose income level is at or below 200 percent of the Federal poverty level at reduced fees; children on Medicaid, Delta Healthy Kids and MI Child in Clinton and Gratiot county.

EDUCATION

DRM International Learning Center**Phone: (517) 882-3544**

3204 S. Pennsylvania
Lansing, MI 48910
Web Site: www.drnilc.com
E-Mail: info@drnilc.com

Services: Offers training classes in Basic Home Health Aide, Advanced Home Health Aide and Certified Assistant Program. Classes are structured to meet the educational needs of home care agencies and produce professional, competent, and compassionate caregivers.

**Lansing Community College
Careers Division****Phone: (517) 483-5204**

3420 Human, Health & Public Service Dept. (HHPS)
P.O. Box 40010
419 N. Capitol Ave.
Lansing, MI 48901-7210

Hours: 8:00 a.m. – 5:00 p.m., Monday through Friday.

Services: The College offers two gerontology degrees. The Gerontology Certificate of Achievement is a 32-semester hour credit program designated for already-degreed persons who wish to focus their skills in gerontology. The Associate Degree in Human Services, Gerontology Specialization, is a 69-semester hour credit program designed for those preparing to work in the field of gerontology. Short-term gerontology seminars are offered in fall and spring semesters for LCC students and non-students. Most of the seminars are approved for continuing education hours for nurses, nursing home administrators and adult foster care licensees and administrators.

Eligibility: Anyone may attend the seminars, but persons wishing to obtain the Gerontology Certificate or the Associate Degree must enroll in the Lansing Community College.

Cost: Fees are based on current LCC tuition rates. Gerontology seminar fees vary. Senior Adult Tuition Awards are available for students 60 and over who meet income requirements. Call (517) 483-1296.

Additional Program Information

The Mental Health and Aging Project (MHAP) funded by the Michigan Department of Community Health, is a program unit at LCC. The project is devoted to providing education, training, education services, applied research services and consultation in aging. MHAP publishes a quarterly newsletter, UPDATE, a technical assistance resource for Mental Health and Aging professionals in the state of Michigan.

Community Education

Many school districts offer Adult Basic Education, High School Completion, General Educational Development (GED), and Continuing Education or Enrichment offerings that are open to or specifically designed for seniors. Check with your local school district or Community Education Department for more information. Check in the yellow pages under “Schools”.

EMERGENCY SERVICES AND SHELTERS

Adult Protective Services

24 hour Abuse Toll Free Number: 1-855-444-3911

Responsible for investigating and determining whether the person “suspected of being abused, neglected, exploited or endangered is an adult in need of protective services”. The Department utilizes the least restrictive procedures to provide these services including social and legal intervention.

Clinton County

105 W. Toles Rd., St. Johns, MI 48879

Phone: (855) 444-3911

Fax (616) 977-1154

Eaton County Department of Human Services

1050 Independence Blvd., Charlotte, MI 48813

Phone: (855) 444-3911

Fax (616) 977-1154

Ingham County Department of Human Services

Phone: (855) 444-3911

Fax (616) 977-1154

Advent House Ministries

Phone: (517) 485-4722

Westminster Presbyterian Church

743 N. Martin Luther King Blvd.

Lansing, MI 48915

Fax: (517) 485-2837

Website: www.adventhouse.com

Hours: 8:30 a.m. – 5:00 p.m., Monday through Friday (Office)

Weekend Shelter: 8:30 a.m. – 6:00 p.m. Saturday and Sunday

Services: Weekend day shelter and provision of food. Advent House arranges temporary furnished housing for homeless families. Personal needs supplies available on Wednesdays 10 a.m. – 1 p.m. with a referral by Christian Services. Support for ex-offenders and those considered at risk with parole office referral. Good Work employment program for homeless individuals staying in emergency shelter. GED Academy that offers guided learning and GED test preparation. Care management for formally homeless and veterans.

Free Meals: All meals on Saturday & Sunday. Breakfast 8:30 a.m., Lunch 11:30 p.m. and Dinner 3:00 p.m.

The Basic Needs Center**Phone: (517) 230-4618**

213 N. Clinton Ave.
St. Johns, MI 48879
Fax: (517) 485-2837
Email: thebasicneedscenter11@gmail.com

Hours: 1:00 p.m. – 4:00 p.m. On Monday. 10:00 a.m. to 4:00 p.m. Tuesday through Friday
Appointment Only Thursday Evening and Saturday

Services: Provide basic needs, such as food, clothing, shelter and counseling.

Eligibility: Those in need.

Cost: There is no fee but donations are accepted.

Board of Water & Light**Phone: (517) 702-6006****Hotline for Down Power Lines: (877) 295-5001**

P.O. Box 13007
Lansing, MI 48901-3007
Website: www.lbwl.com

Hours: 8:00 a.m. to 5:30 p.m., Monday through Friday (lobby), Call Center: 7:00 a.m. to 6:00 p.m., Monday through Friday.

Services: The Board's Medical Emergency Directory lists customers who must have their electrical service restored first in case of power failure (updated annually). Other Board of Water and Light entries in this directory see page 29.

Eligibility: Board of Water and Light customers who need electrical life support equipment and or those persons with medicine that must be refrigerated. A physician must complete the form provided by the Board and the meter will be tagged designating a medical priority.

Cost: All services are free.

City Rescue Mission**Phone: (517) 485-0145**

2216 S. Cedar St.

Lansing, MI 48910

Fax: (517) 485-0910

Email: info@BEaRESCUER.com

Web Site: www.lcm.org

Hours: Open Monday – Sunday.**Services:** Emergency Overnight Shelter for men, separate facility for women and mothers accompanied by children; Public Dining Room provides lunch Monday through Friday and the supper seven days a week; Personal Needs Closet provides hygiene items, non-denominational worship services, bible studies, and a residential drug and alcohol program.**Eligibility:** Adults and families needing service.**Cost:** All services are free. Totally supported by private donations.

Men's Shelter, Chapel, Public Dining Room, Food Pantry, Personal Needs Closet and & Men's Life Transitional Program (addictionprogram) located at 613 E. Michigan, Lansing. First come first served between 6-7 p.m.

Mission Women and Children's Barrier Free Shelter – located at 2216 S. Cedar St., Lansing (must call for availability on the day that the bed is needed after 9 am: 517-485-0145. No boys over the age of 12. Day shelter for guests, with computer center and classroom, Women's Life Transformation Program (addictions program) also located at this facility.

Crisis Services for the Elderly**Phone: (517) 483-7205**
After 5:00 PM - (800) 282-7622

Tri-County Office on Aging

5303 S. Cedar St., Building 1

Lansing, MI 48911-3800

Fax: (517) 887-8071

Web site: www.tcoa.org

Hours: 24 hours a day, seven days a week.**Services:** Responds to non-medical emergencies in the Greater Lansing area. Helps with crisis situations such as inability to buy prescription drugs and utility shut off notices. The crisis must need an immediate response, and other agencies cannot respond. Trained volunteers will assess the situation and help arrange necessary services, with the client's consent.**Eligibility:** Seniors 60 and older living in the greater Lansing area.**Cost:** There is no fee but donations are accepted.

EVE, Inc. (End Violent Encounters)

(Formerly Council Against Domestic Assault - CADA)

Phone: (517) 372-5976

24-Hour Crisis Line: (517) 372-5572

P.O. Box 14149

Lansing, MI 48901

Website: www.eveinc.org

Hours: 24-hour a day, seven days a week

Services: Provides shelter, support groups and individual counseling for victims of domestic violence. Childcare is also provided.

Eligibility: Women and their children who are victims of domestic violence. Call for information.

Cost: None. Donations accepted.

First Baptist Church- Hearts & Hands

Phone: (517) 663-7104

9220 Kinneville Road

Eaton Rapids, MI 48827

Website: www.fbcofer.org

Hours: 9:00 a.m. to 12:00 noon, Monday, Wednesday and Friday.

Services: The food pantry serves families living in the Eaton Rapids School District. The program also assists families experiencing emergencies involving utility shut-offs or the need for deliverable fuel, evictions, medical or transportation needs, as well as food and shelter for homeless individuals and families.

Eligibility: Families living in the Eaton Rapids School district. Call for more details.

Grand Ledge Emergency Assistance Program (G.L.E.A.P.)

Phone: 627-3256

P.O. Box 402

Grand Ledge, MI 48837-0402

Services: Volunteer organization working through local churches to help with emergency needs. Provides one-time shelter and utility assistance.

Eligibility: Grand Ledge school district citizens in need.

Cost: None. Donations welcomed.

Haven House**Phone: (517) 337-2731**

121 Whitehills Drive
P.O. Box 961
East Lansing, MI 48826-0961
Fax: (517) 337-2910
Web Site: www.havenhouse.org

Hours: Office – 8:00 a.m. to 11:00 p.m., Monday through Friday. Referrals 10:00 a.m. to 11:00 p.m., Saturday and Sunday. The shelter is staffed 24 hours a day, seven days a week including holidays. Emergency food hours: Friday – Sunday 5:00 to 8:00 p.m.

Services: Temporary emergency shelter for homeless families with children only. 28 beds on first come first served basis. Residents are served three hot meals per day, and clothing is available. Part of the Ingham County Food Bank and will provide 1-2 days of food for persons who are not homeless in emergency situations. Other support services are available. Not barrier free.

Eligibility: Limited to families with children. Need for stay is evaluated weekly up to 30 days. Call for availability.

Cost: None.

Hearts and Hands**Phone: (517) 663-7104**

9220 Kinneville Rd
Eaton Rapids, MI 48827
Website: www.fbcofer.org

Hours: Monday, Wednesday and Friday 9:00 a.m. to 12:00 p.m.

Services: Christian based all volunteer organization that assist individuals to meet basic needs. Food pantry, utility shut off, fuel, evictions, medical or transportation needs as well as food and shelter needs. Hearts and Hands will also assist homeless individuals with food and shelter.

Helping Hands**Phone: (517) 543-8737**

600 S.Cochran
Charlotte, MI 48813
Fax: (517) 337-2910
Web Site: www.helpinghandsfoodpantry.org

Hours: 11:00 a.m. to 5:30 p.m. on Tuesdays, 10:00 a.m. to 4:30 p.m. on Wednesdays and 9:00 a.m. to 3:30 p.m. on Thursdays.

Services: Provides a 7-day supply of groceries and personal care items.

Eligibility: Limited to individuals with Charlotte and Vermontville addresses. Clients are also restricted by low income guidelines and required to sign a statement attesting to their eligibility and accuracy of personal information given.

Cost: None.

Loaves and Fishes**Phone: (517) 482-2099**

831 N. Sycamore
Lansing, MI 48906
Fax: (517) 482-6848

Hours: 6:00 p.m. – 9:00 a.m., seven days per week. Transitional shelter: 24 hours a day, seven days a week. Call after 9:30 a.m. daily for availability.

Services: Short-term (1-14 days) overnight shelter providing breakfast, dinner and advocacy services. Long-term (up to 24 months) transitional shelter and services.

Eligibility: Overnight shelter: male and female adults 18 and over and children with parents. Transitional shelter: Mothers with children only. Luke's house for men.

Cost: None for overnight shelter. Transitional shelter costs \$200 per month.

New Hope Day Center**Phone: (517) 489-5296 After 6 p.m. call 517-489-5301**

430 N. Larch
Lansing, MI 48912
Fax: (517) 484-5353

Hours: 6:00 a.m. to 6:00 p.m. Monday through Friday. Saturday and Sunday 2 p.m. to 6 a.m. Lunch 11:45 a.m. to 12:30 p.m.

Services: Weekday shelter through Volunteers of America. First come, first serve 4-6 p.m. Provides overnight shelter 6 p.m.- 6 a.m., referrals, service linkage, clothing one time a month, emergency services, personal needs, employment assistance, use of a telephone, a meal and many other important services. Barrier free.

Eligibility: Men, women and children.

Safe Center/Relief After Violent Encounter**Phone: Toll-free (877) 952-7283**

P.O. Box 472
St. Johns, MI 48879
Business Office: 989-723-9716
Fax: (989) 224-6947
Website: www.thesafecenter.org
Email: safecenter@thesafecenter.org

Hours: 24-hours, seven days a week

Crisis line, information and referral, legal prevention and educational programs.

Services: Provides emergency shelter for victims of domestic violence, individual counseling, and support groups for adults and children, advocacy services, housing location and referrals for batterers counseling. The Safe Center can provide basic needs such as food and clothing for clients.

Eligibility: Women and their children who are victims of domestic violence in Clinton and Shiawassee Counties. Call to discuss needs.

Cost: None. Donations accepted.

**Seventh Day Adventists
Community Services Food & Clothing Bank**

**Phone: (517) 627-4348
or (517) 627-4917**

4934 Burt
Grand Ledge, MI 48837-0402

Hours: Tuesday 10:00 a.m. to 5:00 p.m.(accepts walk ins)., Thursday 10:00 a.m. to 3:00 p.m. (accepts walk ins). or by appointment.

Services: Food on emergency basis. Clothing, bedding and miscellaneous items as available.

Eligibility: Low income families or individuals with a disability who are dealing with unemployment, temporary emergencies and the homelessness. Services for families residing in the Grand Ledge school district, Eagle and Wacousta.

Cost: None

SIREN

**Phone: (800) 899-9997
24 Hours: (517) 543-4915**

520 Robinson St
P.O. Box 369
Charlotte, MI 48813
Website: www.sireneatonshelter.org

Hours: Monday through Friday 9:00 a.m. to 5:00 p.m.

Services: Provides emergency services, food and shelter for homeless families and domestic violence victims. Confidential 24 hour hotline, supportive counseling, weekly support/education group and Information and Referrals services for needed services.

Cost: None

Stockbridge Community Outreach

Phone: (517) 851-7285

370 Cherry St., P.O. Box 682
Stockbridge, MI 49285
Fax: (517) 851-7285

Hours: 9:00 a.m. to 12:00 noon and 1:00 p.m. to 3:00 p.m. Monday and Friday. 1:00 p.m. to 4:00 p.m. & 5:00 p.m. to 7:00 p.m. on Wednesdays.

Services: Food bank, clothing, medications, medical and transportation. Also make referrals to appropriate agencies.

Eligibility: Stockbridge school district residents except for clothing.

Cost: None

Victory Shelter – see City Rescue Mission

Volunteers of America**Phone: (517) 484-4414**

430 N. Larch
Lansing, MI 48912
Fax: (517) 484-5353
Web site: www.voami.org

Hours: Vary depending on program. Administrative offices open 8:30 a.m to 5 p.m.

Hotel Emergency Lodging - for homeless families who need shelter. Open 7 days a week from 7:00 p.m. - 10:00 p.m. If no shelters are available or unable to stay in a shelter for verifiable reasons can be housed temporarily in a motel.

Homeless Health Clinic: 517-253-5000. Hours: Monday through Friday 8:00 a.m. to 4:30 p.m. Call for an appointment. When visiting the health clinic check in with the VOA first, Suite 1.

Women's and Children's Overnight Shelter – Open 365 days a year, this 14 bed shelter offers women and children a warm, safe place to sleep. With referrals from our case management team, they may also utilize programs and services of New Hope Day Center

Men's Overnight Emergency Shelter – Open 365 days a year, this 50 bed shelter offers men a warm, safe place to sleep. May also utilize the services and programs of the New Hope Center.

Community Kitchen – Free nutritious meals are served to the hungry and homeless. Breakfast, lunch and dinner are served Monday through Friday. Two meals are served on Saturday and Sunday.

Veterans Services & Housing Program – Veterans receive services such as case management, individual and group counseling and referrals for substance abuse and medical treatment. Assists in the development of skills necessary to obtain and maintain employment and permanent housing.

Special Events – Adopt a Family – Annual program matches needy families with sponsors who adopt them for the Christmas holiday. **Christmas Store:** Made possible by donors for those in need, not adopted to shop.

Holiday Meal Program – Provides a hot meal on Christmas Day for older adults and persons with disabilities in the Lansing area that are alone during the holidays.

Thrift Store's – located at 5411 S. Cedar Street, Lansing.(517) 272-3126. 3800 W. Saginaw, Lansing. (517) 703-9088. Clothing, household goods available for sale or given to shelter residents and others in need through a voucher system.

Donation Program – Donations of cars, trucks, boats, RV's or motorcycles are auctioned with proceeds given to VOA's overnight emergency shelters and other social service programs. Call 1-800-552-1515 or visit www.carshelpingpeople.org

Webberville Food & Clothing Bank**Phone: (517) 521-3984**

115 S. Main St

Webberville, MI 48892

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Call for appointment.**Services:** Offers emergency food and clothing upon request. Referral services for energy and medical assistance can be provided.

Williamston Food Bank & Medical Equipment**Phone: (517) 655-1672**

201 School St.

Williamston, MI 48895

Hours: Call anytime in case of emergency. Food distribution held on last Saturday of the month from 8:00 to 10:00 a.m. Call ahead to verify. Can deliver to those without transportation.**Services:** Food bank provides nutritional food to needy families. Medical equipment available for loan: walkers, wheelchairs, crutches, canes and beds.

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EMPLOYMENT OPPORTUNITIES

Capital Area Michigan Works!

Phone: (517) 492-5500

Tri-County Employment & Training Administration
Website: www.michiganworks.org

Ingham County
2110 S. Cedar St.
Lansing, MI 48910
Fax: (517) 492-5501

Clinton County
101 W. Cass St., Suite A
St. Johns, MI 48879
Ph: (989) 224-2000
Fax: (989) 224-0946

Eaton County
311 W. First St.
Charlotte, MI 48813
Ph: (517) 541-8971
Fax: (517) 543-8016

Hours: Varies by location. Call for details.

Services: Employment and training services for Job Training Partnership Act (JTPA) eligible individuals, adult and youth. Employment services for Work First (welfare to work) clients referred by the Michigan Department of Human Services.

Experience Works

Phone: (517) 841-5627 ext. 64244

209 E. Washington, Suite 100
Jackson, MI 49201-2354
Fax: (517)782-0332
Website: www.experienceworks.org

Hours: Monday through Thursday 8:00 a.m. to 2:00 p.m.

Services: Provides part-time temporary work experience to older workers. Emphasis of the program is to upgrade the employability of the older worker. A variety of positions and training are available. Workshop topics include resume writing, filling out applications, using cover letters, development of job leads, assessment skills and job retention.

Eligibility: Must be 55 years or older, a resident of Clinton, Ingham, Jackson and Gratiot county and meet income eligibility guidelines. Call for details.

Cost: All services are free.

Foster Grandparent Program

Phone: (517) 887-6116

2400 Pattengil
Lansing, MI 48910
Fax: 517-887-7313

Hours: 8:30 a.m. to 4:30 p.m. Monday through Friday

Services: This is not strictly an employment program, but is a "paid" volunteer program in which a non-taxable stipend, \$2.65 per hour is paid to the volunteer to cover expenses. There is a time commitment of a minimum of 20 hours a week. Foster Grandparents establish a one to one relationship with a child, spending time with that child. Transportation or reimbursement for transportation and other benefits is provided.

Eligibility: Unemployed persons age 55 or over that are low-income (200% poverty level) and live in Ingham, Eaton, Clinton or Livingston Counties. 40 hours of training are required along with 4 hours of a month of in-service meetings.

Cost: None.

Michigan Telework Loan Fund**Phone: 1-800-828-2714**

c/o United Cerebral Palsy of Michigan
4970 Northwind Dr., Suite 102
East Lansing, MI 48823
Fax: (517) 203-1203
Website: www.michiganloanfunds.org
Email: info@michiganloanfunds.org

Services: Financial loans available to reduce or eliminate barriers to employment through low-interest loans. Loans up to \$20,000 with fixed interest rate for the term of the loan. Loan terms can range up to 5 years depending on the business equipment purchased and the borrower's ability to pay. Monthly payments are paid to Option 1 Credit Union.

Eligibility: Michigan residents 18+ with all disabilities, including seniors with age-related functional limitations are eligible. Loans must be used to buy business equipment and related education and training to use the equipment needed for home-based employment as an employee or business owner on a full or part-time basis. A Promise Letter to Telework or business plan must be submitted with loan application. Staff are available to help get started.

Senior Companion Program (SCP)**Phone: (517) 887-6116**

2400 Pattengill
Lansing, MI 48910
Fax: (517) 887-7313

Hours: 8:30 a.m. to 4:30 p.m. Monday through Friday

Services: This is not strictly an employment program but is a "paid" volunteer program in which a non-taxable stipend of \$2.65 per hour for 20 hours per week is paid to the senior volunteer to cover expenses. Senior Companions are assigned to older adults with special problems and develop a one-to-one relationship on a regular basis. Placement sites may be home settings, adult day centers, nursing homes or adult foster care homes. Transportation assistance or reimbursement is provided, as well as other benefits, including training.

Eligibility: Volunteers are unemployed persons age 55 and over living in the tri-county area who meet low-income guidelines (200% of poverty). Volunteers must complete 40 hours of training and 4 hours of in service training per month. Client referrals must be through Senior Companion Program's initial contact agencies. Call for more information.

Cost: None.

ENERGY ASSISTANCE

Board of Water & Light**Phone: (517) 702-6000**

P.O. Box 13007

Lansing, MI 48901

Web Site: www.lbwl.com**Hotline to Report Down Power Lines: (877) 295-5001****Water or Steam Emergency: (517) 702-6490**

Hours: 8:00 a.m. to 5:30 p.m. Monday through Friday (lobby). Call Center: 7:00 a.m. to 6:00 p.m.

Services: Senior Citizen Electricity Rates: If you are 65 years of age or older and the head of your household, you may qualify for a special senior citizen electricity rate. The BWL will not shut off electricity of seniors 65+ or families with an active military service person during the heating season (Nov. 1 to March 31). Low income families may qualify for a winter protection payment plan. Call (517) 702-6006 for details. Hometown Energy Savers program available to save energy and money. For more information call (800) 573-3503.

City of Lansing**Phone: (517) 483-4040****Weatherization/Development Office**

316 N. Capitol Ave. D-2

Lansing, MI 48933-1234

Fax: (517) 483-6036

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday.

Services: Provides weatherization services (insulation, storm door/windows, caulking, weather-stripping, water heater jackets and others) to eligible residents of Lansing who meet income guidelines. Owner occupied homes may be eligible. Maximum dollar limits are allowed for the cost of each dwelling. Work is performed by approved contractors. Please call for more information or to apply.

530 W. Willow
P.O. Box 30162
Lansing, MI 48909-7662
Website: www.consumersenergy.com

Telephone hours: 24 hours a day - Lobby hours: 8:30 a.m. - 4:30 p.m. Monday through Friday

Programs for Senior Citizens

Prime Time Senior Club – Includes a range of special programs and privileges including no late payment charges if payment misses the due date and “Senior Care” credit policy which gives special priority to any bill payment problems. Any Consumers Energy customer age 65 or older may join.

Winter Protection Plan – Senior citizens 65 years and older are automatically protected from shutoff during the winter heating season (December 1 through March 31). Monthly payment arrangements will be made to suit the individual customer’s situation. Program participants must make up the difference between their actual December through March bills, and their Winter Protection Plan payments with increased monthly payments for the remainder of the year (May through November). The 2% late payment charge is waived for participating customers.

Programs for All Customers

Bill Payment Arrangements – Extended payment terms are available to customers having difficulty paying their monthly energy bill on time. Special consideration is given to senior citizens.

Medical Emergency Protection – Customers who have a medical emergency in their home and have been scheduled for shutoff of service can have the shutoff postponed for up to 21 days. Proper notification to Consumers Energy consists of a written statement from a doctor, public health official or social service official declaring that a shutoff would aggravate an existing medical emergency.

PeopleCare – Provides help for a range of emergency needs including food, clothing, and shelter and energy bills. The Salvation Army administers PeopleCare funds, which are made up of voluntary contributions from Consumers Energy customers and a \$1.5 million bill credit contribution from Consumers Energy. Program funds become available after the first of the year. Bill credits are available on December 1 for energy bill payment problems. Anyone with an emergency need may apply. The Salvation Army will determine eligibility on a case-by-case basis. Contact the local Salvation Army for more details.

Red Cross Identification Program - Information provided for people who depend on electrically powered life-support equipment in the home. Learn how to create an emergency plan in the event of a power outage. To request an application form call 1-800-477-5050.

Third Party Notification – Customers can request that a copy of any turnoff notice they receive be sent to a consenting friend, relative or agency. The third party is not obligated to pay the bill. However, the notification gives them time to act on the customer’s behalf.

Other programs are available for low-income and unemployed customers.

Michigan Energy Options

Phone: (517) 337-0422 ext. 5 or 310

405 Grove St.

East Lansing, MI 48823

Fax: (517) 337-0437

Web Site: www.michiganenergyoptions.org**Hours:** Monday through Friday 9:00 a.m. to 4:00 p.m.**Services:** Provides information and programs about waste reduction, energy efficiency, composting and a variety of other home improvements topics. Has an energy and environmentally friendly demonstration house. Provides weatherization improvements, water-saving devices, energy audits, energy saving light bulbs (CFLS), safety inspections and educational programs through the Energy Fitness Program.**Eligibility:** The Energy Fitness program is available to city residents of Lansing who meet income guidelines. Other services are available to everyone. There is currently a waiting list for the City of Lansing program. Call for more information.**Cost:** None. Donations accepted. Free parking pass and self-tour book for demonstration house available at the office.

Weatherization Program

Phone: (517) 393-1780

Capital Area Community Services, Inc.

1301 Rensen

Lansing, MI 48910

Fax: (517) 393-6631

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday**Services:** Provides weatherization assistance to low-income persons in the tri-county area and Shiawassee County. Types of services, which may be provided, include attic, wall and foundation insulation, caulking, weather-stripping, repairing broken glass, and low flow showerheads. The program can replace furnaces, water heaters and refrigerators if inspection and testing indicates necessary to remedy a health or safety concern or energy audit determines existing unit to be inefficient.**Eligibility:** Persons must meet low-income guidelines. Both homeowners and renters may qualify. Senior citizens age 60 and over should contact your local senior citizens office for information or to apply. There is currently a waiting list for services. Call for more information.**Cost:** All services provided free of charge.

HEALTH CLINICS

Capital Internal Medicine Associates, P.C.**Phone: (517) 374-7600**

3955 Patient Care Dr., Suite A

Lansing, MI 48911

Fax: (517) 374-4908

Hours: 1:30 to 4:00 p.m. Monday, Wednesday and Friday. Physicians on call 24 hours a day.**Services:** A health service for people over 18 years of age. Staff consists of board certified Internists, Internal Medicine residents of Michigan State University and nurses. Social workers, dietitians, pharmacists and physical therapists are available upon request. Each patient will be assigned one physician responsible for overseeing the patient's care.**Eligibility:** Must be 18 years or older. There is generally a four-week waiting period and a complete physical examination is required on patient's first visit.**Cost:** Most insurance accepted.

Care Free Medical Clinic**Phone: (517) 887-5922**

5135 S. Pennsylvania

Lansing, MI 48910

Fax: (517) 887-5982

Web site: www.carefreemedical.com**Hours:** Monday & Tuesday 9:00 a.m. to 7:00 p.m. Wednesday and Thursday 9:00 a.m. to 5:00 p.m. and Friday by appointment only.**Services:** Primary family medicine, referral to needed medical specialist, vision care, affordable pharmaceutical services, durable medical equipment, laboratory and x-ray services, nutritional counseling, mental health interventions and health services. **Optometry & Behavioral Clinic:** 3333S. Pennsylvania, Lansing: Phone: 272-4007 ext. 1 (Optometry) ext. 2(Behavioral). Hours: Wednesday 9:00 a.m. to 4:00 p.m. and some Fridays.**Eligibility:** Individuals in need of medical services that do not have insurance or sufficient financial resources to meet those needs. Must sign up.**Cost:** Modest fees. Accepts Medicaid and Ingham Health Plan insurance. Charity care may be available through an application process.

Free Medical Clinic**Phone: (517) 669-5133**

Northpointe Community Church

505 East Webb

DeWitt, MI 48820

Dr. Cheryl Elfring

Hours: Second Saturday of each month; 9:00 a.m. to 12 noon.**Services:** Anyone who does not have health insurance.

Cristo Rey Health Clinic**Phone: (517) 371-1700**

Cristo Rey Community Center
1717 High St.
Lansing, MI 48906
Fax: (517) 371-4245
Website: www.cristo-rey.org

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Appointments preferred. Health screening including, blood pressure, height, weight, temperature, pulse, respiration, urine analysis and blood tests. Chiropractic services are available by appointment only.

Eligibility: Residents of Clinton, Eaton and Ingham counties

Cost: Accepts Medicare, Medicaid or private pay patients.

Other services provided by Cristo Rey: Guidance and counseling services, Employment, Emergency assistance (clothing, food, and housing)

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Family Health Center**Phone: (517) 364-5710**

Sparrow Health Systems
1200 E. Michigan, Suite 245
Lansing, MI 48912

Hours: Monday, Tuesday, Thursday & Friday 8:00 a.m. to 5:00 p.m. Wednesdays 9:00 a.m. to 5:00 p.m. No appointments between 12:00 - 1:00 p.m.

Services: Provides medical and family practice physicians. Please call for an appointment.

Eligibility: Medicare and Medicaid insurance accepted.

Cost: Varies

Ingham Community Health Centers

River Oak Health Center
1115 S. Pennsylvania Ave
Lansing, MI 48912
Phone: (517) 244-8060

Birch Health Center
812 E. Jolly Road, Suite 112
Lansing, MI 48910
Phone: (517) 244-8030

Willow Health Center
306 W. Willow Street
Lansing, MI 48906
Phone: (517) 702-3500

Forest Community Health Center
2316 S. Cedar Street
Lansing, MI 48910
Phone: (517) 887-4302

Hours: Varies by clinic. Call clinic for more details.

Services: Preventative health service and problem oriented health services. Provides primary care for children and adults, family planning, health counseling and immunizations. Internal medicine physicians, registered nurses, public health nurses, social workers, health technicians and nutritionist are available to provide care.

Eligibility: People of all ages.

Cost: Sliding fee scale based on income and family size. Accepts Medicaid, Medicare, IHP and some private insurance. Donations welcome.

Ingham County Health Services

Phone: (517) 887-4302

Adult Health Clinic
5303 S. Cedar – 2nd Floor
Lansing, MI 48911
Fax: (517) 887-4437

Hours: 7:30 a.m. to 5:00 p.m. Mondays and Wednesdays. 7:30 a.m. to 7:00 p.m. on Tuesdays and Thursdays. 9:30 a.m. to 12:00 noon and 12:30 p.m. to 5:00 p.m. on Fridays.

Services: Primary medical care by appointment. New patients call the registration and enrollment office at (517) 887-4306.

Eligibility: Ingham County residents

Cost: Fees are on a sliding scale basis. Medicare, Medicaid accepted.

Lansing VA Community Clinic**Phone: (517) 267-3925****After Hours Nurse Triage: 1-888-838-6446**

2025 S. Washington
Lansing, MI 48910
Fax: (517) 267-3593

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday (1st & 3rd Friday of each month closes at 1:00 p.m.) A toll-free nurse triage number for medical advice is available after hours.

Services: Serving the health care needs of veterans in our community. The center works in partnership with the Department of Veterans Affairs and Ingham Health Plan to provide quality primary health care services in an efficient, professional and confidential manner. Staffed by nurse practitioners, services include laboratory, x-ray and prescriptions. Referrals to specialists at VA facilities will be made as needed.

Eligibility: Veterans with an honorable discharge

Costs: Varies depending on income and/or insurance coverage.

Senior Health Center**Phone: (517) 364-7575**

Sparrow Health Systems St. Lawrence Campus
1210 W. Saginaw
Lansing, MI 48915
Fax: (517) 364-7560

Hours: 8:00 a.m. to 5:00 p.m. Monday through Thursday, Friday 8:00 a.m. to 4:00 p.m.

Services: Includes physical examination, on-going medical care (short or long term) and as needed, mental health evaluation, treatment and coordination of referrals to community services.

Eligibility: Age 65 or over, new to Lansing area or in need of a primary care physician, persons with complex medical or psychosocial problems.

Cost: Accepts Medicare, Medicaid and Blue Cross. Fee for service where applicable.

HEALTH ORGANIZATIONS

**Alzheimer's Association – Main Office
Michigan Great Lakes Chapter****Phone: (734) 475-7043
24 Hour Helpline: 1-800-272-3900**

310 N. Main, Suite 100
Chelsea, MI 48118
Fax: (734) 475-7089
Web site: www.alz.org

Resource Center

Alzheimer's Association
2111 University Park Dr., Suite 100
Okemos, MI 48864
Fax: (517) 999-3358

Hours: 9:00 a.m. – 5:00 p.m. Monday through Friday. Help Line is available 24 hours 7 days a week.

Services: Toll-free 24 hour help line provides callers with information about Alzheimer's disease and care giving concerns, provides emotional support and makes referrals to local agencies and educational programs. Educational programs are targeted to caregivers, health care providers, and people with Alzheimer's disease and the general public. Caregiver Support Groups, Memory Loss Support and Education groups are available in many areas. See Support Groups section for local groups meeting in your area. The Michigan Great Lakes Chapter's Public Policy Committee and State Advocate work at the local, state and national level on public policy changes

Lending Library – Offers free borrowing privileges to those interested in learning more about Alzheimer's disease. A wide variety of books and videos on the disease, care giving, etc. are available. Loan period is four weeks for books and one week for videos. Contact 800-405-9141 for more information.

Safe Return – A nationwide identification, support and registration service that provides assistance when an individual with Alzheimer's or related dementia becomes lost locally or far from home. If a registrant is missing, Safe Return can fax information and photo to local law enforcement departments. Available 24 hour a day. \$40 registration fee (scholarships available) provides engraved identification necklace or bracelet and iron-on clothing labels. A caregiver checklist and other items are available for an additional \$5. Contact your local Alzheimer office for more information or a registration form or call 1-888-572-8566 between 8:00 a.m. and 8:00 p.m. (CST) to register by phone.

Cost: The Alzheimer's Association is a non-profit chapter of the National Alzheimer's Association and offers its services at no charge. Donations are appreciated.

American Cancer Society**Phone: (517) 332-3300 or
1-800-227-2345**

Great Lakes Division
1755 Abbey Rd.
East Lansing, MI 48823
Fax: (517) 641-1491
Web site: www.cancer.org

Capital Area Service Center
3100 West Rd., Building B, Suite 110
East Lansing, MI 48823

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday

Services: Offers a variety of support programs to help meet the needs of cancer patients and their families. Equipment loans for items such as hospital beds, bath benches, wheelchairs, commodes and van transportation to and from treatments and medical appointments are available. The FYI Resource Centers located at the Abbey Road office, MSU Breslin Cancer Center and Sparrow Hospital have a lending library of books, videos, brochures dealing with cancer-related issues with volunteers and/or a computer available for patients to access information.

American Heart Association – Midwest Affiliate**Phone: (517) 349-3102 or
1-800-968-2425**

Capital Division
2140 University Park Dr., Suite 210
Okemos, MI 48864
Fax: (517) 349-3240

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday

Services: Walking clubs meet in numerous pedestrian malls. CPR classes, speaker's bureau, film library, educational materials on heart disease, nutrition information and a stroke support club are also available.

Eligibility: Anyone

Cost: None with the exception of a charge for large quantities of literature.

American Lung Association of Michigan**Phone: (517) 484-4541 or
1-800-678-LUNG (5864)**

403 Seymour Ave.
Lansing, MI 48933-1179
Fax: (517) 484-2118

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday

Services: Offers smoking cessation program, information and consultation on issues affecting lung health, educational literature and audio-visuials, support groups for individuals with lung disease and their families and camps for children with asthma.

Eligibility: All Michigan citizens

Cost: Certain services have a fee. Call for more information.

American Red Cross**Phone: (517) 484-7461**

1800 E. Grand River
Lansing, MI 48909
Fax: (517) 484-3799
Web Site: www.midmichiganredcross.org

Program Information

Blood Donor Program – Volunteer blood donations taken from 11:30 a.m. to 5:30 p.m. Monday through Friday. Autologous and directed donations may also be available. Blood drives are also held throughout the community. Blood program supplies 55 hospitals in a 34 county region. Donors must be 17-72 years of age and in good health.

Carrier Alert Program - In conjunction with Lansing Post Office. Postal carriers will call an emergency contact person if they notice uncollected mail or have other reasons for concern. Participants must be a Lansing resident and senior citizen or disabled and have two emergency contact persons (one must have a house key). Call (517) 484-7461 ext. 190 to apply.

Disaster Assistance Program – Provides assistance for victims of fires and other natural disasters in the tri-county area. 24 hours a day, seven days a week.

Other American Red Cross entries in this Directory: Telecare page 97

Arthritis Foundation**Phone: (855) 529-2728**

1050 Wilshire Dr., Ste. 302
Troy, MI 48084
<http://www.arthritis.org>

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday

Services: Offers printed materials about arthritis and its treatment, a lending library of books and video tapes, a physician referral list, displays of literature and arthritis programs that can be used for open houses and health fairs. Trained speakers are available to make presentations to groups and organizations and mutual support groups meet monthly to provide an opportunity for arthritis patients and their families to share problems and concerns. Self-help courses are available to give arthritis patients and those who care for them the knowledge and skills they need for ongoing care. The Arthritis Aquatics program, a recreational water exercise program uses local pool facilities, PACE (People with Arthritis Can Exercise) a special program that uses gentle activities to help increase joint flexibility and range of motion. A quarterly newsletter and the Arthritis Helpline are available during business hours for information or questions.

Eligibility: No restrictions.

Cost: Fee for self-help courses, aquatics and PACE classes. Arthritis and Fibromyalgia self-help courses held periodically. Scholarships may be available.

Community Health Education & Fitness**Phone: (888) 7WE-HEAL or
1-888-793-4325**

Sparrow Health System
1215 E. Michigan Ave.
P.O. Box 30480
Lansing, MI 48909-7980
Web site: www.sparrowhealth.net

Hours/Cost: Varies depending on class. Check current calendar.

Services: Offers a variety of health education programs throughout the year to support improving health. Programs include: asthma/allergies, behavioral health, CPR, cancer, diabetes, well-being, grief support, heart and more. Visit Sparrow's new Health Education Resource Center online or in person for reliable, up-to date consumer health information, 2900 Hannah Blvd., Suite 211, East Lansing

Eligibility: No restrictions.

Easter Seal Society of Michigan**Phone: (616) 942-2081 or
1-800-292-2729**

4065 Saladin Drive, S.E.
Grand Rapids, MI 49546
Fax: (616) 942-5932

Hours: 8:30 a.m. to 5:30 p.m. Monday through Friday

Services: Information and assistance on community services, and home care medical equipment loan closet (\$5 month charge with doctor's prescription). Camperships are available for accredited day and residential camps on a limited basis as well as limited financial assistance in obtaining medical equipment. Also features year round special events and activities.

Eligibility: Children and adults with disabilities regardless of the cause of disability.

Cost: As described.

Eyecare America**Phone: (800) 222-EYES (3937)**

P.O. Box 429098
San Francisco, CA 94142-9098
Web Site: www.eyecareamerica.org

Services: A public service program, Senior Eye Care, helps screen older adults for degenerative eye diseases like glaucoma and macular degeneration preserve their sight by providing comprehensive medical eye examinations and possible initial treatment for any disease diagnosed.

Eligibility: Must be 65 years or older and a United States citizen or legal resident. Applicants must not belong to an HMO or have veteran's eye care benefits and have not seen an ophthalmologist

Cost: No out of pocket cost if meets eligibility requirements.

Healthwise University**Phone: (517) 367-5159 or
(877) 224-4325 toll free**

McLaren-Greater Lansing
401 W. Greenlawn Ave.
Lansing, MI 48910
Web site: www.irmc.org

Hours/Cost: Varies depending on class. Check current listings.

Services: Offers a wide variety of health education classes taught by expert healthcare professionals. Classes include diabetes education, weight management, CPR, cooking, fitness, lifestyle and wellness, community screenings and more. Register for a class online or by telephone. Click on 'Calendar of Events' to pull up class listings.

Eligibility: No restrictions. Registration is necessary for attendance for the free and informative sessions.

LifeTime**Toll Free 1-800-SPARROW (772-7769)
Phone: (517) 364-8146**

Sparrow Health System
Office location: 1215 E. Michigan Ave, Lansing, MI 48912
Mailing address: P.O. Box 30480, Lansing, MI 48909-7980
Website: www.sparrow.org/LifeTime

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: LifeTime is a free Healthy Living program for adults 55 plus in mid-Michigan, featuring wellness program, health seminars, a monthly e-newsletter, discounts and other exclusive benefits for members. You can learn more or complete an online application at <http://www.sparrow.org/lifetime>.

Below is a brief summary of program benefits:

Lunch with a Doctor: Lunch with a Doctor gives LifeTime members an opportunity to socialize with friends while having health-related questions answered by Sparrow physicians. Every session features a healthy meal, an educational presentation, and a question-and-answer period. Refer to your LifeTime newsletter or go to Sparrow.org/EventCalendar to find a schedule of upcoming topics.

Physical Fitness Activities and Classes: Membership includes access to a variety of free physical fitness classes led by certified professionals. Refer to your LifeTime newsletter or go to Sparrow.org/EventCalendar to find a schedule of upcoming topics.

Be Well LifeTime Edition: Be Well LifeTime Edition is a monthly e-newsletter featuring LifeTime activities, upcoming physician speaker series events, and articles to help members live a healthier lifestyle.

Senior Health Series: During this six week series, you'll have the opportunity to learn from and have your questions answered by Sparrow experts. Refer to your LifeTime newsletter or go to Sparrow.org/EventCalendar to find a schedule of upcoming topics.

Know Your Numbers Screening: Enrolling in LifeTime includes access to one free Know Your Numbers screening at any Sparrow Laboratory conveniently located throughout mid-Michiga. A Know Youur Numbers screening includes total cholesterol, HDL, LDL, triglycerides, glucose (blood sugar) and blood pressure. In addition, free blood pressure checks by LifeTime Nurses are offered every Wednesday, from 8 to 9:30 a., at the Lansing and Meridian Mall food courts. Call for more information.

Sparrow Loyalty Discounts: Sparrow LifeTime will not only improve your health-it will give your pocketbook a boost, too. Members can receive valuable discounts on their prescriptions, medical supplies, and even their gym membership at Sparrow and Sparrow-affiliates.

Eligibility: Free membership program for people age 55 and older.

Cost: There is no charge to join. Fitness classes and some seminars are offered free of charge to members. LifeTime members pay a discounted rate of \$10 for Lunch with a Doctor (\$15 for non-members)

Michigan Parkinson Foundation

**Phone: (248) 433-1011 or
Toll free (800) 852-9781**

30400 Southfield Rd. #150
Bingham Farms, MI 48025
Fax: 248-433-1150
www.parkinsonsmi.org

Hours: Monday through Friday 9:00 a.m. to 5:00 p.m.

Services: Informational literature, medication assistance, adult day care funding, neurologist and community referral, educational programs and advocacy, support groups for persons with Parkinson's and their families.

Eligibility: Persons with Parkinson's disease and their families.

Wellness and Rehabilitation Center

Phone: (517) 543-9575

Hayes Green Beach Hospital
123 Lansing St.
Charlotte, MI 48813

Hours

Winter: Monday – Thursday 5:30 a.m. to 9:00 p.m., Friday 5:30 a.m. to 7:00 p.m., Saturday 8:00 a.m. to 2:00 p.m. and Sunday from 1:00 p.m. to 4:00 p.m.

Summer: Monday – Thursday 5:30 a.m. to 8:00 p.m., Friday 5:30 a.m. to 7:00 p.m., Saturday 8:00 a.m. to 12:00 noon and Sunday from 12:00 noon to 3:00 p.m.

Services

Wellness Center offers a wide range of fitness classes (1 senior specific), equipment and services available with a membership or as a daily guest. Amenities include a whirlpool, towel service, shower supplies, daily locker use. Additional services available to members (non-members pay a fee) include therapeutic massage, yoga and personal training.

Rehabilitation Services include inpatient and outpatient services, physical, occupational and speech therapy and sports medicine. Rehabilitation services require a written or telephone referral by the patient's physician.

Fees: \$36 for a 6 week class. \$8.00 for non-members or walk-ins with a guest pass. A three month senior membership is \$145 per person. There is a \$25 one time registration fee. Rehabilitation Services accepts most insurance plans.

HOSPITALS

Clinton County

Sparrow Clinton Hospital

805 S. Oakland
St. Johns, MI 48879

Emergency: (989) 224-6881

General Information: 1-800-852-9272 or 989-227-3400

Website: www.sparrow.org

Eaton County

Eaton Rapids Medical Center

1500 S. Main St.
Eaton Rapids, MI 48827

Emergency: (517) 663-9555

General Information: (517) 663-2671

Fax: (517) 663-3430

Website: www.eatonrapidsmedicalcenter.org

Hayes Green Beach Hospital

312 E. Harris
Charlotte, MI 48813

Emergency: (517) 543-9508

General Information: (517) 543-1050

Fax (517) 543-0036

Website: www.hgbhealth.com

Ingham County

McLaren-Greater Lansing

401 W. Greenlawn
Lansing, MI 48910

Emergency: (517) 975-7500

General Information: (517) 975-6000

Website: www.irmc.org

McLaren Orthopedic Hospital

Pennsylvania Campus
2727 S. Pennsylvania Ave.
Lansing, MI 48910

General Information: (517) 975-6000

Sparrow Health System

1215 E. Michigan Ave.
Lansing, MI 48909

Emergency: (517) 364-4120

General Information: (517) 364-1000

**Patient Information: (517) 364-3600 or
888-7WE-HEAL**

Sparrow Health System

St. Lawrence Campus
1210 W. Saginaw
Lansing, MI 48915

Emergency: (517) 364-7000

General Information: (517) 364-1000

Patient Information: (517) 364-7180

Sparrow Specialty Hospital: (517) 364-6800

Medicare Blue/Blue Care Network of Michigan – 24-hour emergency number: **(517) 322-4000**

For other inpatient providers see also:

Geropsychiatry Evaluation & Management Services (Ingham Regional).....81

Sparrow Health System Geriatric Psychiatry Program.....83

HOUSING

Adult Foster Care Homes (AFC)

Adult Foster Care Homes provide room and board as well as supervision and minimal personal care to persons over the age of 18. The State of Michigan licenses AFC homes. Each AFC is different and it is wise to investigate the ones you are interested in. Listings of AFC homes can be obtained through your local county Department of Human Services, Bureau of Regulatory Service (517) 373-3598. Telephone numbers can be found under "Public Benefit Programs" in this directory.
http://www.dleg.state.mi.us/brs_afc/sr_afc.asp

For information on Adult Foster Care Homes and Homes for the Aged, contact **Michigan Elder Justice Initiative at (517) 394-3027 or 1-800-292-7852.**

City of Lansing Housing Rehabilitation Programs

Phone: (517) 483-4040

City Development Office

Fax: (517) 483-6036

Services: Funding available through the Department of Housing and Urban Development (HUD), Community Development Block Grant (CDBG) and HOME programs. Purpose is to provide low and moderate-income city residents to upgrade their housing conditions. The City has developed the following programs Single Family Rehabilitation Program, Housing Rehabilitation for Targeted Areas, Citywide Emergency Assistance, Weatherization, HOME Rehabilitation and Single Family Historic Preservation. Call for details.

Eligibility: Low and moderate-income Lansing residents.

Cost: Grant or low interest loan.

The Fair Housing Center of Southeastern Michigan**(877)-979-FAIR toll free**

P.O. Box 7825
Ann Arbor, MI 48107
PH: (877) 979-FAIR(3247)
www.fhcmichigan.org
info@fhcmichigan.org

Services: Private, non-profit organization committed to ending discrimination in the rental, sales and financing of housing. The Fair Housing Center (FHC) provides investigative services (testing), advice, advocacy, conciliation, attorney referral and community education. Federal law bans housing discrimination based on race, color, religion, national origin, sex, disability or familial status. Michigan law adds protection based on age or marital status.

Eligibility: Clinton, Eaton, Ingham, Jackson, Lenawee, Livingston, Monroe and Washtenaw Counties.

Greater Lansing Housing Coalition**(517) 372-5980**

600 West Maple St
Lansing, MI 48906
www.glhc.org

Services: Private, non-profit community development corporation that rehabs homes and properties to sell to income eligible, first time home buyers and to provide rental units that are available for low income renters and some special needs populations. GLHC also offers credit and foreclosure counseling, homebuyer education workshops, mobile tool lending library and do-it –yourself classes that teach residents how to tackle home repairs. GLHC provides help to seniors and adults with disabilities by completing home improvement projects with the help of senior volunteers.

Eligibility: Based on household income and size. Contact GLHC for further eligibility guidelines.

Habitat for Humanity of Michigan**(517) 485-1006 or
(800) 467-5430 toll free**

618 S. Creyts Rd
Lansing, MI 48917
Fax: (517) 485-1509

Ingham County/Lansing: (517) 374-1313 Web Site: www.habitatlansing.org
Ingham County East/ Williamston: (517) 655-1872
Clinton County/St. Johns: (989) 227-1771
Eaton County/Charlotte: (517) 543-0400

ReStore**Hours:** Tues. & Wed. 12:30 – 5:30 p.m., Thurs. 12:00-7:00 p.m. & Fri. 12:00 – 5:30 p.m.

1500 W. Grand River
Williamston, MI 48895
(517) 655-3404

2352 N. US-27
St. Johns, MI 48879
(989) 227-0000
www.restoresj.com

1605 Haslett Rd
Haslett, MI 48840
(517) 999-0488

1941 Benjamin Dr
Lansing, MI 48906
(517) 374-6235

Hours: Days and hours vary**Services:** A volunteer organization that builds homes for low-income families who don't qualify for other non-conventional mortgages. A fix-up program is available for those who cannot afford to hire services. Services that require a license, such as plumbing, electrical or roofing are not included. Builds handicap ramps and other small fix-up jobs. ReStore is a resale shop that sells new and used home improvement materials at deeply discounted prices.**Eligibility:** Any person in need.**Cost:** Donations are accepted. The homeowner must pay for building materials.

Housing Assistance**Phone: (517) 887-1440**

Tri-County Office on Aging
5303 S. Cedar St., Building 1
Lansing, MI 48911
Fax: (517) 887-8071

Hours: 8:00 a.m. to 5:00 p.m., Monday through Friday**Services:** Assist individuals who are transitioning from a nursing facility into the community to find suitable housing. Assist consumers to address and resolve various housing issues, including locating new housing or avoiding possible eviction. Also works with community entities that are involved in housing development to expand housing options for long-term care beneficiaries.**Eligibility:** Individuals 60 and over and persons with disabilities 18+ years of age who live in Clinton, Eaton and Ingham counties.

Housing Services for Mid-Michigan**Phone: (517) 231-3961**

319 S. Cochran

Charlotte, MI 48813

Fax: (517) 541-0269

Website: www.hs-mm.org**Hours:** 8:30 a.m. to 5:30 p.m. Monday through Friday**Services:** Mission is to assist low or moderate-income people, including those with disabilities to obtain safe and affordable housing and provide an environment that encourages and supports the attainment of economic self-sufficiency. Agency offers a housing directory or direct financial assistance available to those who qualify. Section 8 voucher program, follow-up Case Management program, and IDA program that will pay \$3,000 down payment toward purchase of a home if the client saves \$1,000 on their own and at least one child under 18 living in the household. Check website for details. Must attend 10 hours of financial literacy education. Veterans care management, homebuyer education and foreclosure prevention.**Eligibility:** Clinton and Eaton County residents requiring assistance in housing matters.**Cost:** None.

Ingham County Housing Commission**Phone: (517) 349-1643**

3882 Dobie Rd.

Okemos, MI 48864

Fax: (517) 349-2658

Website: www.inghamhousing.org**Hours:** 8:00 a.m. to 5:00 p.m. Monday through Friday**Services:** Operates and maintains Carriage Lane Apartments, a low-income housing complex for persons with disabilities and older adults. The commission also manages the Section 8 mainstream voucher program which enables families having a person with a disability to lease affordable private housing of their choice. These vouchers also assist individuals in locating suitable and accessible housing who are facing difficulty doing so in the private market.

Michigan State Housing Development Authority (MSHDA)**Phone: (517) 373-8370
Section 8: (517) 373-9344**

735 E. Michigan Ave
P.O. Box 30044
Lansing, MI 48909
Fax: (517) 335-4797
TTY: 1-800-382-4568
E-mail: www.michigan.gov/mshda

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday.

Services: Provides financial and technical assistance through public and private partnerships to create and preserve decent, affordable housing for low and moderate-income Michigan residents. Offers various programs in rental, home purchase, home improvement and community development. Homeowners can borrow up to \$50,000. No equity required for loans \$25,000 or less. Interest rate is 4%, 6%, or 8%, depending upon income.

Eligibility: Low and moderate-income Michigan residents.

Fees: No fee for information. Some programs have fees.

**Rebuilding Together with Christmas in April
Formerly Christmas in April****Phone: (517) 455-5068**

P.O. Box 111
Okemos, MI 48805-1111
Website: www.rtingham.org

Hours: A one-day home repair blitz on the last Saturday in April.

Services: Home repair for low-income elderly or low-income persons with disabilities. Work must be able to be completed in one day. Homes are usually selected prior to March 1st.

Eligibility: Ingham County homeowners who meet income and other criteria. Write to request an application form.

Cost: No cost to homeowner. Volunteers do all work. Donations accepted.

Senior Housing**Retirement Centers and Homes for the Aged**

Retirement Centers can provide a 'continuum of care'. They may have several types of housing and service options for independent elderly residents and some provide personal care. Tenants may reside in independent quarters or move to other sections as their need for support services increases.

Bickford Assisted Living – 3830 Okemos Rd., Okemos.....(517) 706-0300
Brookdale Clare Bridge of Delta – 7235 Delta Commerce Dr., Lansing.....(517) 886-5200
Brookdale Clare Bridge of Meridian – 5250 Marsh Rd., Haslett.....(517) 349-2662
Brookdale Sterling House – 7323 Delta Commerce Dr., Lansing.....(517) 327-5566
Brookdale Wynwood – 5346 Marsh Rd., Haslett.....(517) 381-8700
Burcham Hills Retirement Community – 2700 Burcham Dr., East Lansing.....(517) 351-8377
Clinton Area Retirement Community – 1101 S. Scott, St. Johns.....(989) 224-6808
Delta Retirement Center – 201 S. Mall, Delta Twp.....(517) 323-6970
Holt Heritage Village – 5075 Willoughby Rd., Holt.....(517) 694-6564
Grandhaven Living Center - 3145 W. Mt. Hope, Lansing.....(517) 485-5966

Senior Housing cont...

Great Lakes Christian Homes, Inc. – 2050 S. Washington, Holt.....	(517) 694-3700
Green Acres- 1025 E. Ash St, Mason.....	(517) 676-1484
Gunnisonville Meadows- 1758 E.Clark Rd, Lansing.....	(517) 575-6021
Independence Village – 2530 Marfitt Rd., East Lansing.....	(517) 337-0066
Independence Village - 4775 Village Dr., Grand Ledge	(517) 627-7585 or (888) 826-7116
Ingham Regional Assisted Living, 6429 Earlington, Lansing.....	(517) 321-3391
Island City Assisted Living, 1527 Kyle, Eaton Rapids.....	(517) 663-9517
Sensations Memory Care, 511 E. Shepard, Charlotte.....	(517) 543-8101
StoryPoint at Independence Village- 11555 Silverstone, Grand Ledge.....	(517) 622-8679
The Willows at East Lansing- 3500 Coolidge, East Lansing.....	(517) 203-4042
The Willows at Okemos-4830 Central Park Dr.,Okemos.....	(517) 230-2524
Vista Springs Living- 200 W.Edgewood Blvd, Lansing.....	(517) 393-7777

Subsidized Housing (may be senior or disabled persons)

The following is a list of housing for eligible senior citizens (55 or older), or persons with disabilities. Subsidized housing is income-based housing and the rental amount is usually based on 30% of adjusted gross income. Also included below is affordable housing for senior citizens which can offer lower rental rates or minimal subsidies.

Ingham County

Senior Only (Subsidized)

Capital Commons 500 S. Pine Lansing, MI 48933 *	(517)482-8880
Capital Gardens 2019 N. Grand River Lansing, MI 48910	(517)371-5010
Clinton West 839 S. Clinton Stockbridge, MI 49285 *	(517)851-7093
Edgewood Village 6213 Towar Garden Circle East Lansing, MI 48823	(517)351-1400
Friendship Manor 200 Friendship Circle Lansing, MI 48912 *	(517)351-7540
Grange Acres I-IV 6101 Marsh Rd., Haslett, MI *	(517)339-9321
Independence Village 3122 Turner St., Lansing, MI 48906	(517)487-6550
Jefferson Street Square 500 S. Jefferson Mason, MI 48854 *	(517)676-6008
Kiwanis Village 210 Kiwanis Mason, MI 48854	(517)676-6890
Moore Apts. II 401 W. Jolly Lansing, MI 48910	(517)393-4442
Oliver Gardens 700-720 Southland Lansing, MI 48910	(517)487-6550
Porter Apartments 501 S. Townsend Lansing, MI 48933 *	(517)484-4134
Somerset 1401 W. Holmes Lansing, MI 48917	(517)394-6800
Southbrook Villa 457 E. Edgewood, Lansing MI 48910	(517)887-0315
South Washington Park 3200 S. Washington Lansing, MI 48910	(517)393-8464
Tamarack 4400 W. Holt Rd., Holt 48842	(517)694-0074

Senior Only (Affordable Housing)

1777 Haslett Road 1777 Haslett Rd., East Lansing, MI 48823	(517)332-1677
Abbott Parkside 2700 Marfitt Rd., East Lansing, MI 48823 *	(517)337-1760
Burcham Hills Garden Apts. 2700 Burcham Hills Dr., East Lansing, MI	(517)351-8377
Cedar Place 201 W. Jolly Rd., Lansing, MI 48911 *	(517)882-0766
Colonial Woods 2001 W. Mt. Hope Lansing, MI 48910 *	(517)484-1044
Delhi Stratford Place 2385 Cedar Park Dr., Holt, MI 48842	(517)699-3701
Grandhaven Manor 3215 W. Mt. Hope Lansing, MI 48911	(517)372-4499
Marsh Pointe Apartments 5895 Marsh Rd., Haslett, MI 48840 *	(517)339-0440
Meridian Stratford Place 2790 Sirhal Dr., East Lansing, MI 48823	(517)333-2472
The Marquette 5968 Park Lake Rd., East Lansing, MI 48823 *	(517)339-1532
The Meadows 126-128 Okemos St., Mason, MI 48854	(517)676-5868

Ingham County

Subsidized (All ages)

Aspen Hollow 1402 W Georgetown Lansing, MI 48911	(517)393-5444
Benson Hills 5800 Benson Dr., Haslett, MI 48840	(517)339-9911
Brookview Apartments 212 S. William Stockbridge, MI 49285	(989)772-3261
Capital Commons Townhomes 600 S. Sycamore Lansing, MI 48933	(517)484-0505
Capitol Manor 515 S. Chestnut Lansing, MI 48933	(517)482-8889
Carriage Lane 3882 Dobie Rd. Okemos, MI 48864 *	(517)349-1643
Coronado Gardens 3056 N. Waverly Lansing, MI 48906	(517)321-1928
Cranbrook Manor 4901 S. Waverly Lansing, MI 48910	(517)393-2820
Deerpath Apartments 1290 Deerpath Lane East Lansing, MI 48823	(517)332-7118
East End Apartments 702 E. Bellevue St., Leslie, MI 49251	(517)589-9568
East Glen 1801 N. Hagadorn East Lansing, MI 48823	(517)337-2009
Edgewood Glen 1402 Georgetown Blvd. Lansing, MI 48910	(517)393-5444
Edgewood Village 623 Towar Gardens Circle East Lansing, MI 48823	(517)351-1400
Eighth Street Apts. 108 S. Hosmer Lansing, MI 48912	(517)487-2050
Ethel Apartments 117 S. Hosmer Lansing, MI 48912	(517)487-2050
Forest Arbor 2113 Forest Rd. Lansing, MI 48910	(517)372-7145
Grange Acres 6101 Marsh Rd., Haslett, MI 48840	(517)339-9321
Hickory Woods 601 Sadie Court Lansing, MI 48906	(517)485-6938
Hildebrandt Park 3122 Turner St., Lansing, MI 48906	(517)487-6550
Hoyt 3122 N. Turner Lansing, MI 48906	(517)487-6550
Hunt Club 3205 Forest Rd., Lansing, MI 48910	(517)887-1000
Huntley Villa 1594 N Aurelius Rd. Holt, MI 48842	(517)694-3493
Lakewood 831 S. Clinton Stockbridge, MI 49283	(517)851-7093
Lansing Housing Commission 310 Seymour Lansing, MI 48933	(517)487-6550
LaRoy Froh 2400 Reo Rd., Lansing, MI 48910	(517)487-6550
Mt. Vernon Townhouses 3338 N. Waverly Lansing, MI 48906	(517)323-7525
Park Terrace I and II 300 Lloyd St., Williamston, MI 48895	(517)655-1443
Pebble Creek 1551 Pebble Creek Blvd., East Lansing, MI 48823	(517)351-0460
Pinebrook 3618 W. Miller Rd. Lansing, MI 48910	(517)882-3518
Riverfront 601 N. Cedar St., Lansing, MI 48912	(517)372-1082
Silverstone 5639 S Martin Luther King Blvd. Lansing, MI 48911	(517)882-0646

Ingham County

Subsidized (All ages)

Southbrook Villa 457 E. Edgewood Blvd. Lansing, MI 48911	(517)887-0315
Summerplace 4901 S. Waverly Lansing, MI 48910	(517)393-2820
Terraces 6249 Beechfield Dr., Lansing, MI 48911	(517)393-3808
Traditions 900 W. Edgewood Blvd Lansing, MI 48911	(517)394-3111
Washington Woods 5801 S. Washington Ave Lansing, MI 48910	(517)882-0100
Willow Vista 608 West Willow St., Lansing, MI 48906	(517)371-2113
Woodbridge Commons 2011 Georgetown Lansing, MI 48910	(517)882-5901

* Pet Friendly

Clinton County

The following is a list of housing for eligible senior citizens (55 or older), or persons with disabilities. Subsidized housing is income-based housing and the rental amount is usually based on 30% of adjusted gross income. Also included below is affordable housing for senior citizens which can offer lower rental rates or minimal subsidies.

Senior Only (Subsidized)

Elsie Meadows Apartments 202 N. Park Street Elsie, MI 48831 *	(989)862-4809
Suntree Apartments 1100 Sunview St. Johns, MI 48879	(989)224-8919

Senior Only (Affordable)

Hawks Ridge 15292 Hawks Ridge Dr., Bath, MI 48808	(517)641-5099
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Subsidized (All ages)

Avalon Place 13180 Shavey Rd., Dewitt, MI 48820	(517)277-7000
Country Meadows 13098 Apple Tree Lane Dewitt, MI 48820	(517)669-8338
Countryside Manor 14379 Webster Rd. Bath, MI 48808	(517)641-6244
Four Seasons 1268 West Clark Rd. Dewitt, MI 48820	(517)668-8288
Hawks Ridge 15292 Hawks Ridge Dr. Bath, MI 48808	(517)641-5099
Knollview Apartments 514 W. High St., Ovid, MI 48866	(517)351-6100
Knollwood Apartments 514 High St., Ovid, MI 48866	(989)834-2189
North Scott Villa N. Scott Rd. Dewitt, MI 48820	(517)669-1295
River Wind 200-300 River Wind Drive Dewitt, MI 48820	(517)393-5800
Sandstone Apartments 403 N. Ovid Elsie, MI 48831	(989)845-6063

- Pet Friendly

Eaton County

The following is a list of housing for eligible senior citizens (55 or older), or persons with disabilities. Subsidized housing is income-based housing and the rental amount is usually based on 30% of adjusted gross income. Also included below is affordable housing for senior citizens which can offer lower rental rates or minimal subsidies.

Senior Only (Subsidized)

Butternut Creek Apartments 100 Butternut Dr., Charlotte, MI 48813	(517)543-2996
Delta River Senior Village 6090 W. Michigan Ave., Lansing, MI 48917	(517)489-2559
Elmwood Park Apartments 1030 Woodale Ln., Lansing, MI 48917*	(517)321-5146
Kiwanis Manor 430 S. Cochran Charlotte, MI 48813	(517)543-5406
Lansing Manor 5600 W. Mall Dr., Lansing, MI 48917*	(517)321-5058
Serenity Place 216 S. Clinton Grand Ledge, MI 48837	(517)627-8469
Sugar Mill Apartments 417 Maynard Charlotte, MI 48813*	(517)541-3428
Sunfield Park 415 Third St., Sunfield, MI 48890	(517)566-8435
Willow Tree 300 S. Miller Dr. Eaton Rapids, MI 48827	(517)663-4003

Senior Only (Affordable)

Clinton Street Place 408 S. Clinton Grand Ledge, MI 48837	(517)272-2900
Covington Woods 1900 Redbud Lane Lansing, MI 48917	(517)327-7700
Ivan Woods 5303 Ivan Dr., Lansing, MI 48917	(517)323-2800
Kingston Place 500 King St., Eaton Rapids, MI 48827	(517)663-1900
Misty Cove 184 East Rd., Dimondale, MI 48821	(517)646-7992
Twin Oaks Meadows 3900 Burneway Drive Lansing, MI 48911	(517)887-8200

Subsidized (All ages)

Alison House 943 Alison House Lane Lansing, MI 48917	(517)323-4222
Bellevue Place Apartments 226 East St., Bellevue, MI 49021	(269)763-3277
Garden Square 302-368 E. Pearl St., Potterville, MI 48876	(517)321-9711
Island City 755 Island Court Eaton Rapids, MI 48827	(517)663-6478
Kiwanis Springbrook 300 King St., Eaton Rapids, MI 48827*	(517)663-1790
Knobpines 432 S. State St., Charlotte, MI 48813	(517)323-4841
Maple Tree Village 303 Packard Hwy., Charlotte, MI 48813	(517)543-7580
Oakhill Apartments 110 N. Main St., Olivet, MI 49076	(269)749-9227
Parkview Terrace 210 E. Main St., Potterville, MI 48876	(517)645-7076
Riverwalk Apartments 115 Perry St., Grand Ledge, MI 48837	(517)627-9017
Rivervue Apartments 226 North East Bellevue, MI 49021	(269)763-3277
Riverview Village 632 Riverview Eaton Rapids, MI 48827	(517)663-2800
Shannon Apartments 700 Spring St., Olivet, MI 49076	(616)749-9224
Wellington Farms 619 Beech St., Charlotte, MI 48813	(517)543-8749
Willow Tree 300 S. Miller Dr. Eaton Rapids, MI 48827	(517)663-4003

* Pet Friendly

Tuesday Toolmen**Phone: (517) 372-5980 ext. 119**

Greater Lansing Housing Coalition
600 Maple St
Lansing, MI 48906
Email: info@glhc.org
Web site: www.glhc.org

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday.

Services: The Greater Lansing Housing Coalition's program helps seniors and adults with disabilities with free home repair, maintenance, and home modifications to ensure a safe home environment for low to moderate income individuals.

Eligibility: Low-income seniors, 62 years and older, and adults with permanent disabilities qualify for the Tuesday Toolmen program. Only owner-occupied homes are eligible. A completed application can be mailed to or dropped off at the GLHC.

The Grab-Bar Pro, LLC**Phone: (517) 784-2994**

2720 Brookside Blvd
Jackson, MI 49203
Fax: (517) 784-5051
Web site: www.grabbarpro.com
Email: thegrabbarpro@aol.com

Hours: 8:00 a.m. to 6:00 p.m. Monday through Friday. Saturday hours are from 10 a.m. to 2 p.m.

Services: Providing solutions for barrier free living; grab bars, rails, ramps, tub conversions, widening of doors and general home repairs.

Eligibility: All those in need.

Cost: Call for an estimate.

USDA Rural Development**Phone: (517) 324-5109 or
Toll free: 1-800-944-8119 or 1-888-771-6993**

Administrative Office
3001 Coolidge Rd., Suite 200
East Lansing, MI 48823
Fax: (855) 790-7473
Web site: www.rurdev.usda.gov

Ingham and Eaton County Office: 517-676-4644 ext. 4
Clinton County Office (810) 230-8766 ext. 4

Services: The 504 Housing Repair program provides loans and grants to repair, improve, or modernize dwellings or to remove health and safety hazards.

Eligibility: Homeowner-occupants must have very low incomes defined as below 50% of the area median income. Loans of up to \$20,000 are available. Loans are for up to 20 years at 1% interest. A real estate mortgage and title services are required for loans of \$7,500 or more.

See also: Nursing Homes85

IN-HOME SERVICES

TRI-COUNTY OFFICE ON AGING ASSUMES NO LIABILITY FOR THESE AGENCIES.
DO IN-PERSON INTERVIEWS, CHECK REFERENCES

ABC Home Care Services**Phone: (517) 455-0925**

633 E. Jolly Rd., Suite 3A
Lansing, MI 48910
Fax: (517) 455-0926

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday. 24 hour on-call services.
Services: Personal care, homemaker services, respite, chore services, nursing services and transportation services.
Eligibility: No restrictions.
Cost: Private pay, private insurance, VA, DHS and Medicaid waiver.

AdvisaCare**Phone: (888) 332-1903 or
(517) 332-1903**

3497 Coolidge Rd. Suite A
East Lansing, MI 48823
Fax: (517) 332-1992

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday
Services: Rehabilitation aides, home health aides, behavioral technicians, and community trainers, job coaches and rehabilitation counseling.
Eligibility: Serving individuals with disability or aging concerns. Specializing in the care of individuals with brain injury, stroke, orthopedic injury, Alzheimer's or psychiatric disorders.
Cost: Medicaid Waiver, Auto No Fault, Workers compensation, commercial insurance, VA fee basis or private pay.

Agape Total Healthcare Systems, PC**Phone: (517) 702-9880 or
1-888-8-AGAPE-8 toll-free**

809 Center St., Suite 6B
Lansing, MI 48906
24 hour phone: (517) 488-3630 or (517) 488-3631
Fax: (517) 702-9771
Web site: www.agapetotalhealthcare.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours
Services: Providing safe and excellent care in your home. Skilled and affordable home health nurses, 24 hour personal home care, companionship/respite, rehabilitation services, physical, occupational and speech therapists and social workers. Errands, gardening, adult day care, infusion therapy.

Eligibility: Any person
Cost: Private pay, private insurance, Medicaid waiver, auto, workman's compensation

Arcadia Home Care and Staffing**Phone: (517) 347-3012**

3536 Meridian Crossing, Suite 220
Lansing, MI 48864
Fax: (517) 347-3349
Website: www.arcadiahomecare.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24-hours a day, seven days a week.

Services: Complimentary care assessment provides a customized plan of care incorporating programs and services to best meet needs for safety, and independence, up to 24 hours per day. Services may include companionship, personal care, transportation, housekeeping, assistance with activities of daily living, meals and laundry. Additional services available for skilled nursing, lab draws, medication set up, wound care, catheter care, IV therapy, ventilator, and more. Arcadia on call health and safety monitoring system with emergency response is also available.

Eligibility: Any individual who requires assistance.

Cost: Private pay, private insurance, Medicaid waiver, auto insurance, VA benefits, long term care insurance and workman's compensation.

Avesta Home Health Care**Phone: (517) 927-7395 or
(517) 927-7394**

2840 E. Grand River Ave., Suite 3
East Lansing, MI 48823
Fax: (517) 664-8616
Email: avestahealth@gmail.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours a day.

Services: Skilled and private duty nursing services, personal care, companionship, homemaking, chore, respite care and transportation.

Eligibility: Any individual who requires assistance.

Cost: Medicaid waiver, private pay, auto and private insurances.

Adult Respite Services**Phone: (517) 887-6116**

Retired Senior Volunteer Program
2400 Pattengil
Lansing, MI 48910
Fax: (517) 887-7313

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday as well as a 24-hour answering machine.

Services: Trained volunteers will come into the home for up to four hours a week to relieve full-time caregivers.

Eligibility: Caregivers needing respite or relief who have full-time responsibility for care of dependent individuals ages 18 and older.

Cost: None. Donations are appreciated.

Friendly Visiting is a program component of Adult Respite Services. Volunteers provide in-home companionship and support to area seniors. Volunteers become companions and another set of 'eyes and ears' for an isolated senior. Current friendly visitors have helped by engaging in: helping a senior navigate the internet, plant a garden or driving a senior to the grocery store. By being a companion and assisting an elder in household tasks the Adult Respite Services program can help bring friendship and assist a senior remain as independent as possible in their own home. Seniors are matched with a community volunteer.

Eligibility: Low-income (200% of federal poverty guidelines), age 60 or older, physically frail, live alone and homebound, limited family supports and reside in Clinton, Eaton or Ingham Counties.

Care Connections**Phone: (517) 381-2433**

4655 Dobie Rd., Suite 245
Okemos, MI 48864
Fax: (517) 381-3445
www.careconnections1.com

Hours: On-call available 24 hours a day, 7 days a week

Services: Free professional nurse assessment. Offers personal care, medication assistance, companionship, transportation, homemaking, care management, incontinence care, respite care.

Eligibility: Those needing assistance in the privacy of their own home.

Cost: Accepts Medicaid waiver, private pay, and most auto and long term care insurances.

CareMinders Home Care**Phone: (517) 908-3211**

930 E. Mount Hope, Suite B
Lansing, MI 48910
Fax: (517) 908-0860
Email: jzaworski@careminders.com

Hours: 8:30 a.m. to 5:00 p.m. Monday through Saturday. On call 24 hours a day.
Services: Personal care, companion care, transportation and skilled nursing services. All employees are bonded and insured and thoroughly screened, certified by the state in first aid and CPR, gold seal accreditation from the Joint Commission for Accreditation of Health Organizations.
Cost: Medicaid waiver, long term care insurance, workers compensation, auto no-fault, private insurance, private pay and veteran's administration.

Caring & Compassionate Healthcare Agency LLC**Phone: (517) 580-7619**

2860 Jolly Road, Suite B
Okemos, MI 48864
Fax: (517) 372-1250

Hours: 9:00 a.m. to 4:30 p.m. Monday through Friday.
Services: Correctional health, private duty nursing, skilled nursing, therapy services, mental health, independent living, branch specialties, non-medical services, medical staffing and supplemental nursing.
Cost: Varies, based on need. Private pay and Medicaid waiver accepted.

Cypress Home Care**Phone: (517) 485-6100**

808 W. Lake Lansing Rd. Suite 203
East Lansing, MI 48823
Fax: (517) 485-6300
Website:<http://www.cypresshomecare.net>

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.
Services: Skilled and private duty in-home nursing services. Registered nurses, licensed practical nurses, certified home health aides, transportation, housekeeping and help with activities of daily living.
Eligibility: Anyone in need.
Cost: Medicaid Waiver, private pay, long-term care, VA, CMH and auto insurance accepted.

Eaton Community Palliative Care**Phone: (517) 543-5310**

2675 S. Cochran
Charlotte, MI 48813-8139
Fax: (517) 543-4401

Hours: Staffed 24-hours a day.

Services: Respite care, spiritual support, companionship, transportation service, light housekeeping, medical equipment, medical supplies, grief recovery program and grief support group. Hospice house for twelve people opened for those Eaton County residents who have no family or family unable to provide care during their final days.

Eligibility: Anyone diagnosed with a terminal illness.

Cost: No charge.

Friends Who Care, Inc. Jackson LLC**Phone: (517) 787-5710 or
Toll-free 1-888-787-5710**

115 S. West Ave., Suite 1
Jackson, MI 49201
Fax: 517-787-9855
Email: naomifwc@yahoo.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Homemaker, personal care, respite, companion care, chore services and private duty nursing.

Eligibility: Medicaid waiver, purchase of services, private pay, private insurances.

Cost: Varies.

DRM Genesis Home Healthcare**Phone: (517) 882-3544**

3206 S. Pennsylvania
Lansing, MI 48910
Fax: (517) 882-3525
Website: www.drmmgenesis.com

Hours: Office hours 9:00 a.m. to 5:00 p.m. Monday through Friday. 24 hour telephone service

Services: Patient care to individuals in facilities, hospitals and private homes. Provides home health aides, certified nurses aides, LPN's and RN's. 24 hour care available. Employees are equipped and ready to serve with loving care. Genesis Home Healthcare Learning Center offers training for Home Health Aides (basic and advanced) and Certified Nurses Assistant classes. Call for more information or visit their Web site: www.drmmilc.com or see entry under Education.

Eligibility: For private in-home services private pay. Medicaid waiver and insurance accepted. Also ready to accept facilities, hospitals, doctor's offices and any other place desiring the help of qualified and trained nurses, nurse's aides and home health aides.

Cost: Please call for more information.

Give**Phone: (517) 256-6841 or (517) 882-8837**

3315 S. Pennsylvania
Lansing, MI 48910
Fax: (517) 882-8838
Web Site: www.giveincorporated.com

Hours: 8:30 a.m. to 4:30 p.m. Monday through Friday. On call 24 hours.

Services: In-home respite, caregivers, housekeeping, transportation and everything that relates to activities of daily living and personal care supervision. Specializes in spinal cord injuries. Wellness program going into nursing home.

Eligibility: Anyone in need.

Cost: Accepts VA, DHS, Medicaid Waiver, private insurance and private pay.

Giving Tree Service**(517)485-4395 or Robert Bower at (517) 490-1396**

15413 Turner
Lansing, MI 48906
Fax: (517) 485-9565
Email: givingtreeserv5644@att.net

Services: Supported living and respite care. Door to door transportation for disabled elderly.

Cost: Based on ability to pay.

Grace Hospice-Lansing**Phone: (517)381-4866**

2205 Jolly Rd
Suite C
Okemos, MI 48864
Fax: 517-381-4867
Web Site: www.ghospice.com

Hours: 8:00a a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.

Services: Grace Hospice offers a true continuum of care with a focus on quality of life. Quality of life starts with excellent care provided by our team of physicians, nurses, hospice aides, social workers, chaplains, and volunteers. Hospice is a philosophy of caring for the mind, body and spirit where the goal is to keep patients comfortable in their own homes though the end of life. Grace Hospice offers weekly grief support groups in the Lansing area that are open to the community, please call for more information.

Eligibility: Anyone with a terminal condition who chooses to focus on comfort care not curative care.

Cost: Medicare and Medicaid cover 100% of hospice care, as well as, most private health insurance plans. Please call for more information.

Great Lakes Caring**Phone: (517) 351-4100 Home Health (800) 379-1600 Hospice 1-800-311-5365**

3100 West Road
Building 1, Suite 100
East Lansing, MI 48823
Fax: (517) 351-4300
Web Site: www.GreatLakesCaring.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.
Services: Home Health, Hospice, Palliative Care, Home medical equipment.
Eligibility: Call customer service.
Cost: Call customer service

Health & Home Services**Phone: (517) 849-4663 or
(800) 314-8718**

576 Olds St
Jonesville, MI 49250
Fax: (517) 849-4699

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.
Services: Registered nurses, licensed practical nurses, counseling by social worker, aide service, personal care supervision, chore service and respite and transportation.
Eligibility: Residents of Eaton, Ingham and Clinton counties.
Cost: Private pay, Medicaid Waiver, auto insurance and long-term care insurance accepted.

His Hands Home Care, Inc**Phone: (517) 256-3177 or
(517) 256-5724**

5329 Thames Dr
Haslett, MI 48840
Fax: (517) 325-5321
Email: hunkim@hishand-homehealth.com / sukim@hishand-homehealth.com
Website: www.hishand-homehealth.com

Hours: 7:00 a.m. to 6:00 p.m. Monday through Friday. 24 hour on call services.
Services: Offers assistance with all activities of daily living including cooking, cleaning, bathing, grooming, medication management, transportation and respite care. Also provides nursing services (RN, LPN) for any medical condition including brain and spinal cord injuries, neuromuscular disease, trach care and ventilator management.
Eligibility: Anyone who needs assistance.
Cost: Medicaid Waiver, private pay, private health insurance and workers compensation insurance accepted.

Home Care Alternatives**Phone: (517) 394-3389**

5700 Executive Dr
Lansing, MI 48911
Fax: (517) 887-9802
www.homecarealternatives.net

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday. On call 24 hours. After hours telephone 204-6048

Services: Offers in-home personal care and homemaker services, licensed practical nurses, aides, companions and case management. All staff are bonded, insured and trained in CPR and first aid.

Eligibility: Medicaid Waiver, private pay or auto insurance.

Cost: Competitively priced. Weekends/holidays extra cost. Call for a free in home consultation and estimate.

Home Help Services**Hotline: 1-800-292-2550**

Michigan Department of Health and Human Services

Ingham County
5303 S. Cedar St.
Lansing, MI 48910
Phone: (517) 887-9653

Fax: (517) 887-9405

Eaton County
528 Beech
Charlotte, MI 48813
Phone: (517) 543-0860
or **(517) 543-1043**

Fax: (517) 543-2125

Clinton County
105 W. Toles Rd.
St. Johns, MI 48879
Phone: (989) 224-5500
or **(989) 640-7331**

Services: Personal care services including assistance with dressing, eating/feeding, grooming, bathing, meal preparation, shopping/errands, laundry and light housekeeping. NOTE: The Department of Human Services does not employ the Home-Helpers directly; the client must find the helper on their own. DHHS Home Help Registry can be reached at 1-800-979-4662. There are maximum limits on the amounts that can be paid by the department. Call your local office for more information.

Eligibility: Adults who meet low-income/asset guidelines.

Hospice of Lansing (HOL)**Phone: (517) 882-4500**

4052 Legacy Parkway, Suite 200
Lansing, MI 48911-5308
Fax: (517) 882-3010
www.hospiceoflansing.org

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday. On call available for referrals 24 hours a day, seven days a week.

Services: The Hospice of Lansing (HOL) is a non-profit, independent community supported program dedicated to meeting the needs of the terminally ill and their families at home. HOL uses a multi-disciplinary approach to coordinate medical, nursing, social work and spiritual and volunteer support services to clients and families. Through the provision of these services, HOL enables each family to maintain the patient at home, where she/he may leave life as she/he entered it – surrounded by family and love. The primary goal of all HOL services is control of pain and other symptoms, to free the patient and family to live each day as fully as possible. Hospice is licensed by the State of Michigan and certified by Medicare/Medicaid. Bereavement services are provided for 13 months following the death. Bereavement support extends to anyone in the community who has suffered a loss. An employer/employee bereavement program, “Grief in the Workplace” is available to any business, group or organization.

Eligibility: Terminally ill in Ingham, Eaton, Clinton, Ionia and Shiawassee Counties.

Cost: Services are provided to eligible families regardless of ability to pay. Will accept Medicare, Medicaid and other insurance.

Jessi Kay Home Care**Phone: (517) 488-2068**

P.O. Box 80916
Lansing, MI 48908
Website: www.jessikay.com

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.

Services: Provides certified home health aides, homemaker, meal prep, errands and transportation services.

Eligibility: Anyone in need.

Cost: Private pay or Medicaid waiver.

JWR Health Services**Phone: (517) 316-2569**

2722 E. Michigan Ave.
Lansing, MI 48912
Fax: (517) 316-3854
Web Site: www.jwrhealthservice.com

Hours: 9:30 a.m. to 5:00 p.m. Transport 7:00 a.m. – 9:00 p.m. or scheduled weekends and holidays.

Services: Skilled care, companionship, homemaking, personal care, respite, handyman tasks, lawn and garden maintenance, snow removal and local and long distance transportation.

Eligibility: For those individuals who want assistance in leading a dignified and independent lifestyle in the comfort and safety of their own home.

Cost: Free in-home needs assessments and customized payment plan to fit any need. For more information on insurance coverage and/or rates please contact us.

Helping Hands Respite Care**Phone: (517) 372-6671**

201 Hillside Ct.
East Lansing, MI 48823
Fax: (517) 372-6478
Web Site: www.laprespitcenter.org

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. Services can be scheduled 7 days a week. A supervisor is on-call 24 hours a day.

Services: Adult and Senior Respite and in-home services specializing in persons with special needs, senior citizens and those with Alzheimer's disease. Some services offered include, daily living skills, personal care, light housekeeping, medication reminders, transportation, cooking and diet and other home and community tasks.

Eligibility: People of all ages with special needs, disabilities or requiring specialized care.

Cost: Private pay or Medicaid Waiver.

Loving Hands LLC**Phone: (517) 663-6036**

802 S. Main
Eaton Rapids, MI 48827
Fax: (517) 663-2336

Hours: 24 hours day, 7 days a week

Services: In home care including light housekeeping, meal prep, personal care, transportation, respite service and all daily living. We are here to help people live independent in their own home. We do bathing, showering and grooming also.

Eligibility: We accept private pay & MA Waiver funding through Tri-County Office on Aging. We help anyone in need.

Cost: \$16-18 per hour.

M&Y Care, LLC**Phone: (517) 505-7577 or (517) 709-3412**

6920 S. Cedar, Suite 9
Lansing, MI 48911
Fax: (517) 694-4980
Email: gallakhverdova@gmail.com

Hours: 9:00 a.m. to 5:00 p.m.
Services: Personal care and homemaker services.

McLaren Homecare Group**Phone: (517) 975-9900 or 1-866-323-5974 toll free**

2316 South Cedar St. Suite 600
Lansing, MI 48910
Fax: 1-866-571-9636 toll free

Hours: N/A

Services: Provides home health care, hospice services, palliative care, medical supplies and equipment. Home Infusion services, pharmacy and Lifeline emergency response..

Eligibility: Patient choice or physician referral. For more information, call toll free 1-866-323-5974.

Cost: We accept Medicare, Medicaid, Blue Cross Blue Shield and most other insurance.

Michigan Hospice Organization**Phone: 1-800-536-6300 or
(517) 886-6667**

6015 W. St. Joseph, Suite 104
Lansing, MI 48917
Fax: (517) 886-6737
E-mail: mihospice@aol.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. 24-hour answering machine
Services: Hospice and end of life referral service.

Mother Teresa House**Phone: (517) 484-5494**

P.O. Box 13004
Lansing, MI 48901
Fax: (517) 484-3830

Hours: 24 hours
Services: Provides a home and care for people with terminal illness. Trained volunteer staff offers safe shelter, meals, personal care and around the clock physical, emotional and spiritual support.
Eligibility: Terminal illness with life expectancy of six months or less
Cost: No charge. Priority is given to helping those most in need.

National Home Care Service LLC**Phone: (517) 528-0408**

6920 South Cedar St., Suite 1
Lansing, MI 48911
Fax: (517) 906-6092

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. Saturday and Sunday by appointment.

Services: More services, more care. National Home Care Service provides specialized companion care services, working with physicians, hospitals, and family members to develop an individualized program for your loved ones daily needs. Personal care, homemaker/companion, transport and travel assist services are available.

Eligibility: Individuals with a disability or individuals 60 and older.

Cost: Cost will be determined according to the service.

Optimal Medical Staffing**Phone: (517) 394-1234**

15945 Wood Rd.
Lansing, MI 48906
Fax: (517) 394-7716
Email: mail@optimalstaffing.com
Web Site: www.optimalstaffing.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.

Services: Assistance with all activities of daily living and personal care, including cooking, cleaning, bathing, grooming, medications, transportation and respite care. Nursing care also available for medical conditions, including brain injury, spinal cord injury, neuromuscular disease, Alzheimer/Dementia, stroke, trach care and ventilator management.

Eligibility: Any person needing assistance.

Cost: We accept private pay, Medicaid, Medicaid Waiver, Long Term Care Insurance, VA Aid & Attendance Program, Auto Insurance, Workers Compensation Insurance and Private Health Insurance.

Project Choices (MI Choice Program)**Phone: (517) 887-1440**

Tri-County Office on Aging
5303 S. Cedar St., Building 1
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Emergency needs after hours call 1-800-282-7622.

Services: Project Choices is a community-based program of care managed in-home services. The program is designed specifically for persons who are medically eligible for nursing home care but could live at home with in-home services. Project Choices consists of the Medicaid Waiver and Care Management (CM). Persons eligible receive a comprehensive assessment of their medical, functional, psychosocial, financial and home environmental needs.

Eligibility: A pre-screening is conducted over the phone to determine eligibility for an assessment. Final eligibility and program determination are based on medical and financial information gathered at the assessment. Project Choices serves Clinton, Eaton and Ingham counties.

Right at Home-Mid Michigan**Phone: (517) 622-1472**

1035 Charlevoix Drive, Suite 300
Grand Ledge, MI 48837
Fax: (517) 622-1474
www.rahmidmi.com

Hours: 9:00 a.m. to 5:00 p.m. Monday through Sunday. 24 hour phone availability

Services: In-home companionship and personal care. Flexible care plans designed around needs and desires. Safety supervision, family respite, medication reminders, shopping and errands, light housekeeping, bathing/showering and hygiene, Alzheimer's, Parkinson's and dementia care, laundry, couples care, ambulation assistance, continence care, transfers and positioning, taking vitals, skin care, shampooing, mouth and dental care, diabetic meal planning, dressing, feeding, nursing evaluations and transportation.

Eligibility: All. For seniors and adults with disabilities.

Cost: MI Choice waiver or private pay. \$18.50 to \$19.50 per hour. Rates adjust for durations exceeding 30 hours. \$21 per hour hands on personal, sitter service \$18.50 with adjustments for duration exceeding 20 hour per week. Three hour minimum.

Seniors Helping Seniors**Phone: (517) 332-9953**

PO box 14074
Lansing, MI 48901
E-mail: smile@shsmidmitten.com
Web Site: www.seniorshelpingseniors.com

Hours: 9:00am to 5:00pm, Monday through Friday

Services: Companionship, transportation, meal preparation, housekeeping, hair cuts/styling, yard work, dementia caregiving, mobility assistance, respite and 24-hour care, pet care, doctor appointments/medical procedure companions

Eligibility: 50+, We change people's lives.

Cost: Varies- Free for service

Sparrow Hospice Service**Phone: (517) 364-7200**

St. Lawrence Campus
1210 W. Saginaw
Lansing, MI 48915-1999
Fax: (517) 364-7201
www.sparrow.org

Hours: Monday through Friday 8:00 a.m. to 5:00 p.m. On call services after hours and weekends.

Services: Offers a choice of hospice programs between care in a home setting and one providing care at Sparrow's Hospice House of Mid-Michigan.

Eligibility: People of any age with a life expectancy of six months or less who have made the choice to receive comfort care.

Sparrow Home Care**Phone: (517) 364-8600**

2909 E. Grand River Ave # 204
Lansing, MI 48912
Fax: (517) 364-8620
www.sparrow.org/homecare

Hours: Monday through Friday 8:00 a.m. to 5:00 p.m. On call services after hours and weekends.

Services: Provides: Skilled in-home nursing services; wound care, infusion therapy, telehealth services, physical, occupational and speech therapy, enhanced awareness to community resources.

Eligibility: Eligibility depends on insurance carrier, please see website or call for more information.

Spartan Healthcare Staffing Services**Phone: (517) 203-0190**

Beacon Place
4572 S. Hagadorn, Suite 1E
East Lansing, MI 48823
Fax: (517) 203-0174

Hours: 8:30 a.m. – 4:30 p.m. Monday through Friday. On call 24 hours, 7 days a week.

Services: Provides skilled and private duty in-home nursing services with registered nurses and licensed practical nurses. Direct care workers provide housekeeping and help with activities of daily living, respite care, companionship and medication reminders.

Eligibility: Any individual who requires assistance.

Cost: Private pay, Medicaid Waiver, auto insurance and workman's compensation.

Trusting Heart Home Health Services, LLC**Phone: (517) 323-4722**

4601 W. Saginaw, Suite L-2

Lansing, MI 48917

Fax: (517) 323-4724

Email: trustingheart@sbcglobal.netWeb Site: www.trustingheart.com**Hours:** Office hours - 8:00 a.m. – 5:00 p.m. 24 hour on call service.**Services:** Dependable, compassionate and experienced CNA's and HHA's to perform assistance with personal care, housekeeping, activities of daily living, meal preparation, transportation, companionship and respite services. Services are available 24 hours per day, 7 days per week.**Eligibility:** Any individual who requires assistance**Cost:** Medicaid Waiver, private pay services include free in-home assessment and flexible payment plans, VISA and MasterCard.

Ultimate Health Link**Phone: (517) 485-4855
(517) 862-5228 (after hours)**

720 N. Sycamore Street

Lansing, MI 48906

Fax: (517) 485-3988

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. 24 hour on-call service.**Services:** Skilled and basic nursing, certified home health aide, wound service, therapy service, and medical social worker.**Eligibility:** Medicare clients must meet one of the following criteria to be eligible to receive Ultimate Health Link services: Chair/bed bound, chronic disease, chronic pain, disability, difficulty with daily living activities, recovery from accident, illness, or surgery, recovery from chemo therapy, radiation therapy, or other intensive treatment.**Cost:** Medicare and private pay. Negotiable for non-tri county clients.

Visiting Physicians Association**Phone: (517) 347-4085 or (888) 742-0305**

2205 Jolly Rd., Suite B

Okemos, MI 48864

Fax: (517) 347-4170

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday**Services:** Providing quality and advanced medical care in the comfort and privacy of the patient's home.**Eligibility:** Must meet homebound requirement.

WellsBrooke**Phone: (517) 507-5117**

1401 East Lansing Dr., Suite 106
East Lansing, MI 48823
Fax: (517) 337-3228
Website: www.wellsbrooke.com

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. On call available 24 hours at (888) 515-6370.

Services: WellsBrooke provides skilled nursing and private duty services. These services include physical, occupational and speech therapy, Vent care, IV care, feeding tube and wound care, medication set up and education, home health aides, and skilled nursing care for acute or chronic illness, disability or recovery from hospitalization.

Eligibility: Any person needing assistance.

Cost: Private pay, Medicare, Auto insurance, VA and Workers Comp insurance.

Williamston Compassionate Care**Phone: (517) 204-2480**

3800 Vanneter
Williamston, MI 48895
Fax: (866) 357-5291

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. On call 24 hours.

Services: Registered nurses, certified nurse aides, personal care services, transportation, home health aides. Also has an assisted living residence for long term care and short term respite.

Eligibility: Residents of Eaton and Ingham counties.

Cost: Medicare, Medicaid, Medicaid Waiver, insurance, auto, Blue Cross/Blue Shield, and private pay.

In-Home Services see also:

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LEGAL AND CONSUMER SERVICES

Michigan Poverty Law –Michigan Elder Justice Initiative Phone: (517) 394-3027 (local office) or 1-800-292-7852 toll free or (866) 485-9393 (state office)

3490 Belle Chase Way, Suite 50
Lansing, MI 48911

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday with 24-hour answering service.

Services: **The Long Term Care Ombudsman Program** provides information about how to look for long-term care facilities, such as nursing homes, homes for the aged, adult foster care and assisted living. The program also provides information and assistance for residents in long-term care facilities to help with problem solving and addressing complaints. In addition to community education, publications are available that cover a range of issues including choosing a long-term care facility, resident rights, Medicare, Medicaid and advanced directives.

The Elder Abuse Prevention Education Program provides educational in-services and training to individuals within the aging network and staff in long-term care facilities. These presentations provide information on prevention as well as intervention strategies for combative residents. Additionally the program participates in coordinated, comprehensive approaches to prevention with Adult Protective Services, the ombudsman program, legal assistance programs, law enforcement, and TRIAD programs. Contact the Elder Abuse Specialist at 1-800-292-7852.

Eligibility: No restrictions.

Cost: Donations accepted. A donation for literature is optional.

Consumer Financial Protection Bureau

Phone: (855) 411-2372

P.O. Box 4503
Lansing, MI 48909
Iowa City, IA 52244
Fax: (855) 237-2392
Web site: <http://www.consumerfinance.gov/>

Hours: 8:00 a.m. to 8:00 p.m. ET, Monday through Friday- Over 180 languages available

Services: Empowers consumers to take more control over their economic lives by providing tools, answering common questions and providing tips that help consumers navigate their financial choices. The Consumer Financial Protection Bureau also takes action against predatory companies and help enforce consumer protection rules.

Eligibility: Call or visit the bureaus website to make a complaint if you feel a bank, lender or other financial company is not treating you fairly.

Consumer Protection Division**Phone: (517) 373-1140 or
Toll-free 1-877-765-8388**

Attorney General's Office
525 W. Ottawa
P.O. Box 30213
Lansing, MI 48909
Fax: (517) 241-3771
Web site: www.michigan.gov/ag

Hours: 8:00 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m. Monday through Friday

Services: Handles consumer complaints in areas such as retail, advertising, landlord/tenant, and manufacturer warranties or can refer cases to the appropriate agency. Able to take legal action against companies. Provides consumer alerts to inform the public of unfair, misleading or deceptive business practices and to provide information and guidance on other issues of concern. Free pamphlets are available.

Eligibility: No restrictions.

Cost: All services are free of charge.

County Prosecuting Attorney

Clinton County Courthouse
100 E. State Street
St. Johns, MI 48879
(989) 224-5260
Fax: (989) 224-5259

Ingham County Courthouse
303 W. Kalamazoo
Lansing, MI 48833
(517) 483-6108
Fax: (517) 483-6397

Eaton County Courthouse
1045 Independence Blvd.
Charlotte, MI 48813
(517) 543-4801
Fax: (517) 543-3348

Hours: 8:00 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m. Monday through Friday.

Services: Prosecutes violations of criminal law, acts to obtain child support in limited circumstances. Violations of criminal law must first be reported to the police and a report must be taken.

Eligibility: The criminal offense must have been committed in the county boundaries.

Cost: None.

Elder Law of Michigan, Inc.

Phone: 1-800-347-5297 or 1-866-400-9164

3815 W. St. Joseph, Suite C200
Lansing, MI 48917
Main Office: (517) 485-9164
Fax: (517) 372-0792
Website: www.elderlawofmi.org

Client Call Hours: 9:00 a.m. to 3:00 p.m., Monday through Thursday.

Business Hours: 9:00 a.m. to 5:00 p.m., Monday through Friday.

Services: Advising, empowering, informing and serving mature adults. Programs share the mission to protect and promote the rights, health and economic well-being of people as they age or are disabled through information, advocacy, legal advice and professional services.

Cost: When a senior calls to talk with a hotline lawyer, there will be no charge. Donations are welcome. If, after talking to the hotline lawyer, the caller wants more legal representation, a number of options are available depending on the service rendered and the senior's financial circumstances.

Legal Hotline for Michigan Seniors & Benefits Enrollment Center – Phone: 800-347-5297

Provides free personal legal advice over the telephone to people 60 or better (or their authorized family caregivers) regardless of income. We advise on issues including Social Security, Medicare, Housing, Consumer Law, Wills/Probate, Reverse Mortgage Counseling and more throughout the state. The **Benefits Enrollment Center** can find benefits you might qualify for but not currently getting. Trained specialists are available to help with: healthcare expenses, prescription costs, food costs, property tax relief, Medicare premiums, foreclosure issues, utility bills and unclaimed pensions. For more information visit www.elderlawofmi.org/legalhotline

Pooled Trust Account- Phone: 1-866-400-9164

Website [http://www.elderlawofmi.org/pooled trust account](http://www.elderlawofmi.org/pooled_trust_account)

Offers the opportunity to set money aside for the care and future needs of someone under 65 who is living with a significant disability

The Pension Rights Project – Phone: 866-735-7737

Assists retirees of any age or income with retirement benefits including basic pension law and pension rights, the rights of divorced persons, assistance for surviving spouses and help finding lost pensions.

Michigan's Coordinated Access to Food for the Elderly (MiCAFE) - Phone: 877-664-2233

Works with low income older adults to apply for basic food and medical assistance. The extra food and medical help improves the health of older families (with at least one member age 60 or better). Call us or check our website for participating counties at www.elderlawofmi.org/micafe.

Greenpath Debt Solutions

Phone: (517) 321-5836

612 S. Creyts Rd., Suite C

Lansing, MI 48917

Fax: (517) 321-5863

Web Site: www.greenpath.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Appointments available until 6:00 Monday through Wednesday.

Services: Provides financial counseling in a confidential and dignified manner by professional trained counselors. Helps families work out an orderly debt repayment program. Provides sound money management information on budgeting and the wise use of credit.

Eligibility: Residents of Clinton, Eaton, Ingham, Barry, Livingston and Shiawassee County.

Cost: The initial interview is free. When a debt repayment program is needed, fees are based on ability to pay. Must have some type of income that is greater than what is owed on a monthly basis.

Legal Services of South Central Michigan
(Formerly Legal Aid of Central Michigan)

Phone: (888) 783-8190

3490 Belle Chase Way #50
Lansing, MI 48911
Fax: (517) 394-4276
Web site: www.lsscm.org

Hours: Intake 9-11 am Mon.-Thurs. & 5-7 pm Thursday.

Services: Provides a full range of legal services at no cost to low income residents in Clinton, Eaton, Ingham, Shiawassee and Livingston counties. Advice and representation services are limited to housing, consumer, public benefits including social security, SSI, Medicare, Medicaid and family law.

Eligibility: Income at or below 125% of the federal poverty level. Persons over age 60 should contact the Sixty-Plus Law Center, page 78.

Cost: None.

Michigan Department of Civil Rights

Phone: (517) 335-3165

Capitol Tower Building
110 W. Michigan, Suite 800
Lansing, MI 48933
Fax: (517) 241-0546
Website: <http://www.michigan.gov/mdcr>

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Please make an appointment.

Services: Handles complaints in broad areas of discrimination, including age, employment, handicapper concerns, housing, education, public accommodation and public services including law enforcement. Provides speakers.

Eligibility: Anyone who feels they have been discriminated against. An appointment is advised.

Cost: None

Michigan Department of Insurance and Financial Affairs
(Formerly Michigan Insurance Bureau)

Phone: (877) 999-6442

Department of Labor and Economic Growth
611 W. Ottawa
P.O. Box 30220
Lansing, MI 48909
Fax: (517) 335-4978
Web site: <http://www.michigan.gov/ofir>

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday.

Services: Assist Michigan residents in their dealings with banks, credit unions, insurers, commercial finance lenders and securities, brokers/dealers, HMO's and Blue Cross and Blue Shield. Examines the financial solvency of insurance companies, banks, credit unions, securities and licenses and regulates insurance agents, brokers/dealers, companies and agencies. Also reviews the conduct of financial institutions and insurance industries. Goal: To provide excellent customer service and effectively regulate the banking, credit unions, insurance and securities industries. Provides listing of all private health insurance companies.

Eligibility: No restrictions.

Cost: None.

Michigan Problem Gambling Help Line

Phone: 1-800-270-7117

Michigan Medicare/Medicaid Assistance Program (MMAAP)

Phone: 1-800- 803-7174

Tri-County Office on Aging
5303 S. Cedar St., Building 1
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

State Office: 6105 W. St. Joseph, Suite 204
6105 W. St. Joseph, Suite 204
Lansing, MI 48917
Phone: (517) 886-1242
Fax: (517) 886-1305

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Counseling program when help is needed understanding Medicare, medical bills, supplemental insurance or Medicaid. MMAAP counselors are specially trained volunteers. Home visits for the homebound require special arrangements.

Eligibility: Medicare/Medicaid beneficiaries and their families.

Michigan Peer Review Organization (MPRO)**Phone: 1-248-465-7300**

22670 Haggerty Rd., Suite 100

Farmington Hills, MI 48335

Fax: (248) 465-7428

Web site: www.mpro.org**Hours:** 8:30 a.m. to 4:30 p.m. Monday through Friday**Services:** MPRO is a private, non-profit agency of doctors and nurses responsible for reviewing the hospital care given to Medicare Part A patients in Michigan. Contracts with the federal government to help assure you receive appropriate medical care. MPRO can conduct appeals at a patient's request and investigate written complaints. Speaker's bureau and video program is also available.**Eligibility:** Medicare beneficiaries, healthcare providers, senior advocates, and community acting on the behalf of the Medicare beneficiary.**Cost:** None

Michigan Protection and Advocacy Service, Inc.**Phone: 1-800-288-5923 or
(517) 487-1755**

4095 Legacy Parkway, Suite 500

Lansing, MI 48911

Fax: (517) 487-0827

Web site: www.mpas.org**Hours:** 8:30 a.m. to 5:00 p.m. Monday through Friday**Services:** Mission is to advocate and protect the legal rights of people with disabilities. Promotes, expands and protects the human and legal rights of people through the provision of information and advocacy. Provides information and assistance to groups setting up local advocacy programs. Speakers are available for presentations, trainings and workshops. Publishes "Exchange" newsletter quarterly.**Eligibility:** Services are generally at no cost.

Home Help Provider Registry**Phone: 1-800-979-4662**

3520 Okemos Rd, Suite 6

P.O. Box 182

Okemos, MI 48864

Hours: Monday through Friday 8:00 AM - 4:45 PM**Services:** The service was formed to help make sure that home care workers are available for consumers. Consumers may find a provider from a list called the registry. Home Help consumers will still be able to find, hire, train, and fire their in-home care provider. A reference check and limited criminal history is done on all people on their list. Additional information about tasks they are willing to perform, languages they speak is also gathered.**Eligibility/cost:** Those people who qualify for the Home Help Program. This service is free for those on the program.

615 N. Capitol Ave., Suite 2
Lansing, MI 48933
Fax: (517) 372-1518
Website: www.mmginc.com

Hours: 9:00 a.m. to 12:00 p.m. and 1:00 to 4:00 p.m. Monday through Friday with a 24-hour answering service.

Services: Non-profit agency providing guardianship, conservatorship, trustee and representative services in the mid-Michigan area.

Eligibility: Disabled, mentally ill, physically incapacitated or elderly persons who are in need of financial management and or guardianship services.

Cost: Depends on type of service needed. If unable to pay fees an individual may be eligible for assistance by a contract agency.

Public Service Commission**Phone: (517) 241-6180 or
Toll-free: 1-800-292-9555**

Michigan Department of Consumer & Industry Services
6545 Mercantile Way, Suite 7
Lansing, MI 48911
Fax: (517) 241-6181

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: The Commission regulates investor owned natural gas and electric utilities, rural electric cooperatives and some telephone and trucking services. The agency decides formal complaints between a utility company and its customers and responds to questions and concerns from utility customers.

Eligibility: Resident of Michigan

Cost: None

Sixty Plus, Inc. Elderlaw Clinic**Phone: (517) 372-3484**

Cooley Law School – 9th Floor
300 S. Capitol Ave.
Lansing, MI 48933
Fax: (517) 334-5761
Web Site: www.cooley.edu/sixtyplus/

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday; some evenings and Saturday hours available, as scheduled.

Services: Legal advice and representation is available for a range of civil services. Typical types of cases include landlord/tenant, consumer problems, public benefit programs (Social Security, SSI, Medicaid, etc.), estate planning, guardianship, probate and other legal related services. Estate planning for those with net worth less than \$150,000 if single & \$250,000/married (not including main residence). Teams of Cooley Law School students who are supervised by licensed attorneys staff the clinic. Home visits and hospital/hospice visits can be arranged when necessary. Staff is available for public presentations to senior groups and organizations on substantive legal topics and issues. Spanish speaking staff is also available.

Eligibility: Any persons 60 years of age or older and resident of the state of Michigan, primarily Ingham, Eaton and Clinton counties.

Cost: Donations welcome.

Tri-County Guardianship**Phone: (517) 267-7580**

3217 W. Saginaw
Lansing, MI 48917
Fax: (517) 267-1020
Web Site: www.tri-countyguardianship.com

Hours: Call for an appointment.

Services: Provides guardianship and conservatorship services. Will work with Medicare, Medicaid and Social Security.

Cost: Depends on type of service. Call for more information.

MENTAL HEALTH SERVICES

Beacon Counseling Services, LLC**Phone: (517) 853-2992**

5000 Northwind Dr., Suite 240

East Lansing, MI 48823

Fax: (517) 853-2993

Website: www.beaconcounselingservices.com**Hours:** Time and location of appointments arranged at the client's convenience.**Services:** Provides individualized private geriatric case management services and helps determine the best options of care for older persons with special needs. Provides supportive counseling.**Eligibility:** Residents in the Greater Lansing area.**Cost:** Fees established and presented in writing. Private pay and Medicaid Waiver accepted

CEI Community Mental Health**Phone: (800) 372-8460 or****24-hour crisis services 1-517-346-8460****Non-crisis Access Center: (517) 346-8318 or****1-888-800-1559**

812 E. Jolly

Lansing, MI 48910

Fax: (517) 346-8447

Website: <http://www.ceicmh.org>**Hours:** 8:00 a.m. to 12:00 noon and 1:00 to 5:00 p.m. Monday through Friday**Service Programs:**

Older Adult Community Outreach Program (1305 E. Jolly Rd., Lansing 48910) provides case management services to older adults who experience a serious and/or persistent mental illness in order to assist them in maintaining and improving their functioning in their homes and in the community. In addition to case management services, mental health professionals provide counseling to older adults who are homebound and who experience depression, anxiety, obsessive or compulsive thinking. Call (517) 346-8380.

OBRA Program – Offers mental health services to persons in nursing homes who are coping with a mental illness or a developmental disability. For referrals call 346-8318.

Older Adult Day Treatment Program – This program offers a variety of therapeutic activities on Monday, Tuesday and Friday to older adults who suffer from a serious and/or persistent mental illness. The program hours are 10:00 a.m. to 2:00 p.m. and include a free lunch for participants. Must be 55 years or older, live in the greater Lansing area and have a diagnosis of a serious and persistent mental illness.

CEI Community Mental Health (continued)

Older Adult Substance Abuse Prevention and Treatment Program – Direct treatment and support is provided to older adults 55 and older and those close to them for medication and alcohol misuse/abuse. A support group called Young at Heart meets regularly. Call 346-8265. Prevention/Education services focus on wise drug use and how to enjoy and maintain healthy aging. In-services and workshops are provided to senior groups and professionals who work with older adults.

Community Services for the Developmentally Disabled (CSDD) – For information call the Access Center at 346-8318 or 1-888-800-1559 toll free. Appointments are arranged within 14 days. Children and adults must meet developmental disability as defined by the Michigan Mental Health Code.

Child and Family Charities

Phone: (517) 882-4000 ext. 123

4287 Five Oaks Dr
Lansing, MI 48911
Fax: (517) 882-3506

Hours: Monday and Wednesday: 8:30 a.m. to 8:00 p.m. Tuesday and Thursday: 8:00 a.m. to 7:00 p.m. Friday 8:00 a.m. to 5:00 p.m.

Services: Offers counseling for family, child-parent, and social adjustment. Counseling is available for children of elderly parents. Speakers available for group presentations. Also offer seniors and their families counseling and a respite referral.

Eligibility: No restrictions

Cost: Sliding scale based on ability to pay. Accepts most insurance.

Clinton County Counseling Center

**Phone: (888) 800-1559 for appointments
24-hour emergency: 1-800-372-8460**

1000 E. Sturgis St., Suite 3
St. Johns, MI 48879
Business Office: (989) 224-6729
Fax: (989) 224-2342

Hours: 8:30 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m. Monday through Friday and evenings by appointment.

Services: Outpatient counseling services for individuals, couples and families. Also offers substance/drug abuse or mental health counseling and treatment. Call for an appointment and further information.

Eligibility: Clinton, Eaton or Ingham county residents

Cost: Fees based on ability to pay (sliding scale).

Eaton County Counseling Center**Phone: (517) 543-5100**

551 Courthouse Dr.
Charlotte, MI 48813
Fax: (517) 543-1811

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Evening hours available by appointment.

Services: Counseling services to individuals, couples and families. Adult after care, case management and medication clinic services.

Eligibility: Eaton county residents.

Cost: Fees are on a sliding scale basis.

Family Mental Health Clinic**Phone: (517) 323-4734**

St. Vincent Catholic Charities
2800 W. Willow
Lansing, MI 48917
Website: www.stvcc.org

Hours: 8:30 a.m. to 9:00 p.m. Monday through Thursday, Fridays until 6:00 p.m.

Services: Personal, marriage and family counseling. St. Vincent Catholic Charities also sponsors several programs for older persons including, Foster Grandparent Program, Senior Companions and Capital Area Interfaith Respite Service.

Eligibility: Residents of Ingham, Eaton and Clinton counties.

Cost: Fee based on ability to pay. Medicaid, Medicare Part B and other insurance accepted.

Geropsychiatry Evaluation & Management Services (GEMS)**Phone: (517) 975-3212**

McLaren Orthopedic Hospital
2727 S. Pennsylvania Ave.
Lansing, MI 48910-3490
Fax: (517) 975-3218

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday. Program 24-hours

Services: Intensive short-term stay in the inpatient unit. All patients are admitted to the program by licensed psychiatrists. During their stay, patients will be involved in individual, group, family and activity therapy.

Eligibility: Adults age 60 and older with mental health needs.

Cost: Covered in whole or in part by insurance such as Blue Cross, HMO, Medicare, Medicaid, CHAMPUS and others. Exact coverage may vary from plan to plan.

Gordon Counseling & Case Management**Phone: (517) 281-5718**

3887 Okemos Rd., Suite A2
Okemos, MI 48864
Fax: (517) 623-6460
E-Mail: lgordon417@comcast.net

Hours: 9:00 a.m. to 6:00 p.m. Monday through Friday. Evening and weekend appointments by request.

Services: Professional counseling and support services by licensed clinical social worker specializing in Gerontology with a medical social work background and extensive experience in chronic illness and pain management. Provides counseling, short and long-term care planning, community resource referrals and geriatric care management. Services may be provided in the home or office.

Eligibility: Aging adults, family members and caregivers.

Cost: Medicare B, Blue Cross, private pay and Medicaid Waiver.

Justice in Mental Health**Phone: (517) 371-4661**

520 Cherry St
Lansing, MI 48933
Fax: (517) 371-5770
Website: www.jimho.org

Hours: 8:00 a.m. to 4:30 p.m. Monday and Tuesdays. 7:30 a.m. to 7:00 p.m. on Wednesday and Fridays. 7:30 a.m. to 4:30 p.m. on Saturday and Sunday.

Services: Assists individuals suffering from emotional or mental problems. Project Stay assists individuals with living in the community by providing support services like transportation help in finding housing, food and assistance in obtaining SSI or GA. Drop-in center provides opportunity for socialization. Operates Richard's Place – overweight shelter (per CACS directory)

Eligibility: Call for information.

Cost: None

**The Listening Ear
Crisis Intervention Center****Crisis Line: (517) 337-1717
Business Phone: (517) 337-1728**

1017 E. Grand River
East Lansing, MI 48823
Fax: (520) 222-4705
E-mail: theear@msu.edu

Hours: 24-hours a day, seven days a week

Services: Provides confidential crisis intervention services, sexual assault support groups, and individual counseling, referrals to local agencies and groups and community education on a wide variety of topics.

Eligibility: No restrictions

Cost: None

Mareck Family & Geriatric Services, PC**Phone: (517) 886-3707**

3493 Woods Edge Dr., Suite 103
Okemos, MI 48864
Fax: (517) 349-1973
Web Site: www.mareckservices.com

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. Call to make an appointment.
Evening appointments are available upon request.

Services: Specializes in counseling and care planning assessments. Services can be provided in the home or in our office.

Eligibility: Older adults and their families.

Cost: Medicare Part B and supplemental insurance usually covers counseling services.
Private pay for care planning assessments and services. Medicaid Waiver accepted.

Mason Rural Outreach Program**Phone: (517) 676-2461**
Access Office: (517) 346-8318

566 N. Cedar St
P.O. Box 260
Mason, MI 48854
Fax: (517) 676-3265
Website: www.ceicmh.org

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Provide case management, psychiatric monitoring for the chronically mentally ill.
Drop in center.

Eligibility: Mason and rural Ingham county residents over age 18.

Cost: Fees are on a sliding scale basis. Medicare, Medicaid, Blue Cross and most major insurance accepted.

Sparrow Health Systems Geriatric Psychiatry Program**Phone: (517) 364-7670**

St. Lawrence Campus
1210 W. Saginaw
Lansing, MI 48915
Fax: (517) 364-7699

Emergency: (517) 364-7000
General Information: (517) 372-3610
Centralized Access: 1-800-761-9384

Website: <http://www.sparrow.org/geriatric-inpatient-psychiatry-unit>

Hours: 24-hours per day, seven days per week.

Services: Geriatric Psychiatry Unit offers a short-term inpatient program for older adults who have experienced an acute change in mental status, behavior or personality requiring psychiatric care. The Geriatric Psychiatry program offers a holistic approach to health, with attention given to medical, psychological and social factors. Each patient's treatment begins with an expert multi-disciplinary assessment performed by a team that creates a master plan of treatment tailored to the individual patient's needs. The team includes psychiatrists, chaplains and geriatric medical specialists.

Eligibility: Adults 60 years of age or older with need for inpatient psychiatric treatment.

Cost: Most insurance programs cover program costs.

Sparrow Health System Substance Abuse Services**Phone: (517) 364-7740**

St. Lawrence Campus
1210 W. Saginaw
Lansing, MI 48915
Fax: (517) 364-7744

Centralized Access: 1-800-761-9384

Hours: Inpatient 24-hours. Outpatient 8:30 a.m. to 5:00 p.m. Monday through Friday, evening appointments until 8:00 p.m. Adult Treatment Center 9:00 a.m. to 3:00 p.m. Monday through Friday.

Services: Inpatient and outpatient psychiatric program including an adult treatment center.

Eligibility: Age 60 and older needing inpatient psychiatric treatment.

Cost: Covered by most insurance programs.

Mental Health see also:

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Substance Abuse and Mental Health Facility Locator

(SAMHSA) 1-800-662-4357

Web site: www.samhsa.org

NURSING HOMES

Clinton County

Hazel Findley Country Manor, 1101 S. Scott Rd., St. Johns 48879.....(989) 224-8936
Ovid Healthcare Center, 9480 E. M-21, Ovid 48866(989) 834-2228

East Lansing

Burcham Hills Retirement Community, 2700 Burcham Dr 48823.(517) 351-8377
MediLodge Campus Area, 2815 Northwind Dr 48823.(517) 332-0817
The Willows of East Lansing, 3500 Coolidge Rd, 48823..... (517) 203-4042
MediLodge of East Lansing, 1843 N. Hagadorn Rd 48823.(517) 332-5061

Eaton County

Eaton County Medical Care Facility, 530 W. Beech, Charlotte 48813.....(517) 543-2940
Dimondale Center, 4000 N. Michigan (M-99) 48821(517) 646-6258
MediLodge of Lansing, 731 Starkweather, Lansing 48917.....(517) 323-9133
Regency West, 12200 Broadbent, Lansing 48917..... (517) 731-6200

Ingham County

Ingham County Medical Care Facility, 3860 Dobie Rd., Okemos 48864.....(517) 381-6100
Holt Senior Care & Rehab Center, 5091 Willoughby Rd., Holt 48821.....(517) 694-2144
MediLodge of Okemos, 5211 Marsh Rd., Okemos 48864.....(517) 319-1400
The Willows at Okemos, 4850 Central Park Dr, Okemos 48864..... (517) 349-3600

Lansing

MediLodge of Capital Area, 2100 E. Provincial House Dr., Lansing 48910.....(517) 272-4029
Pines Health Care Center, 707 Armstrong, Lansing 48911.....(517) 393-5680

Michigan Hotline for Nursing Home Complaints.....1-800-882-6006
Website: www.michigan.gov/mdch

**For more information on Nursing Homes, Homes for the Aged and Adult Foster Care,
contact:**

Michigan Elder Justice Initiative70

For a listing of Adult Foster Care homes see:

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See also:

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NUTRITION SERVICES/HOME DELIVERED MEALS

Capital Area Community Services Commodity Food Programs

Lansing Area, Capital Area Community Services, 1301 Rensen, Lansing(517) 393-7077
Clinton County, Senior Citizens Office, 1000 E. Sturgis, Suite 6, St. Johns.....(989) 224-6702
Rural Ingham County, Senior Citizens Office, 407 N. Cedar, Mason.....(517) 676-1081
Eaton County - Senior Citizens Office, 1370 N. Clinton Trail, Charlotte..... (517) 543-6075 or
(517) 482-3005

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: The Emergency Food Assistance Program (TEFAP) has a quarterly distribution of food such as cereal, cooking oil, fruit juices, dried beans, canned fruit and vegetables, peanut butter, raisins, etc. The Michigan Commodity Supplemental Food Program (MCSFP) is available to eligible seniors each month and consists of about 45 pounds of food per month.

Eligibility: To be eligible for TEFAP persons must be at or below 160% of poverty. For MCSFP persons must be at or below 130% of poverty and be 60 years of age or older.

Cost: None. Donations accepted.

Clinton County Food Distribution

Phone: (989) 227-3333

Clinton Memorial Hospital Foundation &
Health Community Coalition Committee

Hours: 2nd Tuesday of each month at Bath Community Center, 5959 Park Lake Rd.

Registration at 8:00 a.m. with food distribution beginning at 9:00 a.m.

Services: Receive approximately \$60 food package. Bring containers to carry food.

Clinton County Food Distribution

Phone: (989) 224-0328

Salvation Army
Beacon of Hope Family Care Center

Hours: 1st and 3rd Thursday of every month. Food distribution beginning at 1:00 p.m.

Greater Lansing Food Bank

Phone: 211

P.O. Box 16224
Lansing, MI 48901
Fax: (517) 853-7817
Office: (517) 853-7800
Website: www.greaterlansingfoodbank.org
Email: glfb@greaterlansingfoodbank.org

Hours: 9:00 a.m. to 4:00 p.m. Monday through Friday

Services: Provides non-perishable food stuffs to Ingham county residents in a crisis situation. Coordinates 31 food pantries located in churches, agencies and community centers throughout the

Greater Lansing area. **The Garden Project** supports 90 community gardens and assists low income residents with their backyard gardens. **The Gleaning Project:** The GLFB organizes a crew to harvest crops at the request of local growers and then distribute the produce to food pantries, human service organizations, residents of subsidized housing and others in need.

Eligibility: County residents once in a 30 day period and 1 week after food stamps in order to receive emergency food. Telephone inquiries only. Ingham, Eaton, Clinton, Shiawassee, Gratiot, Clare and Isabella counties.

Cost: None

Helping Hands

Phone: (517) 543-8737

600 S. Cochran
Charlotte, MI 48813

Services: Food bank for the Charlotte and Vermontville school district.

Meals-On-Wheels

**Phone: (517) 887-1460 or
1-800-405-9141 toll free**

Tri-County Office on Aging
5303 S. Cedar St., Building 1
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday

Services: Provides hot, balanced meals to homebound senior citizens who can't prepare their own food. Frozen meals are available for the weekends. All Meals on Wheels are salt restricted and contain the vitamins and nutrients a senior needs. A doctor's diet prescription is necessary for textured modified or liquid meals.

Eligibility: Persons age 60 and over (spouses included) in Clinton, Eaton or Ingham county. Eligibility determined through an assessment.

Cost: Suggested donation of \$3.00 for the hot meal. Food stamps are accepted.

Call the local agency to arrange service

Clinton County Meals-On-Wheels **Phone: (989) 224-3600 or 1-888-224-3030**
201 E. Walker St., St. Johns, MI 48879..... Fax: (989) 224-3633

Eaton County Meals-On-Wheels **Phone: (517) 541-2330 or 1-866-541-5444**
(Located in Lawrence Avenue Methodist Church- 210 E. Lawrence AVE) Fax: (517) 541-2382
P.O. Box 242, Charlotte, MI 48813

Greater Lansing Area Meals-On-Wheels **Phone: (517) 887-1460/Fax: (517) 887-8071**
(Lansing, East Lansing, Haslett & Okemos)
Tri-County Office on Aging, 5303 S. Cedar St., Lansing, MI 48911-3800

Rural Ingham Meals-On-Wheels **Phone: (517) 676-2775/Fax: (517) 244-0255**
(Holt, Mason, Williamston, Webberville, Stockbridge, Leslie, Dansville and Onondaga)
415 E. Maple St., Mason, MI 48854

Michigan Coordinated Access to Food for the Elderly (MiCAFE)

Bath Charter Township Senior Center, 14480 Webster Rd., Bath(517) 641-6619
Eaton Rapids Medical Center, 1500 S. Main, Eaton Rapids1-877-664-2233
Eaton Area Senior Center, 804 S. Cochran, Charlotte(517) 541-2934
Vermontville Village Office, 121 Eastside Dr, Vermontville(517) 726-1429
Hours: Bath, 2nd Thursday of each month, 9 to 12 noon. Appointments recommended

Web Site: www.micafeonline.org

Service: This program teaches seniors about healthy eating and food programs. Eligible persons receive funds each month for food. This money is transferred to a Bridge Card (like a credit card), that can be used at most grocery stores to buy fruit, meat, vegetables, milk, bread or other foods.

Eligibility: Low income, age 60+ and County resident.

Mobile Food Pantry

Phone: (517) 483--4477

Lansing Human Relations & Community Services and Greater Lansing Food Bank

Services: Monthly distribution of free, fresh, non-perishable food items. Bring a box or bags to carry. Usually the 3rd Saturday of the month but locations vary. Call for more information.

Eligibility: The disadvantaged and vulnerable: Senior citizens on fixed incomes, families or individuals with limited or low income jobs.

Mobile Meals, Inc. of Charlotte

Phone: (517) 541-5909

Administered by the General Federation of Women's Club of Charlotte
Hayes Green Beach Hospital
321 E. Harris
Charlotte, MI 48813

Hours: 6:00 a.m. to 7:30 p.m. seven days per week

Services: Hot lunch and cold supper delivered by volunteers to homes.

Eligibility: Must show need

Cost: \$3.00 for hot meal, \$2.00 for cold, \$5.00 for both meals.

See also Emergency Services – page 16

Sunfield : (517) 566-8448 Food and some personal items.

Potterville: (517) 645-7701 Food

Mom's Meals**Phone: (877) 508-6667**

P.O. Box 297

Nevada, IA 50201

Fax: (515) 382-3789

Web Site: www.momsmeals.comE-Mail: orders@momsmeals.com

Hours: 8:00 a.m. to 5:00 p.m. (CST) Monday through Friday. Orders must be received by 5:00 p.m. (CST) Tuesday for shipment and delivery the following week.

Services: A family owned USDA inspected and approved fresh food preparation and delivery business since 1999. Mom's Meals is dedicated to providing great tasting fresh meals that are delivered by UPS or FedEx. There are over 45 culturally diverse meals to choose from and diabetic meals are available. Meals remain fresh in a refrigerator (40 degrees or below) for over 14 days after delivery.

Eligibility: Seniors and people with disabilities across the country.

Cost: \$5.50 per meal. Minimum order of 10 meals per shipment requires. Payment is required upon order placement. Personal checks or all major credit cards (MasterCard, VISA, and Discover) accepted.

MSU Extension – Clinton County Office**Phone: (989) 224-5240**

100 E. State St.

St. Johns, MI 48879

Fax: (989) 224-5244

Hours: 8:00 a.m. to 12:00 noon and 1:00 to 5:00 p.m. Monday through Friday

Services: Provides informal education to groups or individuals in the Family Living program in the areas of foods and nutrition, household management, human development, housing and financial management.

Eligibility: Clinton County residents

Cost: None

MSU Extension – Eaton County Office**Phone: (517) 543-2310**

551 Court House Dr, Suite 1

Charlotte, MI 48813-1047

Fax: (517) 543-8119

E-mail: eaton@msue.msu.edu

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Provides educational information and programs that are geared to individual and family needs across the life cycle. Information is available specifically in the areas that affect children, youth and family, agriculture, natural resources and community and economic development.

Eligibility: Eaton county residents.

Cost: None or minimal

MSU Extension – Ingham County Office

121 E. Maple
P.O. Box 319
Mason, MI 48854
Ph: (517) 676-7207

5303 S. Cedar St.
Lansing, MI 48911-3800
Ph: (517) 887-4588

Hours: 8:00 a.m. to 12:00 noon and 1:00 to 5:00 p.m. Monday through Friday. Evenings by appointment.

Services: Educational materials and telephone questions answered on home and family topics related to food, food safety, storage, preparation, nutrition, family financial management and consumerism and general home management. Some in-home meal preparation instruction available through the Food and Nutrition Program (FNP). Newsletters and bulletins are also available.

Eligibility: Ingham County residents.

Cost: None

Potterville United Methodist Church

Phone: (517) 645-7701

105 N. Church Street
Potterville, MI 48876
Website: www.pottervilleumc.org

Can provide a three-day supply of food for those in need in the Potterville area. Hours are Friday mornings only and must call for an appointment.

Senior Dining Sites/Senior Dine Card

**Phone: (517) 887-1440 or
1-800-405-9141 toll free**

Tri-County Office on Aging
5303 S. Cedar St., Building 1
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Provides hot, well balanced meals in over 24 locations throughout the community along with other services such as health screening, physical fitness, nutrition education, special programs and guest speakers.

Eligibility: Adults who are 60 and over are invited to attend. Please call one day in advance to reserve a meal. See information on following pages for address, time and telephone number of each site.

Cost: \$3.00 suggested donation for the meal used to sustain the program. Persons under 60 are charged \$5.75 for their meal unless a resident of senior/disabled apartment building.

Ingham County Senior Dining Sites

Colonial Woods 12:00 Noon - Mon., Thurs., and Friday(517) 484-1044
Colonial Woods Apartments, 2001 W. Mt. Hope, Lansing

Ingham County Dining Sites (continued)

<u>East Glen</u>	12:30 p.m. Tues., Wed. & Thurs.....(517) 887-1393 East Glen Apartments, 1801 N. Hagadorn
<u>East Lansing</u>	12:15 p.m. - Mon. through Fri.(517) 372-6671 Helping Hands Respite, 201 Hillside Court
<u>Friendship</u>	4:30 p.m. - Monday through Friday.....(517) 887-1393 200 Friendship Circle, Lansing
<u>Haslett</u>	12:00 p.m. - Mon., Wed., & Fri.(517) 887-1393 Grange Acres, 6101 Marsh Rd., Haslett
<u>Holt</u>	12:00 Noon. - Wednesday(517) 268-0096 Sam Corey Building, 2108 N. Cedar, Holt
<u>Lett's Center</u>	12:00 Noon - Monday through Friday(517) 483-4311 Lett's Community Center, 1220 W. Kalamazoo, Lansing
<u>Mason</u>	12:00 Noon - Mon., Wed. & Fri.(517) 887-1393 Jefferson Square Apartments, 500 S. Jefferson
<u>Meridian</u>	12:15 p.m. - Tues. & Thurs.....(517) 706-5045 Senior Ctr. Okemos Community Ed., 4000 N. Okemos Rd.
<u>Riverfront</u>	12:00 Noon - Monday through Friday.(517) 887-1393 Riverfront Apartments, 601 N. Cedar, Lansing
<u>South Brook</u>	12:00 Noon – Monday through Friday.....(517) 882-1210
<u>South Side</u>	11:45 a.m. - Tues., Wed., Thurs & Fri.....(517) 483-6688 Alfreda Schmidt South Side Community Ctr., 5825 Wise Rd., Lansing
<u>Stockbridge</u>	12:00 Noon- Friday.....(517) 887-1393 Township Hall, 125 S. Clinton, Stockbridge
<u>Williamston</u>	12:00 Noon Tuesday, Wed. & Thurs.(517) 655-5173 Senior Center 201 School St., Williamston

Clinton County Dining Sites

<u>DeWitt</u>	12:00 Noon - Tuesdays(517) 887-1393 St. Jude Catholic Church, 801 N. Bridge St., DeWitt
<u>Ovid-Elsie</u>	12:30 p.m. - Tues. & Thurs.....(517) 887-1393 United Church of God, 131 Front St., Ovid
<u>St. Johns</u>	12:15 p.m. Tues. Wed. & Fri.(989) 224-4257 Senior Center, 201 E. Walker, St. Johns

Eaton County Dining Sites

<u>Delta Township</u>	12:00 p.m. Mon., Wed. & Fri.(517) 484-5600 4538 Elizabeth Rd., Lansing
<u>Grand Ledge</u>	12:00 Noon - Tues. & Thurs.....(517) 627-4866 310 Greenwood, Grand Ledge
<u>Olivet</u>	1:00 p.m. Tues. (12:00 Noon during summer).....(269) 749-9129 Olivet Middle School, 255 First St., Olivet
<u>Sunfield</u>	12:00 Noon - Wednesday..... (517) 887-1393 Sunfield Community Room, 186 Main St., Sunfield

Senior Dining Sites/Senior Dine Card (continued)**Phone: (517) 887-1440
1-800-405-9141 toll free**

Senior Dine Card: An electronic voucher program operated with local restaurants for seniors 60 and older who are at nutritional risk, socially isolated and who are at or below 150% of poverty. Client makes a donation (\$3 suggested) for each meal and receives a card that is swiped in participating area restaurants. Card may be used only once a day or up to 12 meals per quarter.

Sunfield United Methodist Church Food Bank**Phone: (517) 566-8448**

227 Logan St
Sunfield, MI 48890

Hours: 9:00 a.m. to 12:00 p.m. Monday through Thursday

Services: Emergency Food and Personal Items

Cost: None or minimal

OTHER COMMUNITY SERVICES

Capital Area Community Services (CACS)

Phone: (517) 393-7077

1301 Rensen
Lansing, MI 48910
Fax: (517) 393-0444

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday
Services: Capital Area Community Services (CACS) provides information and assistance, emergency services on a temporary basis, food, utility assistance, homeless services, migrant services and advocacy.
Eligibility: Low-income residents of Clinton, Eaton, Ingham Counties.
Cost: None. Donations accepted.

Other CACS listings in this directory

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Expanded Homeless Services Program	Error! Bookmark not defined.

Catholic Charities – Diocese of Lansing

Phone: (517) 342-2462

228 N. Walnut
Mailing address: 300 W. Ottawa, Lansing, MI 48933-1577
Fax: (517) 342-2446

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday or by appointment.
Services: Provides information and assistance for community services and programs. Works closely with local catholic parishes.
Eligibility: Anyone living in the tri-county area.
Cost: None

Christian Services

Phone: (517) 394-5411

P.O. Box 22112
Lansing, MI 48909-2112
Fax: (517) 394-5414
Web site: www.christianserviceslansing.com

Hours: 9:00 a.m. to 12:00 p.m. and 1:00 to 3:00 p.m. Monday through Friday
Services: Provides a safety net of goods and services. Personal needs, small household needs, clothing, Thanksgiving food baskets, twin mattresses and much more. Has a base of mobilized, church volunteers and utilizes community agencies.
Eligibility: Any person in need.
Cost: Free of charge. Donations are welcomed.

Community Services**Phone: (517) 321-8238**

Seventh Day Adventists
5400 W. St. Joseph Hwy.
Lansing, MI 48917
Fax: (517) 321-6938

Hours: 9:00 a.m. to 3:00 p.m. Wednesdays. Call first.

Services: Good used and new clothing, bedding, food order on emergency basis to those in need because of a disaster or personal crisis (e.g. fire, flood, tornado etc.). Loan closet of hospital equipment. Also offers health education classes and cooking schools on occasion.

Eligibility: Persons in need. Need referral from Food Bank for food and from Capital Area Community Services for clothing, bedding, etc.

Cost: None.

Cristo Rey Community Center**Phone: (517) 372-4700**

1717 N. High
Lansing, MI 48906
Fax: (517) 372-8499
Website: www.cristoreycommunity.org

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday.

Services: Provides a variety of services to those in need including those who primarily speak Spanish. These services include information and assistance on topics such as Social Security, SSI, Medicare, Medicaid, food stamps, housing, health programs, property tax assistance and utility assistance. Cristo Rey is also a food pantry site where participants can take part in an open distribution of produce and dairy products (available to clients once every two weeks). A basic needs pantry also provides personal need items and other essentials. Emergency prescription help may be available depending on funding. The prescription assistance program can assist with paperwork necessary to obtain medications. Outreach services are provided to Spanish speaking senior citizens to insure that they are receiving benefits that they are entitled to. Also provides other activities such as meals, art and crafts, music and educational classes (i.e. English as a second language). Bilingual staff available.

Eligibility: Those in need.

Cost: None. Donations accepted. Suggested donation of \$3.00 per meal.

Other services provided by Cristo Rey: Guidance and counseling services and Emergency assistance with food and clothing.

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Eaton Clothing & Furniture Center

Phone: (517) 543-4334

116 E. Lovett
Charlotte, MI 48813

Hours: Monday, Tuesday and Wednesday from 10:00 a.m. to 6:00 p.m. Thursday and Friday 10:00 a.m. to 3:30 p.m. and Saturday 10:00 a.m. to 2:00 p.m.

Services: Provides good, clean used clothing and furniture to those in need.

Eligibility: Residents of Barry and Eaton County in need.

Cost: \$1.00 annual fee. Must have a picture ID, proof of address and agency referral or Bridge card. Open to the general public as a thrift store.

Kinship Care Resource Center

**Phone: (517) 355-9600 or
(800) 535-1218**

Sponsored by MSU School of Social Work
254 Baker Hall,
East Lansing, MI 48824
Fax: (517) 353-3038
E-mail: kinship@msu.edu

Hours: Monday through Friday 9:00 a.m. to 4:00 p.m.

Services: Offers trainings and workshops for agency professionals and kinship caregivers. A toll-free hotline is available to answer legal, developmental and other questions. A statewide conference for both professionals and caregivers, consulting services for grant writing, resource and program development, periodic roundtable presentations on topics of interest to caregivers and agencies, written information about kinship care issues.

Lions Club of Michigan

Phone: (517) 887-6640

5730 Executive Dr.
Lansing, MI 48911

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday

Services: Helps with cost of eye exams, eyeglasses from Pearle Vision and possibly hearing aids. Also sponsors various community projects. This office refers to local Lions Clubs.

Eligibility: Those in financial need.

Cost: None.

Meridian Township Human Services Program

Phone: (517) 853-4204

5151 Marsh Rd.
Okemos, MI 48864
Fax: (517) 853-4096

Hours: 10:00 a.m. to 4:00 p.m. Monday through Friday

Services: Provides information and assistance and offers some direct services such as holiday food baskets, last resort emergency needs funds. Deals with any problem. Accessible on bus line. Appointments are available on a walk-in basis.

Eligibility: Meridian Township residents of any age

Cost: None

Native American Outreach Program

Phone: (517) 887-4322

503 S. Cedar St., P.O. Box 30161
Lansing, MI 48911
Website: www.nrcprograms.org

Services: Advocacy and information to the area Native American population

Salvation Army – Capital Area

Phone: (517) 484-4424

525 N. Pennsylvania
P.O. Box 14176
Lansing, MI 48901-4176
Fax: (517) 318-0897
Web site: www.usc.salvationarmy.org

Hours: 8:30 a.m. to 4:30 p.m. Monday through Friday

Services: Assistance with rent (call Wednesdays at 8:30 a.m.), mortgages, utilities (call Mondays at 8:30 a.m.), personal needs, baby needs, sleeping bags and other assistance. Community Kitchen serves lunch at noon on Mondays and Fridays. Free produce distribution every Wednesday at 1:00 p.m. on a first come, first served basis. Clinton county produce distribution is on the 1st, 3rd and 5th Thursday at 1:00 p.m. Eaton county produce distribution 2nd and 4th Thursday. Call for more details.

Eligibility: Anyone. Need to have a picture ID (driver's license) and possible other documentation for yourself and other adults living in the home.

Cost: None.

St. Vincent DePaul

1020 S. Washington Ave
Lansing, MI 48910
Ph: (517) 484-5395

Fax: (517) 484-2426

Hours: Mon. –Fri.: 10:00 a.m. to 5:30 p.m.

Saturday: 10:00 a.m. to 5:00 p.m.

1009 S. US 27

St. Johns, MI 48879

Ph: (989) 224-8852 or

(989) 224-8594 – St. Joseph for referral

Hours: Mon. – Fri.: 10:00 a.m. to 5:00 p.m.

Saturday – 10:00 a.m. to 1:00 p.m.

Services: Assists with food, personal care needs, utilities, shelter, medication, clothing and other necessities. Thrift stores offer clothing and household items for sale. Accepts good, usable donations during office hours. If you would like to have donations picked up, please call the store to make arrangements. Medical equipment is free if available. For an appointment with the referral office you must have a decision letter from the Department of Human Services (DHS) and also contacted the Salvation Army and Capital Area Community Services first.

Cost: None with a referral, minimal charge otherwise.

Volunteers of America Thrift Store

5411 S. Cedar St
Lansing, MI 48911
(517) 272-3126

Donation Service Line: 1-800-552-1515

3800 W. Saginaw
Lansing, MI 48917
(517) 703-9088

Hours: 9:00 a.m. to 8:00 p.m. Monday through Saturday. 12:00 noon to 5:00 p.m. Sunday

Services: Operates a thrift store in the greater Lansing area. Has pick-up service for usable clothing and household items. Profits from the store are used to fund social services. Donations are tax-deductible.

Cost: Low cost. Clothing and household goods are given to shelter residents and others in Need through a voucher system.

PERSONAL EMERGENCY RESPONSE SYSTEMS

Critical Signal Technologies (CST)

**Phone: (888) 557-4462
(1-888-55-SIGNAL)**

27475 Meadowbrook Rd

Novi, MI 48377

Web Site: www.criticalsignaltechnologies.com

Referrals email: referral@criticalsignaltechnologies.com

Services: A provider of 24-hour personal emergency response systems and simple to use medication management systems. With the touch of a button a professionally trained representative will contact the client and/or designated caregiver in a matter of seconds. If the client is unable to respond, emergency services will be contacted immediately. Units can also be programmed to play at a specific time. Enhanced reminder messages and fall detection units available.

Cost: No installation fee if self installed. Range from \$24.95 (basic) to \$39.95 (for cellular unit) per month fee for the main unit. A special discount rate of \$20 month is available for those on the waiting list for MI Choice program. Call for cost information on medication management.

Guardian Medical Monitoring, Inc

Phone: (888) 349-2400

18000 W. Eight Mile Rd.

Southfield, MI 48075

Fax: (248) 395-1494

Web Site: www.guardianmedicalmonitoring.com

Hours: Office hours: 8:30 a.m. to 6:00 p.m. Monday through Friday with 24 hour monitoring and customer services.

Services: Personal emergency response systems that signal your need for help through the push of a button. Fully automated medication dispensing unit that organizes, reminds and tracks the delivery of your medications. Wander management accessories can be used to help keep your loved ones safe. Virtually There Care is a camera software program that allows families, caregivers and health care provider's visual and audible access to a separate location via an internet connection.

Eligibility: People of all ages

Cost: Personal emergency response system installation is free with a \$24.95 month monitoring fee if you mention you were referred by Tri-County Office on Aging. Please call for additional prices. No landline? No problem! Options are available starting at \$35 per month for at home monitoring with out a home phone line. Please call to inquire about fall detector and portable PERS pricing.

McLaren Visiting Nurses Lifeline

Phone: 1-866-674-9900 ext 4427

Office Hours: 8:00 a.m.-10:00 p.m. EST Time, Monday through Friday.

Services: Philips Lifeline is a 24-hour personal emergency response program which signals your need for help through the push of a button. Lifeline has proven to be an effective response program

for both medical and environmental emergencies. New Auto Alert can automatically contact help if a fall is detected &/or patient is unable to press their button.

Eligibility: Anyone with need for program.

Cost: \$29.95 (basic unit - \$45.00 (Auto Alert) set-up fee (one time charge)).

Sparrow Health Systems Lifeline

Phone: (517) 371-2115

915 E. Michigan Ave.
Lansing, MI 48912

Hours: 8:00 a.m. – 6:00 p.m., Monday through Friday

Services: Lifeline is a 24-hour personal emergency response program that signals your need for help through the push of a button. Lifeline has proven to be an effective response program for both medical and environmental emergencies.

Eligibility: Anyone with need for program depending on priority.

Cost: Call for current prices.

PUBLIC BENEFIT PROGRAMS

Assurance Wireless**Phone: (800) 392-3850**Website: <http://www.assurancewireless.com>

Services: Free phone with 250 free voice minutes for those who qualify. There is no annual contract and services include: nationwide Sprint Network coverage, a voicemail account, call waiting, 911 access and caller ID. Keep your current home or cell phone number when you switch to Assurance Wireless.

Eligibility: Varies by state. May qualify based on participation in the following programs: Medicaid, Food Stamps, Supplemental Security Income (SSI), Temporary Assistance for Needy Families, Federal Public Assistance or Section 8, Low Income Home Energy Assistance or based on household income.

Cost: None for the first 250 minutes. Add \$5 per month to get 500 total voice minutes or \$20 to increase to 1000 total voice minutes plus 1000 texts.

Clinton County Department of Human Services**Phone: (989) 224-5500****Adult Protective Services: (855) 444-3911**

105 W. Tolles Rd.
St. Johns, MI 48879
Fax: (989) 224-3896

Hours: 7:30 a.m. to 5:00 p.m. Monday through Friday

Services: Handles applications and assistance in Medicaid, food stamps, emergency assistance, adult services (Adult Foster Care homes, protective services, home services, etc.). Volunteers and workers may be available for filling out applications for the homebound seniors. Adult protective services available to adult persons suffering from neglect, abuse and exploitation.

Eligibility: Depends on the program. Must be a resident of Clinton County.

Eaton County Department of Human Services**Phone: (517) 543-0860****Adult Protective Services: (855) 444-3911**

1050 Independence Blvd.
Charlotte, MI 48813
Fax: (517) 543-2125

Hours: 7:30 a.m. to 5:00 p.m. Monday through Friday

Services: Handles applications and assistance in Medicaid, food stamps, Adult Home Help, emergency assistance, adult services (Adult Foster Care Homes, housing, protective services, home services, etc.) Volunteers may be available for filling out applications for homebound seniors. Adult Protective Services are available to persons suffering from abuse, neglect or exploitation. Uses the least restrictive procedures to provide these services including social and legal intervention.

Eligibility: Income and asset guidelines. Age 65 or disabled. Must be resident of Eaton County.

Eaton County Veterans Service Office**Phone: (517) 543-3740**

1045 Independence Blvd.
Charlotte, MI 48813
Fax: (517) 543-8457

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Advocate for veterans and/or their families for the benefits they have a right to receive. Benefits may include Federal or State benefits. Those can include compensation claims, pension, death and indemnity compensation headstone/marker, G.I. Bill education benefits, etc.

Ingham County Department of Human Services**Phone: (517) 887-9400****Adult Protective Services: (855) 444-3911****MA Beneficiary Hotline: (800) 642-3195**

5303 S. Cedar, Building 4
Lansing, MI 48911-3800
Fax: (517) 887-9500
Website: www.michigan.gov/myhealthportal

Hours: 7:00 a.m. to 5:45 p.m. Monday through Friday. Call in hours 8:00 a.m. to 5:00 p.m. Adult Protective Services available 24 hours.

Services: Offers a variety of services for low-income individuals. Handles applications and assistance for Medicaid, food stamps, State Emergency Relief (SER), Family Independence Program (FIP), State Disability Assistance (SDA), Employment Support services, Child Day Care and Welfare services and adult services (home help services, protective services, adult foster care, etc.). Volunteers may be available for filling out applications. Adult Protective Services also handles calls (can be anonymous) regarding abuse, neglect or exploitation of vulnerable adults. The agency investigates these situations and takes necessary action if needed, utilizing the least restrictive procedures to provide these services including social and legal intervention.

Eligibility: Depends on the program. Must be a resident of Ingham County.

Ingham/Clinton County Department of Veteran's Affairs**Phone: (517) 887-4331**

5303 S. Cedar – 2nd Floor, Building 2
Lansing, MI 48911
Fax: (517) 393-3450
Web site: www.ingham.org/va National Website: www.va.gov

Hours: 8:00 to 11:45 a.m. and 1:00 to 4:30 p.m. Monday through Thursday. 8:00 to 11:45 a.m. and 1:00 to 4:00 p.m. on Friday

Services: Assists eligible veterans and survivors to apply for Federal, State and County benefits such as veteran's pension, widow's pension, burial benefits arrangement for payment by the VA on emergency admissions to local hospitals. A van is available for transportation and prescription refill pick-ups at the Ann Arbor VA hospital. Van runs are Monday through Thursday only, reservations suggested. You can also visit www.va.gov/explore to learn about the different types of benefits, apply for benefits or to track the status of a claim.

Eligibility: Contact office for eligibility and to make an appointment.

Cost: No charge.

Lifeline Michigan**Phone: (800) 377-9450**

P.O. Box 4600
Waterloo, IA 50704-9717
Website: www.att.com

Services: AT&T offers ‘Lifeline’ a government assistance program that makes monthly basic telephone service more affordable for qualified customers. Save up to \$144 per year and receive a discount on new phone installations, transfers or wireless service. **Link Up** – Offers a discount on the cost of initiating the primary telephone service including activation of a wireless phone that serves as the primary residential telephone. **Dial O Program** – Operator assistance exemption allows sight impaired customers to use directory assistance for local numbers free with physician’s documentation.

Eligibility: Household income is at or below 150% of the federal poverty level. One phone line only based at your principal residence and billed to your home. Link Up benefits allowed only once at the same address. Must renew annually.

Cost: None to apply.

Michigan Veterans Trust Fund**Phone: (517) 284-5299**

5303 S. Cedar, 2nd Floor, Building 2
Lansing, MI 48911
Fax: (517) 393-3450

Hours: 8:00 to 11:45 a.m. and 1:00 to 4:30 p.m. Monday through Thursday. 8:00 to 11:45 a.m. and 1:00 to 4:00 p.m. on Friday

Services: “NEED” is a program that provides financial assistance to war time veterans and dependents that are in need or on an emergency basis. This assistance is not designed to relieve and individual of obligations that he or she could and should meet through their own efforts. Call for more information and to make an appointment.

Ingham County Committee - Authorized Agent, Pamela Frame(517) 887-4331
5303 S. Cedar Street, Lansing, MI 48911
8:00 to 11:45 a.m. and 1:00 to 4:30 p.m. Monday through Friday

Clinton County Committee – Applications taken by Ingham County

Eaton County Committee - Authorized Agent, Gary Goff(517) 543-5616
Court House, Charlotte, MI 48813
11:00 a.m. to 5:00 p.m. Mondays

Medicare**Phone: 1-800-Medicare (633-4227)**

Part A (hospital) and Part B (medical)

Federal medical coverage for persons 65 years and older and for those with permanent disabilities.

Medicare Rights Center: www.medicarerights.org- 1-800-333-4114
www.medicareinteractive.org

Railroad Medicare**1-800-833-4455**

P.O. Box 10066
Augusta, GA 30999

Restricted to Railroad Retirees only. Call for more information.

Safelink Wireless**1-800-723-3546**

Website: [www.safelinkwireless.com/safelink/program info](http://www.safelinkwireless.com/safelink/program%20info)

Offers the Lifeline Program to low-income subscribers ensuring telephone service is available

Social Security Administration**Phone: 1-877-512-5944
or 1-800-772-1213
Fraud: 1-800-269-0271**

District Office
5210 Perry Robinson Circle (formerly Skoog Ct.)
Lansing, MI 48910
Web site: www.socialsecurity.gov
TTY: 800-325-0778

Hours: 9:00 a.m. to 3:00 p.m. Monday, Tuesday, Thursday, Friday and 9:00 a.m. to 12:00 p.m. on Wednesdays to the public. Best time to visit - anytime after the 1st week of the month on days other than Mondays. Toll free number 7:00 a.m. to 7:00 p.m. Best time to telephone – after 9:00 a.m. or later in the afternoons.

Services: Provides information and assistance in making application for Social Security Retirement, Survivors and Disability benefits, Medicare and Supplemental Security Income (SSI). Pamphlets and films on Social Security, Medicare and SSI are available. Persons may also apply for food stamps at the office. Speakers are available to talk to groups and explain the various Social Security benefits, how to apply, who is eligible, etc. Call for more information.

Verizon Lifeline**Phone: 1-800-483-4000**

Fax: 1-866-869-4500

Hours: 7:30 a.m. to 7:00 p.m. Eastern Standard Time

Services: Discount for individuals with low incomes so they can have a phone installed at a lower cost and/or receive \$10.20 off basic phone service. Discount will be effective within 30 days after eligibility is determined.

RECREATION AND LEISURE ACTIVITIES

Allen Neighborhood Center**Phone: (517) 367-2468**

1619 E. Kalamazoo

Lansing, MI 48912

Fax: (517) 367-0158

Web site: www.allenneighborhoodcenter.org**Hours:** Monday through Friday 9:00 a.m. to 5:00 p.m.**Services:** Recurring events include the Wednesday Morning Senior (and interested neighbors) drop-in program from 10:00 a.m. to noon, which features a short program on a topic of interest followed by coffee and muffins. Breadbasket – free bread distribution every Tuesday at 1:00 p.m. Youth Service Corps – Tuesday and Thursday from 3:30 to 5:30 p.m. Provides assistance with MI Bridges and other public program applications. Call for calendar or more information. Publishes “The Eastside Neighbor” newsletter.**Eligibility:** Seniors or others interested. Call if you need a ride or can give a ride to someone.**Fees:** None.

Delta Township 39er’s**Phone: (517) 484-5600**

Delta Township Enrichment Center

4538 Elizabeth Rd.

Lansing, MI 48917

Fax: (517) 853-8022

Web Site: www.delta.mi.gov/parks**Hours:** 10:00 a.m. to 3:00 p.m. Monday through Friday**Services:** Senior Dining Site with meals available each week on Monday, Wednesday and Friday at 12:00 noon. The program provides approximately 10-12 day trips and 2-4 longer trips per year. It also includes two large senior golf leagues which are on Tuesdays and Thursdays April – September, a senior mixed bowling league, guest speakers, musical entertainment, a monthly book club, bingo, scrabble, cribbage, line dancing, walking program (Lansing Mall), card parties including contract bridge, euchre and pinochle, exercise classes including jazzercise, zumba gold, arthritis, chair, yoga and Tai Chi. Chair massage is available once a month. Blood sugar and oxygen levels are tested once a month, blood pressures taken once a month and monthly foot care.**Eligibility:** Open to any interested person age 50 and over.**Cost:** Varies by class or activity. Donation requested for lunch.

East Lansing Prime Time Seniors Program

Phone: (517) 337-1113

Hannah Community Center
819 Abbott Rd.
East Lansing, MI 48823
Fax: (517) 333-2955
Web site: www.elprimetime.org

Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday

Services: East Lansing's Prime Time Senior Program offers a variety of enrichment courses including arts, literature, social issues, wellness workshops, as well as social and volunteer opportunities.

Eligibility: East Lansing residents and seniors/retirees from the surrounding area.

Cost: \$20.00 annual membership (includes discounts on courses and quarterly newsletter).

Transportation services include:

Discount fares with Yellow and Spartan Cab. This service is available to East Lansing residents 60 years of age and older. There is a one-time administration charge of \$20.00 and the cards are good for a lifetime. This service provides up to \$120.00 off a year on taxi fare. Call Prime Time for more details.

Eaton Rapids Community Pool

Phone: (517) 663-3483

Hours: Monday and Wednesday 11:00 a.m. to 12:00 noon. A schedule of other classes is available on Eaton Rapids Public School website.

Services: Offers water aerobics classes for seniors and family members.

Cost: \$35.00 for ten classes/punches for seniors 60+ First class is free of charge.

Lansing Parks and Recreation Department**Phone: (517) 483-4277**

50 Plus Centers - Senior Go-Getters

Fax: (517) 483-6062

Web site: www.parks.cityoflansingmi.com**Hours:** Vary – see specific center below**Services:** The Lansing Parks and Recreation Department offer a 50 Plus program for Lansing area seniors. This program provides comprehensive and diverse services and activities at two centers which are available to adults, 50 years of age and older. Programs and activities include such areas as recreational activities, advocacy issues, enrichment opportunities, health services, and other special events. Many of these programs and activities are offered in coordination with other community agencies. Nutrition meal provided by the Tri-County Office on Aging's Meals-On-Wheels. There is a calendar of events published quarterly and available at any of the 50 Plus Centers.**Lett's Center**, 1220 W. Kalamazoo St., Lansing, MI 48915**Phone: (517) 483-4311**

Hours: 10:00 a.m. to 2:00 p.m. Monday through Friday Fax: (517) 377-0073

Meals: 12:00 noon Monday through Friday. \$3 suggested donation. Under 60 \$6.

Free on-going activities: Bridge and bridge lessons, skip-bo and bingo

South Side Community Center, 5825 Wise Rd., Lansing, MI 48911.....**Phone: (517) 483-6685**

Hours: 9:30 a.m. to 2:00 p.m. Monday through Friday

Meals: 11:45 a.m. Tuesday – Friday \$3 suggested donation. Under 60 \$6.

Free on-going activities: shuffleboard, billiards, horse shoes, bingo, skip-bo and table tennis. Also offers evening programs such as music jam Wednesdays and dances. \$3 suggested donation for those over 60 and \$6 suggested donation for those under 60.

Special Rates for Golf Course

Persons age 60 years and over can receive a special rate on their golf fee when playing on a city-owned golf course. These special rates are for nine (9) or eighteen (18) holes and are good until 2:00 p.m. weekdays and after 4:00 p.m. on weekends and holidays. You must show proof of age. For additional information call (517) 483-4232

Hunting and Fishing Licenses**Phone: (517) 373-1204**

Michigan Department of Natural Resources (DNR)

535 W. Allegan (Constitution Hall)

P.O. Box 30181

Lansing, MI 48909-7681

Fax: (517) 485-3868

Website: www.michigan.gov/dnr**Eligibility:** Michigan senior citizens age 65 and over can obtain reduced rates on license fees.**Cost:** Senior resident fishing License - annual, all species \$11.00. Senior Resident Hunting - \$5.00 which allows for small game hunting. Additional licenses are required for deer, bear, waterfowl, elk, turkey, and wolf and fur harvester license. A hunting and fishing license combo is available for senior residents which cost \$43.

Meridian Senior Center**Phone: (517) 706-5045**

4000 N. Okemos Rd.
Okemos, MI 48864
www.okemoschools.net

Hours: 9:00 a.m. to 4:30 p.m. Monday through Friday

Services: Offers a wide variety of programming for older adults. Bridge, exercise, yoga, tai chi, jazzercise, tap and line dancing classes, craft classes, bingo and special programs on foot care, life enrichment, trips, tax service and more. The Tri-County Office on Aging provides meals on Tuesdays and Thursdays at 12:00 p.m. Reservations should be made no later than noon the day before. Transportation is available for those in Meridian Township. No residency requirement.

Cost: Membership fee is \$15.00 a year for Meridian township residents and \$20 a year for non residents. Monthly newsletter is published. \$3.00 suggested donation for meal and \$ 2 for sack lunch.

State and National Parks and Forests**Phone: (517) 373-9900 or
1-800-447-2757 (reservations)**

DNR Parks Division
P.O. Box 30257
Lansing, MI 48909
National Parks: (906) 482-0986
National Forests: (231) 775-2421
www.michigan.gov/stateparks

Michigan State Parks - Michigan senior citizens age 65 or over can obtain an annual vehicle pass for their car at a reduced fee.

National Parks and Forests – Senior citizens age 62 or over can obtain a Golden Age Pass free of charge at any national park entrance. These passes are good for national parks, monuments, and recreational areas managed by the federal government. Also there is a 50% discount on Federal ‘use’ fee charged for facilities and services such as camping, boat launching and parking, but not fees charged by concessionaires.

YMCA (Young Men’s Christian Association)

DeWitt Branch – 13161 Schavey Rd., DeWitt MI 48820	Phone: (517) 827-9660
Downtown Branch – 119 N. Washington, Lansing, MI 48933	Phone: (517) 827-9640
Oak Park Branch – 900 Long Blvd., Lansing, MI 48911	Phone: (517) 827-9700
Parkwood Branch – 2306 Haslett Rd., East Lansing, MI 48823	Phone: (517) 827-9680
West Lansing Branch - 3700 Old Lansing Rd., Lansing, MI 48917	Phone: (517) 827-9670

Web site: <http://www.ymcaoflansing.org>

Hours: Contact individual sites for current hours.

Services: A variety of physical fitness programs including swimming classes, open swimming, exercise and aerobics programs, fitness rooms, racquetball, handball, squash, basketball, track and steam rooms. Enhanced fitness classes designed for older adults which are held at various sites. Visit www.projectenhance.org for more information. Register for these classes at the YMCA.

Eligibility: Anyone interested in fitness

Cost: Will vary based on the membership category selected.

RETIREE AND ADVOCACY ORGANIZATIONS

American Association of Retired Persons (AARP)**Toll-Free: (866) 227-7448**

Michigan State Office
309 N. Washington Square, Suite 110
Lansing, MI 48933
Fax: (517) 482-2794
TTY: (517) 434-7598
Web site: <http://www.miaarp@aarp.org>

Publications E-mail: cic.information@pueblo.gsa.gov or
Mail requests to: Consumer Information Catalog, Pueblo, CO 81109

AARP is a non-profit membership association of 34 million people open to anyone 50 years of age and over. Members automatically receive colorful, entertaining bimonthly magazines, as well as monthly news bulletins detailing recent legislation and benefits pertaining to older persons. AARP members can take advantage of travel discounts, a mail order pharmacy service, quality credit cards, and life, auto, homeowners and mobile home insurance. Members also have the opportunity to enroll into group health insurance. AARP is very involved in federal and state legislation pertaining to older persons. In addition, AARP sponsors programs such as driver education courses, financial planning seminars and assistance with tax returns.

Local chapters meet monthly and have special programs on their agenda. Any AARP member is welcome to attend. Guest speakers on various topics pertaining to older persons are presented at meetings. For information on the AARP chapter closest to you call the AARP Michigan State Office. The state office is the home base of eleven professional staff members and more than 150 volunteer leaders who collaboratively pursue the Association's program and advocacy goals in the state capitol and in communities throughout the state.

Area Agencies on Aging Association of Michigan (AAAAM)**Phone: (517) 886-1029**

6105 W. St. Joseph, Suite 204
Lansing, MI 48917-3981
Fax: (517) 886-1305

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Coordinates the Michigan Senior Advocates Council. Provides advocacy on behalf of senior citizens in regards to pending or proposed legislation. Publishes a newsletter, Aging Alert monthly September to June on state and federal legislation affecting the elderly.

Eligibility: Interested persons can receive a newsletter

Cost: Available on a subscription basis, \$12.00 for individual, \$24 business or seniors can make a donation of any amount.

Elder Care Locator**Phone: (800) 677-1116**

Web site: www.eldercare.gov

Services: A toll-free number that can identify regional and state Area Agencies on Aging anywhere in the United States.

Greater Lansing National Caucus on Black Aged (NCBA)**Phone: (517) 803-6791**

Contact Person: Anita Turner

P.O. Box 24033

Lansing, MI 48909

Hours: Meetings held the 3rd Monday of the month at 12:00 noon at Lett's Community Center, 1220 W. Kalamazoo, Lansing

Services: The goal of the NCBA is to enhance the well being of older adults, especially minorities. The chapter is a multi-racial membership organization devoted to improving the daily existence and economic status of older persons. Activities include outreach efforts, guest speakers and fundraisers. Focus on health, employment and housing.

Eligibility: Interested persons or organizations, no restrictions

Cost: \$15.00 yearly membership for seniors.

Michigan Senior Advocates Council (MSAC)**Phone: (517) 886-1029**

6105 St. Joseph, Suite 204

Lansing, MI 48917-3981

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: MSAC members are appointed by Area Agencies on Aging. MSAC meets the 4th Wednesday of each month to study legislation concerning senior citizens and to take action. MSAC delegates spend approximately 20 hours per month on advocacy related tasks.

Eligibility: Any interested person.

Cost: None

Older Women's League (OWLS)

National Address: 1627 Eye St New, Suite 600, Washington DC 2001 – (202) 450-8986

Lansing Area: Jean Friend, 5100 St. Clair Rd., St. Johns, MI 48879 - (989) 834-2708

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday

Services: A national advocacy group for the concerns of women 40 years and older.

Eligibility: Anyone with an interest in women's problems

Cost: \$25.00 national membership fee.

Ingham County Triad**Phone: (517) 483-6680**

PO Box 26182

Lansing, MI 48909

www.inghamcountytriad.org

info@inghamcountytriad.org

Hours: Meets 3rd Tuesday of each month (except July and December) at 3:00 -4:00 p.m. at Lansing Fire Department, 815 Marshall St. Lansing 48906

Services: A partnership among Law Enforcement Agencies, Fire Personnel, Senior Citizens (60+)s and Community Members which promotes elder quality of life through advocacy, assistance, education, and training. The goal is to develop and implement useful crime prevention and educational programs. Current Triad programs include: No Seniors without Christmas; Community Outreach & partnerships; RSVP (Capital Area Interfaith Respite (CAIR) & Senior Companion Program (SCP); Elder Law of Michigan; Rebuilding Together- Ingham County; Speakers Bureau; Tri-County Office on Aging (Meals on Wheels & Crisis Services); Senior Prom

Tri-County Aging Consortium Advisory Council**Phone: (517) 887-1348 or
1-800-405-9141**

5303 S. Cedar St., Ste

Lansing, MI 48911-3800

Fax: (517) 887-8071

Hours: Regular monthly meetings scheduled on the 2nd Thursday of each month at 1:00 p.m.

Services: Seniors representing Clinton, Eaton and Ingham counties and the cities of Lansing and East Lansing and agencies who serve seniors. Council meets monthly to advise the Tri-County Office on Aging Consortium Administrative Board and advocate for ways to improve the lives of older adults and their families.

Eligibility: Membership by appointment. Public attendance and comments are welcomed and encouraged. Call for more information.

Cost: None

Other Senior Organizations

- **Board of Water and Light Retirees**.....(517) 646-6846
Bob Stroebel, President
- **Capitol Area Retired Educational Employees Association (CAREEA)**(517) 669-8141/lm1jinx@aol.com.
Linda Myers, President
- **GM Lansing Salaried Retirees Club**(517) 321-6383
Bob Benecette, Contact Person
- **Kiwanis**..... www.kiwanis.org
 - South Lansing Kiwanis- Pat Koralach, Contact Person...www.southlansingkiwanis.org/517-882-1495.
 - Delta Twp Kiwanis- Eric Hansen, Contact Person.... 517-327-0029
 - Charlotte Kiwanis...www.kiwanischarlotte.org
 - East Lansing Kiwanis- www.kiwanisofel.org
 - Holt Kiwanis- <https://sites.google.com/site/kiwanisclubofholt/>
 - Mason Kiwanis-www.facebook.com/#!/pages/Kiwanis-Club-of-Mason-MI-US/170446413021770
 - DeWitt Kiwanis-www.dewittkiwanis.org
 - Haslett Kiwanis- <https://www.facebook.com/pages/The-Kiwanis-Club-Of-Haslett/304606438607>
 - Okemos Kiwanis-kiwanaisclubofokemos.org
 - Williamston Kiwanis-www.williamstonkiwanis.org
- Lansing Community College Retirees Club**(517) 483-1870
Contact LCC'S Human Resource Office
- **MEA-Retired**.....(517) 337-5462
Chuck Agerstrand, 1216 Kendale, East Lansing, MI 48823-2573
- **Michigan Association of Retired School Personnel (MARSP)**(517) 337-1757
Mark Guastella, Executive Director, P.O. Box 23214, Lansing, MI 48909
- **MSU Retirees Association**(517) 353-7896
14075 South Harrison, Nisbet Building, STE 22, East Lansing, MI 48823-5239.
www.reitrees.msu.edu
- **National Association of Retired Federal Employees (NARFE)**(517) 393-6614
Bill Fuate, Lansing Chapter 289,
- **UAW Local 652 Retirees**(517) 372-7581 x 147
Mike Bauer, Chairman, 426 Clare St. Lansing, MI 48917

SENIOR CENTERS

Bath Charter Township Senior Center**Phone: (517) 641-6619**

14480 Webster Rd.

Bath, MI 48808

Website: <http://www.bathtownship.us>Email: info@bathtownship.us**Hours:** 9:00 a.m. to 2:00 p.m. Monday through Friday. Lunch served at 12:00 p.m.**Services:** Lunch costs is \$3/meal for Bath Township residents; \$3.50/non-residents and those under age 55. Activities include Euchre, Bridge, BINGO, crafting, day trios, educational speakers, puzzles, books, board games, music, information and referral. Call for more information on programs and services. Weekly schedule printed in DeWitt-Bath Review, and a monthly menu and events schedule is located at www.bathtownship.us**Eligibility:** New patrons and guests welcome. No age requirement and no fee to become a member.**Cost:** None. \$3.00 suggested donation for meal.

Clinton County Senior Center**Phone: (989) 224-4257**

201 E. Walker St.

St. Johns, MI 48879

Hours: 9:00 a.m. to 3:00 p.m. Monday, Tuesday, Wednesday & Friday**Services:** A multi-purpose center offering a variety of services to older persons in Clinton County. Programs and activities include a Tri-County Office on Aging lunch program on Tuesday, Wednesday and Friday at noon, weekly potlucks, bingo, exercise classes, senior bookworm study group, euchre tournaments and occasional day trips. In addition seniors can come and just sit back and socialize, listen to occasional guest speakers, do arts and crafts, play pool, work out in the exercise room or check out large print books or video tapes. Monthly calendar of events available.**Eligibility:** Any senior citizen**Cost:** A \$3.00 per person donation is encouraged for the Tri-County nutrition meal. Please call and reserve a lunch a day in advance. Minimal cost for bingo, euchre, day trips and fundraising lunches.

Cristo Rey Senior Citizens Program**Phone: (517) 372-4700**

1717 N. High
Lansing, MI 48906
Fax: (517) 372-8499

Hours: 10:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday and Friday.

Services: Provides a variety of services to senior citizens including those who primarily speak Spanish. These services include information and assistance on topics such as Social Security, SSI, Medicaid, Medicare, food stamps, housing, health programs, property tax assistance and utility assistance. Cristo Rey is also a food pantry site where participants can take part in an open distribution of produce and dairy products (available to clients once every two weeks). A basic needs pantry also provides personal items and other essentials. Emergency prescription assistance may be available depending on funding. The prescription assistance program can help fill out necessary paperwork to obtain medications. Outreach service is provided to Spanish speaking senior citizens to inform them of services and programs available to them. The program also provides advocacy on behalf of senior citizens to insure that they are receiving benefits they are entitled to. The center also provides other activities such as arts and crafts, music, educational classes (i.e. English as a second language) and bilingual staff available

Eligibility: Senior citizens age 60 and over who are in need.

Cost: None.

Other services provided by Cristo Rey:

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Delta Township 39'ers**Phone: (517) 484-5600**

4538 Elizabeth Rd.
Lansing, MI 48917
Web Site: www.deltami.gov/parks

Hours: 10:00 a.m. to 3:00 p.m. Monday through Friday

Services: A variety of activities offered to those 50 and older. The Tri-County Office on Aging lunch program available on Monday, Wednesday and Fridays at 12:00 noon. Reservations should be made no later than noon the day before. Programs and activities include bingo, monthly blood pressure clinic, foot care clinics, card groups, chair massage, exercise classes, golf league, monthly lunch bunch, speakers, travel, water exercise and lap swimming.

Eligibility: Age 50 and over.

Cost: Costs vary by class or activity.

East Lansing Prime Time Seniors Program

Phone: (517) 337-1113

Hannah Community Center
819 Abbott Rd.
East Lansing, MI 48823
Fax: (517) 337-4099
Web site: www.elprimetime.org

Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday

Services: East Lansing's Prime Time Senior Program offers a variety of enrichment courses including arts, literature, social issues, wellness workshops, as well as social and volunteer opportunities. The program also offers a transportation program that provides discounted fares with Yellow and Spartan Cab. This service is available to East Lansing residents 60 years of age or older. There is a one-time administration charge of \$20.00 and the cards are good for a lifetime. This service provides up to \$120.00 off a year on taxi fare. Call Prime Time for more details.

Eligibility: East Lansing residents and seniors/retirees from the surrounding area.

Cost: \$20.00 annual membership (includes discounts on courses and quarterly newsletter).

Eaton Area Senior Center

Phone: (517) 541-2934

804 S. Cochran, P.O. Box 644
Charlotte, MI 48813
Fax: (517) 541-2928
Email: eaton.area.senior.center@gmail.com

Hours: Monday – Friday 9:00 AM – 4:00 PM

Services: Established to promote and provide, in a comfortable and friendly setting, social, educational, economic and recreational programs that will enrich the lives of seniors in the greater Eaton County area and encourage a real sense of belonging to the community. Features various activities, games and speakers. Lunch buffet site Monday through Thursday at 11:30 AM to 12:30 PM and Friday night meal plus recreation from 5:00 – 6:30 PM. Facility is available to rent for private functions. 'Senior Scoop Newsletter'

Eligibility: Seniors 55 and older in greater Eaton County. Associate memberships for persons under 55 are also available.

Fees: Memberships available. Annual dues \$24 but no cost to participate.

Eaton Rapids Senior Center**Phone: (517) 663-2335**

Rocking Chair Deserters
201 Grand Street
Eaton Rapids, MI 48827
Fax: (517) 663-2337
Website: www.eatonrapidsseniorcenter.com

Hours: 9:00 a.m. to 3:00 p.m. Monday through Thursday

Services: The Eaton Rapids Senior Center is a source for information, referrals, outreach access to legal services, socialization, recreation, educational services and individual counseling. It is a warm, friendly place for seniors 60 and above to enjoy and feel welcome.

Eligibility: Persons 60 and over living in Eaton Rapids and surrounding area or anyone interested in aging programs.

Holt Senior Center**Phone: (517) 268-0096**

Sam Corey Building
2108 N. Cedar St.
Holt, MI 48842

Hours: 9:00 a.m. to 4:00 p.m. Monday through Friday.

Services: Monthly schedule of events include exercise, crafts, games, films, health programs, computer lessons, etc. Tri-County Office on Aging dining site each Wednesday at noon with Bingo following once each month. For more information call the center or Delhi Parks and Recreation at 694-1549.

Cost: Membership cost is \$ 12 per year, per person or prorated when you join. Suggested donation of \$3.00 per meal

Eligibility: Age 55 and over.

Ledges Young at Heart**Phone: (517) 627-4866**

525 E. River St.
Grand Ledge, MI 48837

Hours: 10:00 a.m. to 1:00 p.m. Tuesday through Thursday

Services: Offers a variety of services including information and assistance in the areas of Social Security, housing, Medicare, Medicaid and insurance. Assistance with property tax and utility rebate forms is available. Advocacy on behalf of older adults to insure they are receiving benefits of programs, which they are entitled, is also available.

Eligibility: Persons 60+ in the Grand Ledge School District area and Eaton County.

Cost: None. Lunch is \$2.50 donation.

Meridian Senior Center**Phone: (517) 706-5045**

4000 N. Okemos Rd.

Okemos, MI 48864

Website: www.meridian.mi.uswww.facebook.com/meridianseniorcenter**Hours:** 9:00 a.m. to 4:00 p.m. Monday through Friday**Services:** Offers a wide variety of programming for older adults. Bridge, exercise, tap and line dancing classes, craft classes, bingo and special programs on foot care, life enrichment, trips, tax service and more. The Tri-County Office on Aging provides meals on Tuesdays and Thursdays at 12:00 p.m. Reservations should be made no later than noon the day before. Transportation is available for those in Meridian Township. No residency requirement.**Cost:** Membership fee is \$15.00 a year. Monthly newsletter is published. \$3.00 suggested donation for meal for individuals over sixty and \$6 for under sixty.

Williamston Area Senior Center**Phone: (517) 655-5173**

Community Education Center

201 School Street

P.O. Box 343

Williamston, MI 48895-0343

Fax: (517) 655-4904

Website: www.williamstonseniorcenter.com**Hours:** 9:00 a.m. to 2:00 p.m. Tuesday, Wednesday and Thursday**Services:** Information and assistance, leadership and volunteer opportunities, legal assistance, socialization and recreation. Speakers on health, wellness and blood pressure clinic. Tri-County Office on Aging senior dining site provides the meals. Annual Spring Dance and holiday parties and special Veteran's Day program.**Eligibility:** Seniors 55+ in the Williamston area and outlying communities. All welcome**Cost:** Donation only for meals.

SENIOR CITIZENS OFFICES – INFORMATION AND ASSISTANCE

Clinton County I & A/ Service Access Center

Phone: (989) 224-6702

Capital Area Community Services
1001 S. Oakland
St. Johns, MI 48879
Fax: (989) 224-0904

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Offers a variety of services including information and assistance in the areas of housing, Social Security, SSI, Medicare, Medicaid, health programs, employment, volunteer opportunities, nutrition programs, utility assistance programs, etc. and makes referrals to the appropriate agencies. Provides advocacy of behalf of senior citizens to insure that they are receiving benefits they are entitled to. Assistance is available to complete DHS applications, Medicare, Medicaid and other insurance counseling and information about long-term care and Medicare supplements. Commodity Food and a monthly Commodity Supplemental Food Program. Weatherization Program insulates the homes of low-income seniors.

Eligibility: Persons age 60 and over living in Clinton County.

Cost: None. Donations accepted.

Cristo Rey Senior Citizens Program

Phone: (517) 372-4700

Cristo Rey Community Center
1717 N. High
Lansing, MI 48906
Fax: (517) 372-8499
Website: www.cristoreycommunity.org

Hours: 10:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday and Friday.

Services: Provides a variety of services to senior citizens including those who primarily speak Spanish. These services include information and assistance on topics such as Social Security, SSI, Medicaid, Medicare, food stamps, housing, health programs, property tax assistance and utility assistance. Cristo Rey is also an food pantry site where participants can take part in an open distribution of produce and dairy products (available to clients once every two weeks). A basic needs pantry also provides personal needs items and other essentials. Emergency help for prescriptions may be available depending on funding. The prescription assistance program can help fill out necessary paperwork to obtain medications. Outreach service is provided to Spanish speaking senior citizens to inform them of services and programs available to them. The program also provides advocacy on behalf of senior citizens to insure that they are receiving benefits they are entitled to. The center also provides other activities such as meals, arts and crafts, music and educational classes (i.e. English as a second language). Bilingual staff available. Cristo Rey also has a basic needs pantry where personal need items can be obtained.

Eligibility: Senior citizens age 60 and over who are in need.

Cost: None. Donations accepted.

Other services provided by Cristo Rey: Guidance and counseling services, and emergency assistance with food and clothing.

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East Lansing Prime Time Seniors Program	Phone (517) 337-1113
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Hannah Community Center
819 Abbott Rd.
East Lansing, MI 48823
Fax: (517) 337-4099
Web site: www.elprimetime.org

Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday
Services: East Lansing’s Prime Time Senior Program offers a variety of enrichment courses including arts, literature, social issues, wellness workshops, as well as social and volunteer opportunities. The program also offers a transportation program that provides discounted fares with Yellow and Spartan Cab. This service is available to East Lansing residents 60 years of age or older. There is a one-time administration charge of \$20.00 and the cards are good for a lifetime. This service provides up to \$120.00 off a year on taxi fare. Call Prime Time for more details.
Eligibility: East Lansing residents and seniors/retirees from the surrounding area.
Cost: \$20.00 annual membership (includes discounts on courses and quarterly newsletter).

Eaton County I and A/Service Access Center	Phone: (517) 543-5465
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Capital Area Community Services
1370 N. Clinton Trail
Charlotte, MI 48813
Fax: (517) 543-5478

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday
Services: Offers a variety of services including information and assistance in the areas of housing, Social Security, SSI, Medicare, Medicaid, health programs, nutrition programs, employment, tax assistance, volunteer opportunities, utility assistance, weatherization, USDA commodity food distribution, etc. Makes referral to appropriate agencies and provides advocacy on behalf of seniors. Recruits older adult volunteers in cooperation the RSVP.
Eligibility: Persons age 60 and over that live in Eaton County.
Cost: None. Donations accepted.

Eaton Rapids Senior Citizens Office**Phone: (517) 663-2335**

201 Grand Street
Eaton Rapids, MI 48827
Fax: (517) 663-2337
Website: www.eatonrapidsseniorcenter.com

Hours: 9:00 a.m. to 3:00 p.m. Monday through Friday

Services: Information and assistance on topics such as Social Security, taxes, recreation, exercise, education and others. Offers assistance with home heating credits, tax services, and commodity card distribution.

Eligibility: Eaton Rapids area residents.

Cost: None.

Rural Ingham County Senior Citizens Office/Access Center**Phone: (517) 676-1065**

Capital Area Community Services
2819 E. Maple St
Mason, MI 48854
Fax: (517) 676-5564

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday

Services: Offers a variety of services including information and assistance in the areas of social security, SSI, Medicare, Medicaid. Provides assistance with USDA commodity programs, utility assistance, tax assistance and preparation, health insurance information, legal services, in-home weatherization services, volunteer transportation and adult day care. Provides advocacy on behalf of senior citizens to insure they are receiving benefits that they are entitled to.

Eligibility: Persons age 60 and over living in Ingham County outside of Lansing and East Lansing.

Cost: None. Donations accepted.

5303 S. Cedar St., Building 1
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

Find us on Facebook at TCOA

Hours: 8:00 a.m. to 5:00 p.m., Monday through Friday

Services: Tri-County Office on Aging (TCOA) is the Area Agency on Aging for Region VI serving Clinton, Eaton and Ingham Counties. Its mission is to “promote and preserve the independence and dignity of the aging population”. TCOA funds a variety of programs, such as Adult Day Care, Elder Abuse Education, Home Health Aide, Homemaker, In-Home Respite Care, Legal Assistance, Long-Term Care Ombudsman, and Volunteer Transportation.

Eligibility: Individuals age 60 and older and persons with disabilities 18+ years living in Clinton, Eaton and Ingham Counties. Many programs have specific income limits.

TCOA directly provides the following services:

Caregiver Support

Caregiver Support is available to provide counseling for caregivers and their families on planning for the future, including housing, finances and long term care options.

Case Coordination

Case Coordination is available for people who can benefit from limited support. A staff person conducts an assessment and can arrange in-home care for eligible persons who need some assistance with personal care, homemaking, chores or respite.

Crisis Services for the Elderly

Crisis Service responds to non-medical emergencies, such as utility shut off notices and prescription drug issues, for older adults in the Greater Lansing area 24-hours a day, seven days a week. Trained volunteers will assess the situation and help arrange necessary services. After hours number: 517.483/7205...

Housing Assistance

Program is available to individuals 60+ and persons with disabilities aged 18 and older. This service helps with various aspects of housing including, locating new housing, avoiding possible eviction and working on issues between residents and landlords. The housing program also assists those who are transferring from a nursing facility back into the community by locating suitable housing options. .

Information & Assistance

Staff provides information on topics related to older adults and persons with disabilities such as in-home services, housing information, health insurance and Social Security. A **Lending Library** with books and videos is available.

Kinship Care/Respite Program

Provides caregivers (55+) with a break from the responsibilities of caring for children 17 years of age or younger.

Michigan Medicare Medicaid Assistance Program (MMAP)

Counselors can help you to understand Medicare & Medicaid enroll in Medicare prescription drug coverage, review supplemental insurance needs, apply for Medicaid or Medicare Savings programs, identify and report fraud and abuse or scams, and explore long term care insurance. Call 800.803.7174 for more information.

Project Choices (MiChoice)

Offers an alternative to nursing home care. A Nurse and Social Worker team assist eligible individuals with their families and friends, to design a plan of care. Coordinating and providing key services, while respecting each individual's right to choose their own options, allows clients the opportunity to remain at home or live in the setting of their choice.

The Nursing Facility Transition Service

Provides options to nursing facility residents by offering an alternative to institutional care. Nursing facility residents who have a desire to live in the community have a choice. This program assists those eligible to transition from a nursing facility to the comfort of their own home or a licensed setting of their choice.

Meals-On-Wheels

Provides a hot, well-balanced meal delivered daily by friendly volunteers. A sack lunch can be provided for the evening. Frozen meals are available for the weekends. Some special dietary needs may be accommodated upon request.

Senior Dine Card

Program is a partnership with local restaurants to provide meals to qualified seniors. Clients receive a card that is swiped at participating restaurants. The program provides an occasional meal outside the home.

Senior Dining Sites

Provides hot, well-balanced meals and other activities at over 30 sites throughout the tri-county area.

Project Fresh

Provides qualified seniors with coupons to purchase fresh fruits and vegetables at Michigan farmers markets and roadside stands.

AARP Tax Counseling for the Elderly

This program is geared towards, but not limited to, individuals 60+ with low to middle incomes. Trained volunteers assist older persons and persons with disabilities with their income tax and property tax credit forms. Special arrangements can be made for homebound individuals.

SENIOR REFUGEE SUPPORT, INTERPRETATION & TRANSLATION SERVICES

Cristo Rey Community Center

Phone: (517) 372-4700

1717 N. High St.
Lansing, MI 48906
Fax: (517) 372-8499

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday.
Services: Provides Spanish interpretation and English as a second language classes.
Eligibility: Individuals and public/private agencies.
Cost: Varies

Other services provided by Cristo Rey: Guidance and counseling services, Employment, Emergency assistance (clothing, food, and housing)

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Refugee Development Center

Phone: (517) 253-8025

Christ Lutheran Church
122 S. Pennsylvania Ave.
Lansing, MI 48912
Fax: (517) 482-4719
Website: www.refugeedevelopmentcenter.org

Hours: Varies- Usually 10:00 a.m. to 8:00 p.m. Monday through Thursday. 9:00 a.m. to 3:00 p.m. Friday. Programs offsite, check with center for details.
Services: Focus on educational programs held at Hill Center, Gardner and North Elementary which include volunteer training, after school tutoring, youth group activities and parenting workshops. Driving simulator, high speed internet/e-mail, satellite television, computer English language training, beginning computer training, interactive citizenship program, American life skills education, video library in refugee languages, cultural competency training (community members), and special refugee events. Focus on education programs held at Hill center, Gardner Middle School and North Elementary. Programs include volunteer training, after school training, parent workshops and mentoring.
Eligibility: Refugees, Asylees and Public Interest Parolees
Cost: None

Refugee Services**Phone: (517) 323-4734**

A Program of St. Vincent Catholic Charities
2800 W. Willow
Lansing, MI 48917

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday (no phone service from 12:00 noon to 1:00 p.m.). After hours by appointment only.

Services: Provides housing, health, employment referral, upgrades and retention assistance, English as a second language (ESL), transportation and immigration legal consultation.

Eligibility: Newly arrived refugees, public interest parolees (PIP's) and asylees, public/private agencies or individuals in the general public.

Cost: Services at no cost for newly arrived refugees, public interest parolees and asylees. General public, individuals and public/private agencies: Immigration legal consultation costs based on service provided.

SERVICES FOR PERSONS WITH DISABILITES

Bureau of Services for Blind Persons

**Phone: (517) 373-5614 or
1-800-992-9012**

702 W. Kalamazoo, P.O. Box 30007
Lansing, MI 48909-7507
Fax: (800) 726-7323
Web site: www.michigan.gov/btbl

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Offers vocational rehabilitation and independent living skills for legally blind adults to achieve employability or to function independently in society. Two other programs: Youth Low Vision and the Deaf-Blind offer specialized services. Call for more information.

Eligibility: Legally blind individuals or those meeting criteria to receive services.

Cost: None.

Disability Network Capital Area

**Phone: (517) 999-2760 or Toll Free (877) 652-0103
TDD/TYY Relay: 1-800-649-3777**

2812 N. Martin Luther King Blvd.
Lansing, MI 48906
Fax: (517) 999-2767
Website: ww.dncap.org

Hours: 8:30 to 4:30 p.m. Monday through Friday. **Phone hours:** 9:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m. Monday through Thursday. Friday 9:00 am to 12:00 noon. Walk ins are welcome, but scheduling an appointment is highly recommended.

Services: Provides independent living information and links people with disabilities of all ages with available services that meet their needs. Provides peer and family consultation, personal advocacy and undertakes systems advocacy for needed community change – especially the development of needed services and resources. Also provides skill building and other needed services that are not available in the community. Certifies riders for paratransit (Spec-Tran) services. Veteran services program and monthly support group.

Eligibility: People of all ages with disabilities of all types in Clinton, Eaton, Ingham and Shiawassee counties.

Cost: Fees range from no charge to fee for service. Donations are accepted and appreciated.

Able Data- www.abledata.com: Database and info center. **Hours:** Monday through Friday 8:30 a.m. to 5:30 p.m. 1-800-227-0216

Capital Area District Library**Phone: (517) 367-6308**

Outreach Services
401 S. Capitol Ave.
Lansing, MI 48933
Web site: www.cadl.org

Services: Outreach services provided to people with special needs that do not have convenient access to a library.

Bookmobile: Stops at sites including senior housing and community centers. CD's and DVD's may be checked out by anyone with a valid library card. Vehicle is handicap accessible. Check schedule on website or visit any location.

Book Nooks- Book collections located in senior citizen residences and community centers. Books are primarily large print books and are refreshed periodically.

Books by Mail: Books, audio books, CD's and DVD's are loaned with no charge for mailing.

Reminiscing Presentations: Live programs featuring music, props, pictures and activities to encourage the exchange of stories and memories among seniors. Over 20 topics are available. Call for more information.

Cristo Rey Persons with Disabilities Program**Phone: (517) 372-4700 ext. 249**

Cristo Rey Community Center
1717 N. High St,
Lansing, MI 48906
Fax: (517) 372-8499
Website: www.cristoreycommunity.org/programs/persons-with-disabilities/

Services: The program offers a safe place for persons with disabilities to congregate and socialize in a room that is set up to resemble a living room. Lunch services, support services and assistance filling out benefit forms is provided.

Eligibility & Cost: Call for more information.

Choice Magazine Listening Program**Phone: 1-888-724-6423**

85 Channel Dr, Port Washington, NY 11050
Web Site: www.choicemagazinelistening.org

Services: Free 12 issues of articles, short stories, poetry and interviews selected from current publications like National Geographic, Sports Illustrated, etc. Cassette tapes go out quarterly. A four-track player available at no cost to eligible listeners from the Library of Congress is being phased out. Contact your regional talking book library for a new, free digital talking book player. If you have a computer you can download the issues and begin listening right away.

Enrichment Audio Resource Services (EARS)**Phone: (800) 843-6816 or
(570) 685-3888**

232 East 82nd St., Suite 1A
New York, NY 10028
Fax: (212) 717-2377
Web Site: www.earsforeyes.org
E-Mail: info@earsforeyes.org

Services: Instructional audio tapes to help those with low vision manage everyday activities. No designation of legal blindness required. A vision counselor will determine which tapes are appropriate. Designed for use in the privacy of your home. Ten tapes are available including, Basic Kitchen Skills, Eating without Embarrassment, Indoor Mobility, Managing Medications, Personal Grooming, Using a Sighted Guide, etc.

Eligibility: Seniors with low vision.

Cost: None.

Handicap Certificate of Identification**Phone: (517) 322-1473 or
(517) 322-1469**

Handicap Parking Permit & License Plate
Secretary of State Branch Offices

Services: Offers special parking permits and license plates for handicapped persons to put on their car in order to park in reserved areas for the handicapped. Applications can be picked up and returned when completed to your nearest Secretary of State Branch office.

Eligibility: Must have a doctor's authorization or a handicap permit.

Cost: No fee for permit. License plates are regular registration fee.

Additional Program Information

Parking Permits may be transferred to different vehicles; they are not permanently attached to windshields. A person may be temporarily or permanently handicapped to obtain a permit and does not have to own a car.

License Plates are authorized to permanently disabled persons. To obtain a license plate the handicapped person does not have to own the vehicle, but must be living at the same address as the vehicle owner.

Newsline**Phone: 1-888-882-1629**

National Federation of the Blind (NFB)
1800 Johnson St.
Baltimore MD 21230
Fax: (410) 685-5653
Web site: www.nfb.org

Services: Newspapers across the nation available for those visually impaired through a touch-tone telephone. Available 24 hours a day, seven days a week.

Eligibility: Visually impaired. A personal ID and security code will be assigned after submitting an application.

Cost: Free

Braille and Talking Book Library
Library of Michigan

Phone: (517) 373-5614
1-800-992-9012

702 W. Kalamazoo
P.O. Box 30007

National Library Service: 1-888-NLS-READ (657-7323)

Lansing, MI 48909-7507

Fax: (800) 726-7323

Web site: www.michigan.gov/sbph

Hours: 9:00 a.m. to 5:00 p.m. Tuesday, Wednesday and Friday. 1:00 p.m. to 5:00 p.m. on Monday and Thursday

Services: As a member of the National Library Service, the Library of Michigan SBPH provides recreational reading materials in Braille and in recorded format for persons unable to read printed materials because of visual or physical handicaps. Cassette tape and record players are furnished to play the recorded materials. All services including mailing of materials to and from readers are free of charge.

Eligibility: Service is available statewide through a network of recreational and sub-regional libraries. Call or write for application/certification of eligibility.

Cost: None

WKAR Radio Talking Book

Phone: (517) 353-9124

283 Communication Arts Building
Michigan State University
East Lansing, MI 48824-1212
Fax: (517) 353-7124

Hours: The WKAR Radio Reading Service operates 24 hours a day, 7 days a week.

Services: WKAR Radio Reading Service features material from a selection of Michigan and national newspapers that includes international and national news, state and metro news, business news, editorials and features, sports and Sunday comics and updated weather forecasts with severe weather alerts. WKAR Radio Reading Service also features grocery and department store advertisements, community calendar information and prime-time television listings and movie reviews. In addition the service features information of particular interest to persons who are aging or who have handicapping conditions (Prime Time).

Eligibility: Radio Reading Service serves persons who have difficulty reading conventional printed material. Thousands of people in mid-Michigan cannot see well enough to read this. Though most Radio Reading Service consumers are blind, many have other conditions that make reading difficult, including dyslexia or difficulty picking up a book or newspaper.

Cost: The WKAR Radio Reading services are free. The special radio receiver is needed to listen to Radio Reading Service programs which are broadcast on a sub-channel carrier band of 90.5 FM WKAR, is loaned free of charge to individuals who qualify for the service. Call Brad Walker at (517) 432-3120 ext. 346 for more details.

SPECIALIZED EQUIPMENT

Airway Oxygen, Inc.

**Phone: (517) 322-2818 or
1-800-365-1006**

1035 Mak-Tech Dr.
Lansing, MI 48906
Fax: (517) 322-2865
Website: www.airwayoxygeninc.com

Hours: Monday through Friday 8:00 a.m. to 5:00 p.m. Saturday 8:30 a.m. to 12:00 p.m. 24 hour emergency service, 7 days a week.

Services: Equipment provider for all home medical oxygen therapy needs. Also provides a full line of homecare products from beds to bath seats, walkers, nebulizers, lift chairs, CPAP machines and more.

Amigo Mobility

Phone: (888) 892-2580

6693 Dixie Hwy.
Bridgeport, MI 48722
Fax: (989) 921-5082

5234 Plainfield NE, Suite C
Grand Rapids, MI 49525

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday. 9:00 a.m. to 3:00 p.m. Saturday and evenings by appointment.

Services: In-home or on-site demonstrations of available products including, scooters, power chairs, ramps, vehicle lifts, walkers, standing chairs, and lift chairs.

Eligibility: Anyone.

Cost: Insurance billing provided. Client may have a co-payment or private pay. Free demonstrations/evaluations.

Apothecary Surgical Supply, Inc.

Phone: (517) 482-0882

737 N. Grand River
Lansing, MI 48906
Fax: (517) 482-3234

820 Charlevoix Dr.
Grand Ledge, MI 48837
Phone: (517) 622-4000
Fax: (517) 622-2999

Hours: 9:00 a.m. to 6:00 p.m. Monday through Friday and 9:00 a.m. to 3:00 p.m. Saturday

Services: Offers pharmacy, mobility products, medical supplies and health products. Diagnostic testing to improve health and place individuals into a healthy lifestyle program. Complete line of scooters, lift chairs, walkers, vascular support products and diabetic shoes. Free prescription delivery in the Lansing area.

Eligibility: Anyone.

Cost: Accepts Medicare, Medicaid and private insurances.

CareLinc Medical & Hearing Services**Phone: (517) 485-9588 or****(800) 331-1730 or (888) 432-7036 Hearing Aid Service**

1717 E. Michigan Ave.

Lansing, MI 48912

Fax: (517) 484-8226

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday**Services:** Durable medical equipment supplier including wheelchairs, oxygen service and hospital beds to rent or purchase. Hearing Aid Services include: free hearing screenings; comprehensive evaluations; full line of hearing aids from multiple manufacturers; complimentary lifetime service & programming; discount battery program. Call for an appointment.**Eligibility:** Anyone**Cost:** Insurance billing but sometimes may be an out of pocket cost to client.

Hitech Special Needs Center**Phone: 1-800-433-8505 or****1-800-288-8303**

8160 S. Madison Ave.

Burr Ridge, IL 60527-5854

Fax: (888) 654-9219

Web site: www.hitec.com

TTY: (800) 536-9890

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday**Services:** Handles requests for telephone services and equipment for customers with physical impairments. Deaf customers who use a Teletype device (TDD) may also call the Relay Center toll-free at 1-800-649-3777 for assistance with any telephone-related problems.**Eligibility:** Persons with hearing, speech, vision and/or motion impairments.**Cost:** Customers can purchase equipment. There is a base purchase arrangement available for TDDs.

SPEECH AND HEARING CLINICS

CareLinc Medical & Hearing Services

Phone: (517) 485-9588 or

(800) 331-1730 or (888) 432-7036 Hearing Aid Service

1717 E. Michigan Ave.

Lansing, MI 48912

Fax: (517) 484-8226

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: Durable medical equipment supplier including wheelchairs, oxygen service and hospital beds to rent or purchase. Hearing Aid Services include: free hearing screenings; comprehensive evaluations; full line of hearing aids from multiple manufacturers; complimentary lifetime service & programming; discount battery program. Call for an appointment.

Eligibility: Anyone

Cost: Insurance billing but sometimes may be an out of pocket cost to client.

Hearing Health Center

Phone: (517) 364-5678

Sparrow Professional Building

1200 E. Michigan Ave., Suite 330

Lansing, MI 48915

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday. Call for an appointment.

Services: Hearing specialists. Hearing evaluation and hearing aid fittings. Call for more information.

Eligibility: Anyone in need.

Cost: Accepts Medicare, Medicaid, private insurance or private pay.

Hear Now Program

Phone: (800) 328-8602

The Starkey Hearing Foundation

6700 Washington Avenue South

Eden Prairie, MN 55344

Web site: www.starkeyhearingfoundation.org

Email: nonprofit@starkey.com or hearnow@starkey.com

Services: National program providing assistance to acquire free hearing aids through an application and approval process. A network of hearing health care professionals agree to fit identified recipients with new hearing aids. Eligible devices and services include behind the ear hearing aids and hearing aid fittings. Hearing aide donations are welcome. If you want to make a donation package them carefully and mail them with your name and address. All donations are tax deductible.

Eligibility: Must meet financial criteria, complete the application process and be approved. Verification of the applicant's financial situation and proof of a need for hearing aids are part of the process. Must have a documented hearing loss severe enough to warrant hearing aids. A current audiogram, no more than 9 months is needed with the application.

Cost: The applicant is responsible for the cost of the hearing evaluation and a nominal processing fee. Also responsible for the cost of batteries and repair.

Lions Hearing Center of Michigan**Phone: 1-313-745-1924**

5730 Executive Dr.
Lansing, MI 48911
Phone: (517) 887-6640
Web site: lionsofmi.org

Services: Provides testing and hearing aids to individuals who are unable to obtain services due to financial restrictions. Contact your local Lions Club for more information and an application.

Eligibility: Must meet income requirements and unable to obtain services due to financial restrictions. Call for income limits (200% of poverty). To apply you will need to provide Medicare card (front & back); Medicaid card (front & back); BCBS card (front & back); Social Security number, Medicare income statement and W-2 tax form and total family members in household.

Cost: None if meets the income limit.

Michigan Relay Service**Phone: 7-1-1**

Hamilton Relay
P.O. Box 285
Aurora, NE 68818
Phone- Voice/TTY: 844-578-6563
Fax: (402) 694-5100
Email: mirelay@hamiltonrealy.com

Services: Michigan Relay is a communications system that allows hearing persons and Deaf, hard of hearing, or speech-impaired persons to communicate by telephone.

Eligibility: State of Michigan residents.

Cost: No cost for the service. Only normal telephone charges will apply. There are no limits to the length or number of calls you make.

SUBSTANCE ABUSE PROGRAMS – MEDICATION AND ALCOHOL ABUSE

Alcoholic's Anonymous

**Phone: (517) 377-1444
24 Hour Hotline**

1915 E. Michigan
Lansing, MI 48912
Web Site: www.aalansingmi.org

Hours: 10:00 a.m. to 4:00 p.m., Monday through Friday. Answering service available 24/7.
Services: Assistance for those who are alcoholics. Referrals, literature and support. Over 300 weekly meetings in the Lansing area.
Eligibility: No restrictions
Cost: No fees

Mid-South Substance Abuse Commission

**Phone: (517) 337-4406
1-800-342-0349 for free confidential assessment**

2875 Northwind Dr., Suite 215
East Lansing, MI 48823
Fax: (517) 337-8578

Services: The Mid-South Substance Abuse Commission is the coordinating agency for all licensed and funded substance abuse treatment programs in Calhoun, Clinton, Eaton, Gratiot, Hillsdale, Ingham, Jackson, Lenawee and Shiawassee counties. Services are provided through programs under contract with the commission. In the tri-county area they include:

Care Coordination Center (517) 853-0495 or 1-888-230-7629
2875 Northwind Dr., Suite 111, East Lansing, MI 48823

Services: To assist people seeking substance abuse treatment and provide services that will improve their quality of life including detoxification, therapy and case management services.

Substance Abuse Prevention & Treatment Services.....(517) 346-8200
812 E. Jolly Rd., Lansing, MI 48911

Services: A multi-phased drug treatment program organized under the Clinton, Eaton, and Ingham Community Mental Board. Prevention program provides information and education on the misuse and or abuse of drugs including alcohol.

Clinton County Counseling Center (CCCC).....(989) 224-6729
1000 E. Sturgis, Suite 3, St. Johns, MI 48879

Services: Provides outpatient treatment services to residents of Clinton county as well as screening, assessment and referral for alcohol and drug related offenses. Also provides prevention services to youth.

Mid-South Substance Abuse Commission - continued

Correctional Assessment and Treatment Services.....(517) 676-2431 ext. 254
630 N. Cedar St., Mason, MI 48854

Services: Provides outpatient treatment and aftercare for individuals in the Ingham county jail who have a diagnosis of drug or alcohol abuse.

Older Adult Treatment.....(517) 346-8380
812 E. Jolly Rd., Suite 112, Lansing, MI 48911

Services: Provides outpatient treatment services to the older adult population. Case management and psychiatric services for older adults who suffer from a serious and persistent mental illness.

Southland Counseling Center(517) 346-8270
812 E. Jolly Rd., Lansing, MI 48911

Services: Provides outpatient treatment services for individuals with drug and alcohol problems. Methadone maintenance is also provided to individuals with chronic opiate addictions.

Cristo Rey Substance Abuse Program.....(517) 372-4700
1717 N. High St., Lansing, MI 48906

Services: An outpatient counseling and prevention program designed to meet the needs of the minority communities in the area. Services include substance abuse education, individual and family counseling, outreach to homeless individuals, a medical clinic and supportive service referrals.

Eaton Substance Abuse Program.....(517) 543-2580
1033 Healthcare Dr., Charlotte, MI 48813

Services: An outpatient drug and alcohol treatment program which offers education and assessment services along with individual, group and family counseling. Services for adolescents as well as outreach substance abuse services are available.

Gateway Community Services.....(517) 351-4000
2875 Northwind Dr., Suite 105, P.O. Box 4152, East Lansing, MI 48826-4125

Services: A human service provider offering a wide range of services to families, adolescents and young adults including family, group or individual counseling, crisis intervention, parent education and support and emergency shelter.

National Council on Alcoholism/Lansing Regional Area (NCA/LRA).....(517) 887-0226
3400 S. Cedar St., Suite 200, Lansing, MI 48910

Services: NCA/LRA is a substance abuse treatment agency that provides services for people experiencing problems with alcohol or other drugs. Offerings include information, education and treatment on an outpatient, intensive outpatient or long-term residential basis. Special programming is available for women and families.

Mid-South Substance Abuse Commission - continued

Glass House(517) 482-2028

419 N. Martin Luther King Blvd., Lansing, MI 48915

Services: A long-term residential program for women with chronic chemical dependency including alcoholism and other drug addictions. This program is part of the continuum of services Operated by the National Council on Alcoholism/Lansing Regional Area.

Holden House.....(517) 394-0004

3300 S. Pennsylvania, Lansing, MI 48910

Services: A long-term residential treatment program for men with chronic chemical dependency including alcoholism and other drug additions. This program is part of the continuum of services operated by the National Council on Alcoholism/Lansing Regional Area.

Sparrow Health System Substance Abuse Services

Phone: (517) 364-7740

Addictions Unit – St. Lawrence Campus

1210 W. Saginaw

Lansing, MI 48915

Fax: (517) 267-2026

Hours: Inpatient 24-hour service. Day care 8:00 a.m. to 5:00 p.m. Intensive outpatient 6:00 p.m. to 10:00 p.m. Traditional outpatient on an individually scheduled basis.

Services: Detoxification and residential 14-21 day inpatient program providing therapy on a one-to-one and group basis with heavy involvement with Alcoholics Anonymous and Narcotics Anonymous. Detoxification is a separate service available if necessary. Family therapist available to counsel families. After care program after inpatient stay. Services also include a day care, intensive outpatient and traditional outpatient program. These offer the same services as the inpatient on an outpatient basis.

Eligibility: Self admit or as referred

Cost: Covered by private insurance and Medicaid

SUPPORT GROUPS

Alcoholism

Alcoholics Anonymous (AA) 24-hour answering machine (517) 377-1444

Al-Anon(517) 484-1977

National fellowship of men and women who share experiences and support to help with common problems. Many local chapters. Call for meeting times and places.

National Council on Alcoholism/ Lansing Region.....

Alzheimer's Disease

The Michigan Great Lakes Chapter of the Alzheimer's Disease and Related Disorders Association provides caregiver support groups, a lending library and literature about Alzheimer's Disease. Visit their website at www.alz.org/mglc or call for more information. 1-800-272-3900 or (734) 677-3081

Local family support groups and contacts

Alzheimer's Resource Center (517) 999-3004 or (800) 272-3900

Offers classes, support groups, educational materials and information. 2111 University Park Dr, Ste 100, Okemos 48864.

Answers on Alzheimer's – Meet one-on-one to discuss your concerns. Call to schedule a one-hour appointment at (800) 272-3900. For more information about this program, call the Alzheimer's Resource Center at (517) 999-3004 or (800) 272-3900.

Clinton County

For a complete listing of support groups for this area please call (517) 999-3004 or visit the website at www.alz.org/mglc

Ingham County

For a complete listing of support groups for this area please call (517) 999-3004 or visit the website at www.alz.org/mglc

Eaton County

For a complete listing of support groups for this area please call (517) 999-3004 or visit the website at www.alz.org/mglc

Aphasia

Lansing Area Aphasia Support Group

Hope Network, Children and Outpatient Services

2275 East Lansing Dr, East Lansing 48823

Group Meets 4th Wednesday of each month from 2:00 p.m. to 3:00 p.m.

Contact Sara Rubsam for more information or to register at (517) 332-1616 x1629

Arthritis/Joint

1. Arthritis and Chronic Pain Support Group

Meets the 3rd Monday of the month at 7:00 p.m. in the First Unities Methodist Church, 201 E. Ash Street, Mason. Contact Linda Simpson at (517) 913-3800 before 5:00 p.m.

2. Arthritis Mutual Support Group

Meets the 3rd Tuesday of the month at 7:15 p.m. at the Presbyterian Church of Okemos, 2258 Bennett Road, Contact Larry Vert at (517) 323-4355

3. Osteoporosis Support Group

Meets the 3rd Thursday of every other month at 1:30 p.m. at Imaging Center, 1540 Lake Lansing, East Lansing. Call to confirm the date/location. Contact Barb VanderJagt at (517) 913-3800 before 5:00 p.m.

Arthritis Foundation Classes held at various sites in Ingham County. Call the individual sites for schedules, cost and registration information.

East Lansing – Michigan Athletic Club (517) 364-8888

Lansing – Delta-Waverly Activities Center (517) 484-5600.

Mason- Heartwood School in Mason at (517) 483-1227

Holt – Hope Middle School – (517) 694-3411

Arthritis Exercise Programs held at the following sites:

Holt Community Education - (517) 694-3411

First United Methodist Church of Mason - Contact Linda Simpson at (517) 335-5785 or (517) 676-0481 after 5:00 p.m.

Self-help, aquatic exercise programs are also available in most areas. Call Arthritis Foundation for more information at 1-800-988-3030 or visit their web site at www.arthritis.org

Asthma/Allergy

Asthma and Allergy Foundation (AAFA)

Michigan Chapter, 17520 W. 12 Mile Rd., Suite 102, Southfield, MI 48076

Phone: (248) 557-8050 or 1-888-444-0333

Asthma Information Line (Michigan only)..... 1-866-3EZ-LUNG (1-866-395-8647)

Web Site: www.222.getastmahelp.org

Bereavement

Burcham Hills/McLaren Homecare Group-New Tomorrows.....(517) 975-9900

Burcham Hills Retirement Community

Private Dining Room

2700 Burcham Drive, East Lansing, MI48823

Services: Education and Support group for those who have experienced any type of loss-whether it is because of a divorce, a change in health status or living situation, or the loss of a loved one. The New Tomorrows Support Group meets monthly and is free to all. Pre-registration is requested.

Eaton Rapids

Meets the 2nd and 4th Wednesday of the month at First United Methodist Church, 600 S. Main St. Call Alice Botti at 663-3423 or the church at 663-3524 for more information.

Estes Leadley Funeral Home(517) 482-1651

325 W. Washtenaw, Lansing, MI 48933

Services: Offers a social support group for widowed people called Together Living and Coping that hosts a monthly luncheon with guest speakers on the second Tuesday of the month at 1pm at Fire Mountain restaurant. Call Janet Pearson to verify.

Gorsline-Runciman Grief Recovery & Education Center(517) 507-5435

1730 E. Grand River, East Lansing, MI 48823

Hours: Monday through Friday by appointment.

Services: Provides supportive services to bereaved families as well as to bring a greater understanding of grief and bereavement issues to the community as a whole. Summer picnic and Celebration of Lights activities are held each year. Living Information for Today (L.I.F.T.) luncheons held on 4th Tuesday of the month at 11:00 a.m. at Coral Gables. Call for current schedule. Services are available to anyone in the greater Lansing community.

Support Groups (Call to verify dates and times)

1. Meets the 2nd Monday of the month, January through November at 6:00 - 7:30 p.m. at Gorsline-Runciman, 205 E. Washington, DeWitt
2. Suicide Support Group meets the last Thursday of the month, January through November at 6:00 - 7:30 p.m. at Gorsline-Runciman East Chapel, 1730 E. Grand River, East Lansing.
3. Supportive Soles Walking/Bereavement Group meets every Thursday morning, May through October, 9:30 a.m. at Fenner nature Center. Breakfast to follow at Flap Jack on S. Cedar at 10:15.

Programs & Classes

Navigating Through Life's Landscapes – A five week educational series held throughout the year at various chapels from 6:00 to 7:30 p.m. Reservations are required. Call for dates and locations (517) 482-1533.

Hospice of Lansing(517) 882-4500

Services: Offers ongoing grief support open to all community members free of charge.

Bereavement – continued

Eaton Community Palliative Care Survivors Support Group

2675 South Cochran, Charlotte(517) 543-5310

Services: Eaton Community Palliative Care offer Survivors Support Group meetings to discuss the issues related to the death of a loved one. The group meets every Monday at 12:30 p.m. in Charlotte at the Palliative Care Residence. If a Monday falls on Christmas or New Year’s there will be no support group that day. If a Monday falls on any other holiday make an appointment to meet privately with the grief facilitator. You do not need to have been served by Eaton Community Palliative Care to attend.

New Tomorrow Support Group(517) 975-9909

Services: Together with Burcham Hills, McLaren Homecare Group provides an ongoing education and support program for those who have experienced any type of loss-whether it is because of a divorce, a change in health status or living situation, or the loss of a loved one. The New Tomorrows Support Group meets monthly and is free to all. Pre-Registration is requested. For more information, or to register, please call (517) 975-9909.

Palmer Bush and Jensen Continuing Care Services

Lansing Chapel, 520 E. Mt. Hope, Lansing 48910.....(517) 484-5349

Delta Chapel, 6020 W. Saginaw, Lansing 48917(517) 323-7890

Services: Sponsors an on-going grief support group program for those who have experienced a loss through death. Meetings held at the St. David Episcopal Church located at 1519 Elmwood, Lansing on the 3rd Tuesday of the month from 7 p.m. to 8 p.m. Call Mary at 517-449-9279. A lending library is available for books, magazines and videos. Service is available for anyone. Additional services are available for Palmer Bush families.

St. Johns

Heartland Hospice provides a support group held at the Seventh Day Adventist Church Fellowship Hall. Call Helen at 1-800-475-7830 for more information.

Tiffany Funeral Home.....(517) 321-2211

3232 W. Saginaw, Lansing, MI 48917

Services: Professional referrals available

Cancer

American Cancer Society – Great Lakes Division

1755 Abbey Rd., East Lansing, MI 48823..... (517) 332-3300 or (800) 227-2345

www.cancer.org

Fax: (517) 333-4656

Hours: 8:30 a.m. to 5:00 p.m. Monday through Friday

Services: A variety of support programs are available to help meet the needs of cancer patients and their families. Van transportation to and from treatments and medical appointments is provided. Equipment loans are available for items such as hospital beds, bath benches, wheelchairs,

commodes, etc. Contact patient services center at 888-227-6333. A national Resource Center houses a lending library of current books, videos, brochures, and posters dealing with cancer related issues. **Eligibility:** Cancer patients in Ingham, Eaton and Clinton Counties.

Sparrow Cancer Support Groups:

Breast Cancer Support Group (WINS): is for women and their family and friends. Provides educational programs and the opportunity to share experiences. The support group meets monthly on the second Monday of each month from 7:00 p.m. to 9:00 p.m... Call the outreach manager at 517-364-2689 for more information.

General Cancer Support Group: is for individuals with any type of cancer. Meets every 4th Monday of the month from 7:00 p.m. to 9:00 p.m. at the Sparrow Professional Building, 1200 E. Michigan Ave, Rooms D and E. For more information call 517-364-5471.

GYN Cancer Support Group (Circle): is a support group for women diagnosed with a gynecological cancer (ovary, uterus, cervix, vulva). It provides a confidential setting where woman can learn though educational programs and each other. The support group meets on the third Monday of each month from 6:30 p.m. to 8:30 p.m.. Call the outreach manager at 517-364-2689 for more information.

Prostate Cancer Support Group of Mid-Michigan (Us TOO! International): is for me diagnosed with prostate cancer, their families and friends. The support group meets on the first Thursday of each month from 7:00 p.m. to 9:00 p.m.. Call the outreach manager at 517-364-2689 for more information.

Caregivers Support

Adult Children Spouse or Caregiver

For those who are largely responsible, directly or indirectly for the care of a parent or older person. Meets 2nd Monday of each month from 7:00 - 9:00 p.m. at Valley Court Community Center, 201 Hillside Court, East Lansing. Contact Sue Nicholson at (517) 420-3666.

Diabetes

American Diabetes Association of Michigan 1-800-342-2383 or 1-888-DIABETES

Web Site: www.diabetes.org

Call for information about diabetes, programs, local events and the current information on local support groups.

McLaren-Greater Lansing (Pennsylvania Campus)(517) 975-2270

Monthly diabetic class and support group. Physician referral required.

Epilepsy

Epilepsy Foundation of Michigan..... 1-800-377-6226 or (248) 351-7979

20300 Civic Center Dr., Suite 250, Southfield, MI 48076-4178

Web Site: www.epilepsyfoundation.org

Call for current information on treatment, programs and support groups for individuals, family members and other persons interested in and affected by epilepsy.

Grandparents/Kinship Care

Caring and Sharing Family Life Services, Inc......(989)292-9927
Grands Plus.....(989) 224-6969
Meetings held 1st and 3rd Thursday of each month at 5:30 p.m. at Church of Christ Restoration, St. Johns MI. Meetings provide information and support.

Hearing Impaired

Hearing Loss Association of America - Lansing Office Chapter
Web Site: www.hearingloss.org or www.hearingloss-mi.org

Meetings held 1st Wednesday of each month from at Foster Community Center. Meeting runs from 6:30 – 8:00 p.m. Contact Ann at (517) 485-6546 or HLALANSING@aol.com for more information.

Heart Disease

Heart to Heart Support Group

Meets the 2nd and 4th Mondays from 7:15 – 9:15 p.m. at Okemos Community Church, 4734 Okemos Rd., Okemos
Contact John McPhail (517) 331-5860 or 349-3023 or Lynn Savage, exercise specialist (517) 483-5286 or (517) 676-4542

WomenHeart Cardiac Support Group

Meets the 3rd Tuesday of the month at the Sparrow Professional Building, 1200 E. Michigan Ave., Lansing. Contact Pat Gauerke, coordinator at (517) 321-7431 for more information.

Hoarding

Hoarding Support Group

Meets the 3rd Monday from 7:00 – 8:30 p.m. at Delta Presbyterian Church, 6100 W. Michigan Ave., Lansing 48917
Contact Jon Vogler, group leader at jvogler75@comcast.net

Huntington 's Disease

Huntington 's Disease Society of America (HDSA) – Michigan Chapter

2711 Parsons Ct., Midland, MI 48642-6916

Phone: (989) 832-4170. Help Line 1-800-909-0073 Fax: (517) 827-4950

Web Site: michigan.hdsa.org

E-Mail: hdsami@att.net

Services: Monthly support groups for caregivers, people at risk and people affected by Huntington's Disease. Helpline is available 24-hours a day. Inquiries are encouraged and welcomed. Services are free of charge.

Meetings: Contact Janet Howes at 1-800-909-0073 to confirm time and location.

Lung Disease/Asthma

American Lung Association of Michigan

1475 E. 12 Mile Rd, Madison Heights, MI 48071

Phone: (248) 784-2000

Helpline: 1-800-LUNGUSA or 1-800-586-4872

Web Site: <http://www.lung.org/associations/states/michigan/index.html>

Mental Illness

National Alliance for the Mentally Ill (NAMI) of Michigan

401 S. Washington Ave St.104., Lansing, MI 48933

Phone: (517) 485-4049

Hepline: 1-800-950-NAMI

Web Site: www.nami.org

Email: info

Lansing contact: Elizabeth Pratt (517) 484-3404, info@namilansing.org

Provides information about educational forums, support groups, newsletters, support for research, housing advocacy, employment and education for all interested persons. Free of charge.

Multiple Sclerosis (MS)

Ingham County Support Group..... Contact Margaret Power (517) 393-9747
Meets the 3rd Saturday of the month at 11:00 AM at the Sparrow Professional Building, Room G

Michigan MS Society.....1-800-Fightms (344-4867).

Ostomy

Ostomy Association of Greater Lansing.....Contact Linda Schlappi (517) 627-2043
P.O. Box 10203 Lansing, MI 48901

Provides support to people with colostomies, ileostomies and urinary diversions. Visits in patient's homes. Group meets the 3rd Sunday of every month, September through June. Call after 5:00 p.m. Monday through Friday for further information.

Parkinson's Disease

Michigan Parkinson's Foundation, 30400 Telegraph Rd., Suite 150, Bingham Farms, MI 48025
Website: www.parkinsonmi.org or Phone: 1-800-852-9781

Greater Lansing Area Parkinson's Support Group

Valley Court Plaza, 400 Hillside Court, East Lansing, MI 48823

Contact Person/Facilitator Jim Galloway (517) 646-0375

Meets the 3rd Tuesday of each month from 6:00 – 8:00 p.m.

Provides information on the latest developments in medication, exercise and methods of care for Parkinson's Disease. Symptoms and remedies, stories and experiences are discussed. Speakers invited. Anyone interested in Parkinson's is welcome to attend.

Lansing Area Parkinson Caregiver Dialog Groups

All Saints Episcopal Church, 800 Abbott Rd., East Lansing

Contact Person: Ray Bush (517) 336-4121 or Barb (517) 324-0747

Meets the 1st Wednesday of the month from 1:00 – 3:00 p.m.

Polio

Polio Survivors Support Group of Lansing

Plymouth Congregational Church, 2001 E. Grand River, Lansing, MI 48912

Contact Bill Messeroll (517) 485-0148 or Margaret Neisen (517) 336-5921

Meets the 1st Wednesday of each month from 7:00 - 9:00 p.m. Group provides support for individuals and families affected by polio. Barrier free location with free parking.

Spinal Injury

Lansing Area Spinal Injury Peer Support Group

Disability Network Capital Area, 2812 N. MLK Jr. Blvd., Lansing, MI 48906

Contact: Carla Lasater (517) 999-7515 or clasater@dncap.org

2016 Schedule: Jan 25th, Feb 29th, March 28th, April 18th, May 23rd, June 27th, July 25th, Aug 29th, Sept 26th, Oct 24th and Nov 28th.

Disability Network Capital Area and Origami have partnered to provide spinal cord injury resources, daily living coping and adaption ideas, emotional and social peer support, adaptive sports and recreation opportunities and vocational information.

Stroke

Stroke Education and Support Group

Burcham Hills Center for Health and Rehab, 2700 Burcham Dr., East Lansing, MI 48823

Contact: Mary Lou Mitchell (517) 364-2820 or Halie Barr (517) 827-1061

Meets the 1st Thursday of each month from 1:30 - 2:30 p.m. in Private Dining Room, 2nd Floor

Resident Center.

Sparrow Health Systems and Burcham Hills have partnered together to bring a fresh approach in Stroke Support. Each meeting will have an educational component followed by a support and sharing time. The goal is to provide experts in various areas to aid those who have suffered from a stroke with invaluable information.

Veterans Support Group

Disability Network Capital Area Veterans Support Group

2812 N. Martin Luther King Jr. Blvd, Lansing, MI 48906

Contact Franklin Mays (517) 999-2760

Meets 2nd and 4th Friday of each month from 11:00 a.m. to 12:30 p.m. This peer support group provides information, resources and fellowship for Veterans.

Visually Impaired

Adjustment to Vision Loss..... (517) 335-7231 or (517) 694-9418

Plymouth Congregational Church, 2001 E. Grand River, Lansing, MI 48912

Meets 3rd Tuesday of the month with brown bag lunch at noon and meeting beginning at 1:00 p.m.

Support group works in cooperation with the Commission for the Blind and features speakers on topics of interest to the visually impaired. Call for more information.

Widowhood

Widowed Persons Support Group

Contact Susan Zimmermann (517) 339-4675 after 6:00 p.m. for meeting times and locations.

A monthly newsletter is available for a minimal cost.

TRANSPORTATION

**AmbuCab
Lansing Mercy Ambulance****Phone: (517) 482-1245 or
(517) 482-1247**

1422 E. Michigan Ave.
Lansing, MI 48912
Fax: (517) 482-8220

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. Emergency transportation is available 24-hours a day. Non-emergency rides are not available after 5:00 p.m. and need to be scheduled in advance.

Services: Emergency services, advanced life support, basic life support and out of town transports. Also, AMBU-CAB, a wheelchair van (lift equipped service) for non-emergency transfer.

Eligibility: Persons requiring lift equipped service for non-medical transfers.

Cost: May be covered by Medicare if admitted to a hospital or have ambulance coverage. AmbuCab is private pay and rates vary. Average costs are: \$35 one way/\$70 round trip within a 20 mile radius. An additional \$2.00 per mile is charged for distances greater than 20 miles.

Capital Area Transit Authority (CATA)**Phone: (517) 394-1000**

4615 Trantor Ave.
Lansing, MI 48910
Web site: www.cata.org
Michigan Relay Center Voice: TDD (800) 649-3777

Fixed Route Service: CATA provides service on many fixed routes throughout the metropolitan Lansing area for a regular fare of \$1.25. For seniors and persons with disabilities, CATA offers a CATAclub card which allows discounted travel for 60¢ on all regular fixed-routes. CATAclub cards can be ordered by calling the 517-394-1000. ADA & Medicare cards are also accepted. A 31-day bus pass is also available good for unlimited rides on all regular fixed-routes for \$18 for seniors and persons with disabilities and \$35 for other adults. Cost of rides into or from Delta Township may vary.

Disability Services: CATA encourages all customers to use their fixed route service. CATA buses are equipped with wheelchair ramps or lifts for accessibility. Service animals (i.e. guide dogs) accompanying our customers are welcome on all CATA vehicles. Large print and audio versions of our print schedule are also available. CATA is advised on issues important to persons with disabilities by the Local Advisory Committee, (LAC). Meetings are held bi-monthly and the public is welcome to attend. Call (517) 394-1100 for more information.

Capital Area Transit Authority - continued

Spec-Tran: (517) 394-CATA (2282) - Cancellation phone number: (517) 367-7272. Visit myspectran.org to book, review or cancel rides.

For seniors who are unable to use fixed-route services due to a disability and are certified for the service according to the Americans with Disabilities Act. Service is provided with mini vans and small lift-equipped buses. Reservations must be made the day before you want to travel but can be scheduled up to 14 days in advance. Service is available within $\frac{3}{4}$ of a mile on either side of any of CATA's fixed routes.

Telephone Reservation hours: 8:00 a.m. to 5:00 p.m. Monday through Sunday including holidays.

Fare - \$2.50 for each one-way trip in zone 1, \$5.00 for zone 2 or into or from Delta Township into Ingham County.

Hours of Operation: M-F 5:40 a.m. to 11:05 p.m., Sat. 8:15 a.m. to 10:50 p.m., Sun. 9:30 a.m. to 7:10 p.m.

Bus Hailing Kits: Kits are available to customers with visual impairments. Designed to be used at bus stops served by more than one route, the kits allow individuals to signal the number of their route to operators of approaching buses. The kit consists of twenty-five 3.5 x 4 inch double sided cards with a large blue route number printed on each side. A corresponding route number Braille tag is attached to each card. Each set is held together with a lightweight chain to allow customer to remove individual cards pertaining to routes they use. Kits are offered on a free, checkout basis at the following agencies:

- CATA Administrative Office, 4615 Tranter St., Lansing
- Center for Independent Living, 1048 Pierpont, Suite 10, Lansing
- Michigan Commission for the Blind, 201 N. Washington, Lansing
- MSU Resource Center for Persons with Disabilities, 120 Bessey Hall
- Greater Lansing Convention & Visitors Bureau, 1223 N. Turner, Suite 200, Lansing

CATA Rural Service (CRS): 1-800-322-1390 or (517) 394-CATA (2282)

CRS provides curb-to-curb service with 24-hour advance reservation for travel in the outlying areas of Ingham County. Call by 5:00 p.m. the day before your trip. Trips for Monday must be reserved by 5:00 p.m. Friday.

Hours: M-F from 7:00 a.m. to 6:00 p.m.

Fare: One way regular fares range from \$2.25 to \$3.25 or discounted fares* range from \$1.00 to \$1.50 based on the length of the trip.

Capital Area Transit Authority - continued

Redi-Rides: (517) 394-CATA (2282) or 1-800-322-1390

An advance registration, curb-to-curb service which operates Monday through Saturday for the cities of Mason and Williamston, Delhi, Delta and Meridian Townships.

Call Reservation Line Hours: M-F 6:30 a.m. to 5:00 p.m. & Saturday from 8:00 a.m. to 5:00 p.m.

Cost: \$1.25 regular or \$.60 discounted* one way fare. Transfers are issued at no charge to an equal or lower fare service but must request transfer ticket upon boarding. When transferring to a higher fare, the difference must be paid when you board.

Delhi, Delta & Meridian: To guarantee a ride call at least 4 hours in advance.

Mason and Williamston: Service is usually available within 30 minutes of a customer's call.

Connector Service: Offers regularly scheduled small bus transportation connecting Mason, Williamston to Lansing urban routes.

Cost is \$2.25 - \$3.25 regular or \$1.00 - \$1.50* discounted one way fare.

***Discounted Fares**

- Seniors 62+ with valid CATAClub Card
- Anyone showing a Medicare Card
- Students with valid college or CATA student ID (not required for age 12 or less)
- Persons with disabilities with valid CATAClub or ADA card

Shopping Bus:

Provides regularly scheduled trips from 17 Lansing area senior housing complexes and nine major shopping locations each week. Bus fare is \$2.00 round-trip (exact amount required). Reservations are not needed. Call (517) 394-4178 for details.

Clinton Area Transit System**Phone: (989) 224-8127 or
Toll free: 1-800-800-5938**

304 N. Brush St.
St. Johns, MI 48879-0134
Fax: (989) 224-7034
Website: <http://www.clintontransit.org>

Hours: 6:30 a.m. to 5:30 p.m. Monday through Friday. Call the day before to schedule a ride.
Services: Public transportation for senior, persons with disabilities and other county citizens. Call the day before for a ride. Same day calls for bus service may be greatly affected by system capacity. Call for more information or to schedule a ride. All vehicles are handicap accessible with restraint systems. Loop route service is provided in DeWitt and St. Johns, which provides scheduled demand response service, making stops at stores, medical offices and other points of interest. Door to door service available at a higher rate with the driver assisting out of the home and in to the destination. Caregivers are welcome and ride free. New Care-A- Van Freedom; (989) 668-0617 grant to transport frail & disabled persons for immediate medical appointments & services. Application Required, fees between \$4 and \$10.

Call dispatch for information on bus services into Ingham County. Persons who are physically able will be transferred to CATA routes.

Eligibility: Clinton county residents with seniors age 61 and over persons with disabilities, medical runs and workers have priority.

Cost: Fares are based on travel miles. Call for more information. Discounts available during non-peak hours. Bus passes save 20%. They can be purchased by mail, at the office or from the bus driver by cash or check.

East Lansing Prime Time Seniors Program – Transportation**Phone: (517) 337-1113**

Hannah Community Center
819 Abbott Rd.
East Lansing, MI 48823
Fax: (517) 337-4099
Web site: www.elprimetime.org

Hours: 8:00 a.m. to 4:00 p.m. Monday through Friday. Taxi service 24-hours 7 days a week.

Services: Taxi service for persons 60+ who live in the City of East Lansing.

Eligibility: Must apply.

Cost: Discount fares with Yellow and Spartan Cab. There is a one-time administrative charge of \$20.00 and the cards are good for a lifetime. This services provides up to \$120.00 off a year of taxi fare. Call prime time for more details.

Eaton County Transit Authority (EATRAN)

(517) 543-4087 or
(517) 371-3313 or (517) 663-8202

916 E. Packard
Charlotte, MI 48813
Fax: (517) 543-0146
Website: <http://www.eatran.com>

Hours: 6:00 a.m. to 6:00 p.m. weekdays. Flex route: 6:00 a.m. to 6:00 p.m.

Services: A demand-response public transportation program serving all of Eaton County. Wheelchair lifts are available. Express commuter service to downtown Lansing mornings and afternoons. Medical trips into Lansing, East Lansing and Okemos between 11:00 a.m. to 3:30 p.m. Monday through Friday. Minimum 24-hour notice needed but 48-hour notice preferred.

Eligibility: Eaton County residents and the general public

Cost: \$2.00 each way (seniors or adults with disabilities \$1.00) within Eaton County. Medical trips \$3.00 out-county. Save 10% when purchasing tokens in strips of ten at Eatran office, or in most Eaton County village, township or city halls.

JWR Transport Service

(517) 316-2569 or
(517) 580-4063

2722 E. Michigan Ave, Ste 100
Lansing, MI 48912
Website: <http://www.jwrhealthservice.com/transportation.php>

Hours: 7:00 a.m. to 6:00 p.m. weekdays. Scheduled evenings, weekends and holidays.

Services: Door to door transportation service. Whether it is a short ride to a local doctor's appointment or a very long ride to a distant specialty hospital JWR's Transport services can provide safe, reliable, dependable service.

Eligibility: Ingham, Clinton and Eaton County residents.

Cost: For rates contact JWR Transport.

Lansing/Mason Area Ambulance Services

4148 Legion Dr.
Mason, MI 48854
(517) 676-3023

52 E. Jolly
Lansing, MI 48910
(517) 393-4357

Hours: 9:00 a.m. to 5:00 p.m. Monday through Friday. Ambulance and wheelchair operations 24-hours per day.

Services: Emergency and non-emergency ambulance and wheelchair transportation. Gold Card memberships also available.

Eligibility: Serving the mid-Michigan area including Ingham, Eaton and Clinton counties.

Cost: Rates vary. Medicare and Medicaid accepted. Call for specific information and membership program.

Retired Senior Volunteer Program (RSVP)**Phone: (517) 887-6116**

2400 Pattengill
Lansing, MI 48910
Fax: (517) 887-7313

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday

Services: Mileage reimbursement to volunteer drivers who transport seniors to medical appointments and dining sites. Not meant to duplicate services handled by CATA.

Eligibility: Volunteer drivers must register with RSVP. To arrange rides, seniors may call their local Senior Citizens Office or Information and Assistance agency listed in this directory (page 117).

Cost: No fee for service. Donations accepted by RSVP.

For assistance with Spec-Tran applications see

Senior Citizens Office - Information and Assistance117

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Cristo Rey Community Services113
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Department of Human Services99
Ingham County Department of Veteran's Affairs101
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VOLUNTEER OPPORTUNITIES

Retired Senior Volunteer Program (RSVP)**Phone: (517) 887-6116**

2400 Pattengill
Lansing, MI 48910
Fax: (517) 887-7313
www.volunteerlansing.com

Hours: 8:00 a.m. to 4:30 p.m. Monday through Friday

Services: RSVP provides adults 55 and older an opportunity to use their skill, knowledge, interests and experiences. Volunteer assignments are designed to help fill the needs of the local community. Volunteers are matched to their interests and will be provided with training if they wish to learn new skills. If funding is available mileage reimbursement is provided.

Eligibility: All adults 55 and older. There are no limitations based on education, income or work experience.

Cost: None.

Tri-County Office on Aging (TCOA)**Phone: (517) 887-1440 or
1-800-405-9141**

5303 S. Cedar St.
Lansing, MI 48911-3800
Fax: (517) 887-8071
Web site: www.tcoa.org

Hours: 8:00 a.m. to 5:00 p.m. Monday through Friday

Services: TCOA is the Area Agency on Aging for Region VI serving Clinton, Eaton and Ingham counties. Its mission is to 'promote and preserve the independence and dignity of the aging population'. Volunteer opportunities are available in the following programs: Crisis Services for the Elderly, Friends For Life (fund raising), Meals-On-Wheels, Medicare/Medicaid Assistance Program, Senior Dining Sites and Tax Counseling for the Elderly. Call for more information.

Capital Area United Way**(517) 203-5000**

330 Marshall St, Ste 203
Lansing, MI 48912
Web sites: www.micauw.org

Hours: 8:30 a.m. to 5 p.m. Monday through Friday.

Services: Volunteer Center: The Capital Area United Way Volunteer Center connects volunteers and organizations and makes it easier for individuals to get involved in their community. Visit www.micauwvolunteercenter.org to search for volunteer opportunities and to complete the volunteer registration.

Young Leaders Society: Capital Area United Way's Young Leaders Society is a program that develops young professionals leadership skills, and connects them with volunteer leadership roles in our tri-county community. Members participate in networking events, volunteer opportunities, Welcome to Lansing events, business events, nonprofit board visits, and leadership training. Visit www.micauw.org/yls for more information.

Women's Leadership Council: The Capital Area United Way's Women's Leadership Council encourages women to make a difference in their community through philanthropy. Members of the

council raise awareness, financial support and volunteerism to address the lack of academic achievement in middle school girls. Visit www.micauw.org/womens-leadership-council to find more information and ways that you can get involved.

Eligibility: Anyone interested.

Cost: None

Almost every non-profit resource listed in the directory uses volunteers to carry out their work.

For other volunteer opportunities see:

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Index of Acronyms

AAA	Area Agency on Aging
AAAAM	Area Agencies on Aging Association of Michigan
AARP	American Association of Retired Persons
AFC	Adult Foster Care
ALFA	Active Living for Adults
APS	Adult Protective Services
ARC	American Red Cross
ATC	Around the Clock
AWBS	Adult Well Being Services
BCN	Blue Care Network
CACS	Capital Area Community Services
CAIR	Capital Area Interfaith Respite
CADA	Council Against Domestic Assault
CAPP	Capital Area Prescription Plan
CATA	Capital Area Transportation Authority
CEI	Community Empowering Independence
CM	Care Management
CMH	Clinton Memorial Hospital
CMH	Community Mental Health
CMS	Center for Medicare and Medicaid Services (formerly HCFA)
CNA	Certified Nurse Aide
CSATP	Comprehensive Substance Abuse Treatment Program
CSE	Crisis Services for the Elderly
CSS	Catholic Social Services
DRG	Diagnostic Related Groupings
EATRAN	Eaton County Transit Authority
ELOPP	East Lansing Older Peoples Program
EPIC	Elder Prescription Insurance Coverage
FGP	Foster Grandparent
GA	General Assistance
GAC	Geriatric Assessment Center
GEMS	Geropsychiatry Evaluation & Management Services
HFA	Homes for the Aged
HHA	Home Health Aide
HMO	Health Maintenance Organization
HOL	Hospice of Lansing
JMHO	Justice in Mental Health Organization

LARC	Lansing Area Respite Coalition
LCC	Lansing Community College
MMAP	Medicare/Medicaid Assistance Program
MOW	Meals-On-Wheels
MPRO	Michigan Peer Review Organization
MSAC	Michigan Senior Advocates Council
NRTA	National Retired Teachers Association
OAS	Older Adult Services
OSA	Office of Services to the Aging
OT	Occupational Therapy
PACE	Program of All-Inclusive Care for Elderly
PIAM	Physically Impaired Association of Michigan
PAS	Pre-Admission Screening
PT	Physical Therapy
RAVE	Relief After Violent Encounter
RN	Registered Nurse
RSVP	Retired Senior Volunteer Program
RT	Recreational Therapy
RX	Prescription Medication
SCP	Senior Companion Program
SHARE	Self Help and Resource Exchange
SSA	Social Security Administration
SSI	Supplemental Security Income
TCOA	Tri-County Office on Aging
TFA	Targeted Fuel Assistance
VA	Veterans Association
VAC	Voluntary Action Center of Greater Lansing

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