

Ostego County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

Available at <http://www.mclaren.org/mclaren-physician-partners/resources.aspx>

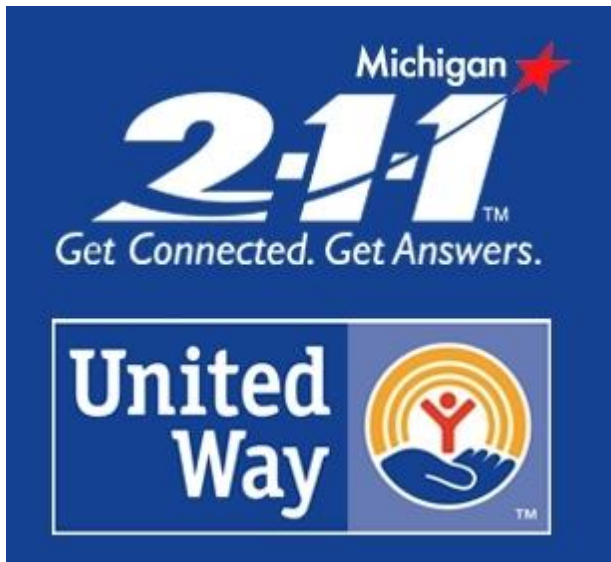
2023

Otsego
Community
Resource
Guide

[A guide to services in your community]

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ABUSE & PROTECTIVE SERVICES

FOR EMERGENCY SERVICES CALL 911

Children & Adult Protective Services	(855) 444-3911
Common Ground Crisis Line	(800) 231-1127
Equality Michigan	(313) 537-7000
HAVEN Crisis Line	(877) 922-1274
LGBT Hotline	(888) 243-7243
Love is respect Hotline	(866) 331-9474
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Otsego County Commission on Aging – Advocacy Department-Gaylord	(989) 732-9977
Otsego County Department of Health & Human Services	(989) 732-1702
RAINN (Rape & Incest National Network)	(800) 656-4673
Stop It Now! Hotline	(888) 773-8368
Suicide Hotline	988
Suicide Prevention	(800) 273-8255
The Trevor Project (Youth LGBTQ Crisis & Suicide Hotline)	(866) 488-7386

Third Level Crisis Line	(800) 442-7315
Victim Connect (Stalking Hotline)	(855) 484-2846
Women’s Resource Center	(989) 731-0918
Gaylord	

ADULT AGING SERVICES

Alzheimer’s Association and Helpline	(800) 272-3900
Department of Health & Human Services	(989) 732-1702
HAP Senior Plus	(800) 868-3153
McLaren Home Care	(866) 323-5974
Meals on Wheels	(800) 632-7334
Medicare	(800) 633-4227
Medicare/Medicaid Assistance Program	(800) 803-7174
Otsego County Bus System	(989) 732-6224
Otsego County Commission on Aging	(989) 732-1122
Otsego County Commission on Aging Advocacy Dept	(989) 732-9977
Medicaid/Medicare Region 9 Area Agency on Aging Otsego County	(800) 219-2273
Senior Project FRESH	(989) 748-4071
Social Security Administration	(800) 772-1213
Visiting Angels Living Assistance Services	(800) 365-4189

Assisted Living

Aspen Ridge Retirement Village	(989) 203-3708
August Haus Assisted Living	(989) 252-7532
Northern Pathways Vanderbilt	(989) 983-3431
Northland AFC & Assisted Living Vanderbilt	(989) 983-4106
The Brook of Gaylord	(989) 732-6200
The Porches Assisted and Independent Living Gaylord	(989) 448-8807

DISABILITY & SPECIAL NEEDS

RESOURCES

Autism Society	(800) 328-8476
Children's Special Healthcare Services	(800) 359-3722
Disability Network of MI www.dnmichigan.org/cil-directory	(800) 782-4160
Gigi's Playhouse (Downs Syndrome Resource)	(847) 885-6149
Medicare/Medicaid Assistance Program	(800) 803-7174
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(877) 499-6232
Michigan Dept of Education-Office of Special Education Lansing mi	(888) 320-8384
Muscular Dystrophy association	(800) 572-1717
Otsego County Commission on Aging Gaylord	(989) 732-1122
Paralyzed Veterans of America	(800) 424-8200
Paralyzed Veterans of Michigan	(800) 638-6782
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
State of Michigan Interpreter for Deaf or Hard of Hearing	(877) 499-6232
United Cerebral Palsy of Mi	(800) 828-2714

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
American Red Cross	(800) 733-2767
Consumers Energy	(800) 477-5050
Otsego County	(989) 732-9085
Emergency Preparedness	
Otsego County United Way Gaylord	(989) 732-8929
Salvation Army	(989) 448-2357

The Refuge Gaylord (989) 350-8231

FINANCIAL ASSISTANCE

MSHDA	(866) 646-7432
Otsego County Department of Human Services Gaylord	(989) 732-1702
St Vincent de Paul - Gaylord	(231) 409-1387
MIHAF Michigan Homeowner Assistance Fund	(844) 756-4423

EMPLOYMENT ASSISTANCE

Michigan Works Gaylord	(989) 732-3886
Northern Staffing Agency Petoskey/Gaylord	(231) 347-3144
PMP Personnel Services Gaylord	(989) 731-5627
Unemployment Office Hotline	(866) 500-0017

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross	(800) 733-2767
Habitat for Humanity	(989) 731-4506
Otsego County Commission on Aging Meals on Wheels	(989) 732-1122
Otsego County Food Pantry Gaylord	(989) 732-8929
Region 9 Area Agency on Aging Otsego County	(800) 219-2273
Salvation Army Gaylord	(989) 448-2357
WIC Gaylord Office	(989) 732-1794
WIC Michigan	(800) 942-1636

HEALTHCARE SERVICES

Blue Devil Wellness Center Gaylord	(989) 732-6890
Centers for Disease Control and Prevention	(800) 232-4636
Children's Special Healthcare Health Dept of Northwest Michigan Gaylord	(800) 359-3722
Healthy Kids & Healthy Kids Dental Gaylord	(989) 732-3285
Healthy Kids & Healthy Kids Dental Gaylord	(888) 988-6300
Veteran Affairs Healthcare Clinic Gaylord	(989) 732-7525

Clinics & Hospitals

Karmanos Cancer Institute	(800) 527-6266
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Health Dept of Northwest Michigan Gaylord (989) 732-3285
 McLaren Home Care (866) 323-5974
 McLaren Northern Michigan Gaylord Family Medicine (989) 731-5092
 Michigan HIV/STD Hotline (800) 872-2437
 Otsego Healthcare Clinics (989) 731-6397
 Otsego Medical Group - Family Practice (989) 731-7860
 Otsego Medical Health Orthopedic Gaylord (989) 732-1753
 Otsego Memorial Hospital (989) 731-2100

Dental Resources

Dental Lifeline Network (low income; severe problems only) (303) 534-5360
 Aspen Dental (989) 324-6942
 Gaylord Dental Service Gaylord (989) 731-0867
 Great Lakes Orthodontics (989) 448-2002
 Health Dept of Northwest Michigan Gaylord (989) 732-3285
 Main Oak Family Dentistry (989) 732-6271
 Michigan Donated Dental Services Program (517) 346-9454
 Moylan Family Dentistry (989) 748-8182

Hearing Assistance

Audicare Hearing Center Gaylord (989)966-1225
 Beltone Skoric Hearing Aid Center Gaylord (989) 448-0536
 Health Dept of Northwest Michigan Gaylord (989) 732-3285
 Dynamic Hearing and Audiology Gaylord (231) 384-6556
 Relay Center for Deaf/Hard of Hearing 7-1-1

Medical Equipment & Loan Closets

Adaptive Environments (800) 355-5438
 Home Lifting Systems
 ALS of Michigan (800) 882-5764
 Community Home & Health Services Gaylord (989) 732-6374
 Gigi's Playhouse (847) 885-6149
 Hanger Clinic Prosthetics and Orthotics Gaylord (989)732-1400
 Hart medical Equipment Gaylord (888) 606-8778

Michigan Assistive Technology Loan Fund (800) 827-4843
 Munson Healthcare Home Medical Equipment Gaylord (800) 252-2065
 Muscular Dystrophy Association (800) 572-1717
 One-Drop Diabetes Support and Supplies (800) 437-1474
 Otsego County Commission on Aging (989) 732-1122
 Paralyzed Veterans of America- MI (800) 638-6782
 The National Federation of the Blind (410) 659-9314
 United Cerebral Palsy Michigan (800) 828-2714

Mental Health & Counseling Services

Boys Town National Hotline (800) 448-3000
 Common Ground Crisis Line (800) 231-1127
 Great Northern Counseling Gaylord (989) 930-4610
 Military One Source (800) 342-9647
 Narcotics Anonymous 24/7 (800) 230-4085
 National Alliance on Mental Illness (800) 950-6264
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255
 National Domestic & Sexual Violence Helpline (800) 799-7233
 National Human Trafficking Resource Center (888) 373-7888
 North Country Community Mental Health (989) 732-7558
 Old Town Psychological Services Gaylord (989) 448-8344
 Problem Gambling Help-Line (800) 270-7117
 RAINN (Rape & Incest National Network) (800) 656-4673
 Stop It Now! Hotline (888) 773-8368
 Substance Abuse Hotline (800) 662-4357
 Suicide Hotline 988
 Suicide Prevention (800) 273-8255
 Wellspring Gaylord Behavioral Health (989) 448-8540

www.militaryonesource.mil

Pharmacies & Prescription Assistance

Family Fare Pharmacy (989) 732-4114
 Gaylord
 LifeSource Direct Rx (866) 340-4748
 Discount Card-
 Uninsured/underinsured
 Meijer Pharmacy (989) 731-9010
 Michigan's Prescription (866) 755-6479
 Drug Discount Card -
 MiRX
 MMAP (800) 803-7174
 Needy Meds (800) 503-6897
 Partnership for www.pparx.org
 Prescription Assistance
 Rite Aid Gaylord (989) 732-5220
 RX Outreach (800) 769-3880
 RxAssist www.rxassist.org
 Walgreens Pharmacy (989) 732-0578
 Gaylord
 Walmart Pharmacy (989) 732-8998
 Gaylord

Rehabilitation

Aspen Physical Therapy (989) 705-2700
 Gaylord
 Dynamic Physical Therapy (989) 732-0001
 Gaylord
 Mary Free Bed at Munson (989) 731-2341
 Healthcare Gaylord
 McLaren Rehabilitation and (989) 732-6433
 Therapy Gaylord
 Medilodge of Gaylord (989) 732-3508
 Michigan Rehabilitation (989) 732-6433
 Services Gaylord
 Otsego Memorial Hospital (989) 731-2100
 Outpatient Rehabilitation
 Gaylord

Substance Abuse

Bear River Health Outreach (231) 751-0070
 Gaylord
 CDC Hotline (800) 232-4636
 Gaylord District 12 Alano Club (888) 596-0699
 Alcoholics Anonymous
 Michigan Narcotics (800) 230-4085
 Anonymous
 Narcotics Anonymous (NA) (800)230-4085
 Hotline

National Council on Alcoholism (800)622-2255
 and Drug Dependence
 (NCADD) (800)622-2255
 NMSAS Recovery Center (989) 732-1791
 Gaylord
 SEMCA (800) 686-6543
 Substance Abuse Hotline (800) 662-4357
 (SAMHSA)

Urgent Care

Otsego Medical Health Gaylord (989) 731-4111
 Pro Health Urgent Care (989) 214-8005
 Gaylord
 Sibley Medical Center Gaylord (507) 237-5523

Vision Assistance

Associated Retinal Consultants (989) 448-0937
 Gaylord
 Gaylord Eyecare Center (989) 732-6261
 Health Dept of Northwest (989) 732-3285
 Michigan Gaylord
 Meijer Optical Gaylord (989) 705-2725
 Michigan Commission for the (800) 292-4200
 Blind
 National Eye Institute (301)-496-5248
 Otsego Family Vision Gaylord (989) 732-7518
 SVS Vision Gaylord (989) 217-3075
 Walmart Vision (989) 732-5233

HOUSING ASSISTANCE

American Red Cross (800) 733-2767
 Heat and Warmth Fund (800) 866-8429
 HUD Rental Assistance (800) 569-4287
 MSHDA (866) 946-7432
 Northeast Michigan (989) 358-4600
 Community Service Agency
 (NEMCSA) Gaylord
 Otsego County Commission (989) 732-1122
 on Aging
 Otsego County Dep of (989) 732-1702
 Human Services Gaylord
 The Refuge in Otsego (989) 350-8231
 County Gaylord
 USDA Rural Development (517) 324-5190

Emergency Shelters & Warming Centers

American Red Cross (800) 733-2767
 Holiday Inn Gaylord (989) 448-7373
 Otsego County United Way (989) 732-8929

Otsego Emergency Management Gaylord (989) 732-9085
 Patriot Place Gaylord (989) 448-2260
 Region 9 Area Agency on Aging Otsego County (800) 219-2273
 St Vincent De Paul Diocese of Gaylord (989) 732-5147
 Veterans Affairs Gaylord (989) 731-7575
 Wellspring Lutheran Services (989) 732-1040

LEGAL ASSISTANCE

Atkinson, Petruska, Kozma & Hart Workmans Comp Gaylord (877) 732-2491
 Center For Civil Justice (800) 724-7441
 Harris Law Gaylord (989) 731-4444
 Legal Services of Northern Michigan Gaylord (989) 705-1067
 Michigan Department of Civil Rights (517) 335-3165
 Michigan Indian Legal Services (231) 947-0122
 Michigan Senior Legal Hotline (866) 400-9164
 Social Security Administration (800) 772-1213
 Veterans Affairs Gaylord (989) 731-7575

LIBRARIES

Otsego County Library Gaylord (989) 732-5841
 Vanderbilt Branch Library (989) 983-3600

PARENTING/PREGNANCY RESOURCES

24-Hour Crisis Line (800) 275-1995
 Child Safety Seat Inspection (866) Seat-Check
 LA LECHE (800) 525-3243
 Michigan Alliance for Families
 New Life Pregnancy Resource Center Gaylord (989) 732-1626
 Otsego County Department of Human Services Gaylord (989) 732-1702
 The Family Center for Children and Youth with Special Health Care Needs (800) 359-3722
 WIC Gaylord Office (989) 732-1794
 WIC Michigan (800) 942-1636
 Women's Health Resource Line (800) 994-9662
 Women's Resource Center of Northern Michigan Gaylord (989) 731-0918

SUPPORT GROUPS

ALS of Michigan (800) 882-5764
 Alzheimer's Association and Helpline (800) 272-3900
 Autism Society (800) 328-8476
 Common Ground Crisis Line (800) 231-1127
 Disability Network of MI (800) 782-4160
www.dnmichigan.org/cil-directory
 Epilepsy Foundation of Michigan (800) 377-6226
 Equality Michigan (313) 537-7000
 Haven Crisis Line (877) 922-1274
 Love is Respect Hotline. (866) 331-9474
 Narcotics Anonymous 24/7 (800) 230-4085
 National Council on Alcoholism and Drug Dependence (NCADD) (800) 622-2255
 National Domestic & Sexual Violence Helpline (800) 799-7233
 National Human Trafficking Resource Center (888) 373-7888
 Parkinson's Foundation Michigan (800) 852-9781
 Problem Gambling Help Line (800) 270-7117
 RAINN (Rape & Incest National Network) (800) 656-4673
 Region 9 Area Agency on Aging Gaylord (989) 219-2273
 Stop It Now! Hotline (888) 773-8368
 Substance Abuse Hotline (800) 662-4357
 Suicide Prevention (800) 273-8255
 WIC Gaylord (989) 732-1794
 WIC Michigan (800) 942-1636
 Women's Health Resource Line (800) 994-9662

TRANSPORTATION

Alpine Taxi Gaylord (989) 731-8294
 American Cancer Society (800) 227-2345
 Road to Recovery (Transportation for Medical Appointments)
 Child Safety Seat Inspection (866) Seat-Check

Community Home and Health Gaylord	(989) 732-6374
Karmano's Cancer Institute	(800) 527-6266
Medical Transportation Program Gaylord	(989) 732-6224
Otsego County Area on Aging Gaylord	(989) 732-1122
Otsego County Public Bus System	(989) 732-6224
Region 9 Area Agency on Aging Gaylord	(800) 219-2273
TACKLE Transportation for Cancer Patient Appts	(989) 732-8929
United Way Gaylord	
Veterans Affairs Gaylord	(989) 731-7575

TRIBAL SERVICES

MDHHS Native American Affairs Office	(517) 335-7782
Michigan Department of Civil Rights	(517) 335-3165
Michigan Indian Employment and Training Services	(800) 591-8820
Michigan Indian Legal Services	(231) 947-0122
Michigan Indian Tuition Wavier	(517) 241-7748
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

CHAMPVA	(800) 733-8387
Michigan Paralyzed Veterans of America	(800) 638-6782
Michigan Veterans Affairs	(800) 642-4838
Paralyzed Veterans of America	(800) 424-8200
Patriot Place of Northern Michigan for Homeless Veterans Gaylord	(989) 448-2260
VA Clinic Gaylord	(989) 732-7525
Veteran's Crisis Line	(800) 273-8255
Veterans Administration	(800) 827-1000

IS IT AN EMERGENCY?

Clinic Name: _____ Office Phone: _____

AFTER HOURS Phone Number: _____

Our Preferred Urgent Care: _____

<u>Non-Urgent:</u>	<u>TeleHealth</u>	<u>Semi-Urgent:</u>	<u>Urgent:</u>
<p>You should make an appointment with your Primary Care Physician</p> <ul style="list-style-type: none"> • Cold/Flu Symptoms • Earaches • Mild Backaches • Mild Sprains • Rashes • Sore Throat/Cough • Toothaches 	<p><u>(Virtual Visits) Primary Care via Telehealth</u></p> <ul style="list-style-type: none"> • Allergies • Bronchitis • Colds and Flus • COVID Symptoms • Earache • Headache • Hives • Insect Bites • Pink Eye • Rashes • Sinusitis <p>If your provider does not offer Telehealth visits, consider using the McLaren Now App mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your Primary Care Physician and/or go to Urgent Care Facility for treatment</p> <ul style="list-style-type: none"> • Accidents and Falls • Moderate Sprains • Moderate Backaches • Mild Breathing Difficulty (i.e. Asthma) • Minor Cuts with Controlled Bleeding • Eye Irritation/Redness • Cold/Flu Symptoms WITH fever • Vomiting/Diarrhea with Dehydration • Severe Sore Throat or Cough • Minor Broken Bones or Fractures (fingers/toes) • Skin Rashes and Infections • Urinary Tract Infections • Minor Injuries • Minor Burns 	<p>You should go to your nearest Hospital Emergency Department</p> <ul style="list-style-type: none"> • Severe Chest Pain or Difficulty Breathing • Compound Fracture (bone protrudes through skin) • Convulsions/Seizures • Loss of Consciousness • Fever in Newborn (less than 3 months old) • Heavy, Uncontrollable Bleeding • Deep Knife or Gunshot Wounds • Moderate to Severe Burns • Poisoning • Serious Head/Neck or Back Injury • Pregnancy-Related Problems • Severe Abdominal Pain • Signs of Heart Attack (chest pain lasting longer than 2 minutes) • Signs of Stroke (loss of vision, sudden numbness, weakness, slurred speech or confusion) • Suicidal or Homicidal Thoughts/Feelings • Vomiting up Blood

When in doubt, patients who feel their symptoms require immediate medical attention may choose to go to a hospital emergency department, where medical professionals can determine which level of care is required.