

Saginaw County

Community Resource Guide



Resources assembled by:



PHYSICIAN PARTNERS

2023

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

2023

Saginaw
County
Community
Resource
Guide

[A guide to services in your community]

[TABLE OF CONTENTS]

Abuse & Protective Services	[1]
Adult Aging Services	[1]
Disability & Special Needs Resources	[1-2]
Emergency & Disaster Services	[2]
Financial Assistance	[2]
Food Pantries, Clothing & Household Assistance	[2]
Healthcare Services	[2-5]
Housing Assistance	[5]
Legal Assistance	[5]
Libraries	[5]
Parenting & Pregnancy Resources	[5]
Support Groups	[5-6]
Transportation	[6]
Tribal Services	[6]
Veterans Affairs	[6-7]



Underground Railroad Hotline (989) 755-0411

ADULT AGING SERVICES

- Alzheimer’s Association and Helpline (800) 272-3900
- Commission on Aging-Saginaw Crisis Services for the Elderly (989) 797-6880
- HAP Senior Plus (800) 868-3153
- McLaren Home Care and Hospice (866) 323-5974
- Meals on Wheels-Saginaw (989) 797-6880
- Medicare (800) 633-4227
- Medicare/Medicaid Assistance Program (MMAP) (800) 803-7174
- Region 7 Area Agency on Aging (800) 858 1637
- Social Security Administration (800) 772-1213
- Veterans Affairs (844) 698-2311
- Visiting Angels Living Assistance Services (800) 365-4189

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
- Michigan Coalition to End Domestic (517) 347-7000
- National Child Abuse Hotline (800) 422-4453
- Narcotics Anonymous 24/7 (800) 230-4085
- National Domestic & Sexual Violence Helpline (800) 799-7233
- National Human Trafficking Resource Center (888) 373-7888
- RAINN (Rape & Incest National Network) (800) 656-4673
- Safe Center Crisis Hotline (877) 952-7283
- Stop It Now! Hotline (888) 773-8368
- Suicide Hotline 9-8-8
- 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

Assisted Living

- Bickford of Saginaw Township (989) 799-9600
- Brookdale Saginaw (989) 900-1699
- Chesaning Comfort Care (989) 607-0011
- Edgewood Assisted Living Center (989) 497-9970
- New Hope Valley Assisted Living and Memory Care Community (989) 498-4000
- Pine haven Assisted Living Hemlock Mi (989) 642-5761
- Samaritas Senior Living of Saginaw (989) 799-1902
- Senior Living Campus Saginaw (989) 652-9951
- Frankenmuth
- Stone Crest Assisted Living (989) 695-5035
- Freeland
- Union Court Assisted Living Chesaning (989) 323-2377
- Wellspring Lutheran Services (989) 792-7979

DISABILITY RESOURCES

- Autism Society (800) 328-8476
- Children’s Special Healthcare Services (800) 359-3722
- Disability Network of MI (800) 782-4160
- Gigi’s Playhouse (Downs Syndrome Resources) (847) 885-6149
- Medicare/Medicaid Assistance Program (MMAP) (800) 803-7174

Michigan Alliance for Families	(800) 552-4821
Michigan Commission for the Blind	(800) 292-4200
Michigan Commission for the Deaf	(877) 499-6232
Muscular Dystrophy Association Michigan	(800) 572-1717 (517) 706-0348
Paralyzed Veterans of America Michigan Chapter	(800) 424-8200 (800) 638-6782
Relay Center for Deaf/Hard of Hearing	7-1-1
Social Security Administration	(800) 772-1213
The Family Center for Children and Youth with Special Healthcare Needs	(800) 359-3722
United Cerebral Palsy National Michigan Chapter	(800) 828-2714 (517) 203-1200
Vocational Rehabilitation Michigan Commission	(800) 605-6722

EMERGENCY & DISASTER SERVICES

Ambulance, Fire and Police	911
American Red Cross	(800) 733-2767
Consumers Energy Emergency Line	(800) 477-5050
Innerlink for Runaways	(989) 753-3431
Poison Control	(800) 222-1222
Saginaw County Emergency Management	(989) 790-5434
Salvation Army - Saginaw	(989) 401-7881
US Coast Guard – Saginaw River	(989) 892-0556

FINANCIAL ASSISTANCE

Guardianship Services-Saginaw	(989) 755-1532
MSHDA	(855) 646-7432
MSHDA Michigan Homeowner Assistance Fund (MIHAF)	(844) 756-4423
Saginaw Community Foundation	(989) 755-0545
Saginaw County Department of Health & Human Services	(989) 758-1100
Salvation Army	(989) 401-7881
United Way of Saginaw County	(989) 755-0505

EMPLOYMENT ASSISTANCE

Express Employment	(989) 832-6994
Professionals Saginaw	
Manpower of Saginaw	(989) 799-7701

Michigan Works Saginaw	(989) 752-3145
Unemployment Office Hotline	(866) 500-0017

FOOD PANTRIES, CLOTHING & HOUSEHOLD ASSISTANCE

American Red Cross – Saginaw	(989) 754-8181
City Rescue Mission of Saginaw	(989) 752-6051
East Side Soup Kitchen	(989) 755-3663
Meals on Wheels Saginaw	(800) 632-7334 (989) 797-6880
New Heart United Methodist Church Saginaw	(989) 792-4689
Old Town Christian Outreach Center	(989) 249-8696
Region 7 Area on Aging	(800) 858-1637
Saginaw Community Action	(989) 753-7741
Saginaw County DHS	(989) 758-1100
Salvation Army – Saginaw	(989) 401-7881
United Way of Saginaw	(989) 755-0505
WIC Saginaw	(989) 758-3733

HEALTHCARE SERVICES

AIDS Program Hotline Michigan Bay City	(800) 872-2437 (989) 667-6600
Children’s Special Healthcare Services	(800) 359-3722
Covenant Health Care Services	(989) 583-0000
McLaren Bay Region Hospital	(989) 894-3000
McLaren Homecare and Hospice	(866) 323-5974
McLaren Occupational & Convenient Care	(989) 393-2850
McLaren Physical Therapy; Saginaw County Health Dept	(989) 758-3800
Veteran Affairs (National)	(844) 698-2411

Clinics & Hospitals

Aleda E Lutz Dept of Veterans Medical Center Saginaw	(989) 497-2500
Ascension St Mary’s of Michigan	(989) 907-8000
Central Michigan University Health Saginaw	(989) 746-7500
Covenant Health Care Saginaw	(989) 583-7000

Covenant Select Specialty Hospital	(989) 583-4850
Health Dept of Northwest Michigan Gaylord	(989) 732-1794
Healthsource Saginaw	(800) 662-6848
Karmanos Cancer Institute Saginaw/Bay City	(800) 527-6266
McLaren Bay Special Care Hospital	(989) 667-2370
McLaren Home Care	(989) 667-6802
Michigan HIV/STD Hotline	(866) 323-5974
St. Mary's Ambulatory Care	(800) 872-2437
	(989) 497-3000

Dental Resources

Aspen Dental- Saginaw	(989) 755-6600
Birch Run Family Dental	(989) 624-5570
Chesaning Family Dental	(989) 845-7242
Children's Mobile Dental Program of Great Lakes Bay Health (Sept – June)	(989) 921-4393
Churchgrove Dental Associates Frankenmuth	(989) 652-6271
Delta College Dental Clinic	(989) 686-9469
Dental Dreams- Saginaw	(989) 777-4880
Dental Hygiene Health Services (for low income and Uninsured)	(989) 385-5174
Dental Lifeline Network (low income; severe problems only)	(303) 534-5360
Dr Michael Dee Family Dentistry Freeland	(989) 695-5578
Ehinger & Hopfensperger Dentistry Chesaning	(989) 845-7655
Frankenmuth Family Dental	(989) 652-6196
Michigan Dental Association	(866) 589-2632
Resler Orthodontics Saginaw	(989) 799-5574

Hearing Assistance

Beltone Skoric Hearing Aid Centers All Locations Saginaw County	(888) 417-2130
Bieri Hearing	(989) 793-2701
Central Michigan University Audiology Clinic	(989) 774-3904
Health Dept of Northwest Michigan Gaylord	(989) 732-1794
HearingLife	(989) 252-8986
HearUSA	(989) 799-1611
Miracle Ear	(989) 314-1210

Relay Center for Deaf and Hard of Hearing	7-1-1
Riverfront Hearing	(989) 607-4731

Medical Equipment & Loan Closets

Adaptive Environments- Home Lifting Systems	(800) 355-5438
ALS of Michigan	(800) 882-5764
Assistive Technology Loan Fund, Michigan	(800) 828-2714
Covenant Visiting Nurse Assoc	(989) 799-6020
Freedom Medical Alert	(877) 318-4993
Gigi's Playhouse (Downs Syndrome Resources)	(847) 885-6149
Michigan CPAP Bank	(734) 232-3964
CPAP, BiPAP, ASV, AVAPS and supplies	
Muscular Dystrophy Association	(800) 572-1717
One-Drop Diabetes Support & Supplies	(http://onedrop.today) (800) 437-1474
Paralyzed Veterans of America/Michigan Chapter	(800) 638-6782
Region 7 Area on Aging	(800) 858-1637
Saginaw Medical Services	(989) 793-4444
The National Federation of the Blind	(410) 659-9314
United Cerebral Palsy Michigan	(800) 828-2714
Wright & Filippis	(517) 203-1200
	(989) 799-7360

Mental Health & Counseling Services

Boys Town National Hotline	(800) 448-3000
Catholic Family Services Saginaw	(989) 753-8446
Common Ground Crisis Line	(800) 231-1127
Healthsource Saginaw	(800) 662-6848
Holy Cross (Mental Health/Substance Abuse)	(989) 596-3558
List Psychological Services	(989) 790-3130
Military One Source	(800) 342-9647
NAMI-National Alliance on Mental Illness	(800) 950-6264
Narcotics Anonymous 24/7	(800) 230-4085
National Domestic & Sexual Violence Helpline	(800) 799-7233

National Human Trafficking Resource Center	(888) 373-7888
NCADD National Council on Alcoholism and Drug Dependence	(800) 622-2255
North Country Community Mental Health Gaylor	(989) 732-6292
Problem Gambling Help-Line 24/7	(800) 270-7117
RAINN Rape and Incest National Network	(800) 656-4673
Saginaw County Community Mental Health Authority	(989) 797-3400
Saginaw Psychological Services	(989) 799-2100
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Hotline	988
Suicide Prevention	(800) 273-8255
Training & Treatment Innovations	(989) 799-6542

Pharmacies & Prescription Assistance

Central Pharmacy Chesaning	(989) 845-3609
Freeland Pharmacy – Freeland	(989) 695-6500
Kroger Frankenmuth	(989) 652-0621
Meijer Pharmacy Birch Run	(989)624-1610
Michigan’s Prescription Drug Discount Card- MI-RX	(866) 755-6479
MMAP Michigan	(800) 803-7174
Medicare/Medicaid Assistance	
NeedyMeds-Resource for medication assistance programs	(800) 503-6897
Partnership for Prescription Assistance	www.pparx.org
Rite Aid Frankenmuth	(989) 652-2613
Rite Aid Saginaw	(989) 792-3451
Rx Outreach	(800) 769-3880
RxAssist (Pharmaceutical company assistance programs)	www.rxassist.org
Walgreens Saginaw	(989) 497-9316
Wrights Pharmacy Hemlock	(989) 301-0250

Rehabilitation

Avista Nursing and Rehab	(989) 777-5110
Chesaning Nursing and Rehab	(989) 845-6602
Dot Caring Center Mental Health Substance Rehab	(989) 790-3366
Saginaw/Freeland	

Great Lakes Rehab Center	(989) 607-1500
Hoyt Nursing and Rehab Center	(989) 754-1419
Medilodge of Frankenmuth	(989) 652-6101
Saginaw Senior Care and Rehab	(989) 792-8729

Substance Abuse

Alcoholics Anonymous	(800) 356-9996
CDC Hotline	(800) 232-4636
Healthsource Saginaw	(800) 662-6848
Narcotics Anonymous (NA) Hotline	(800) 230-4085
National Council on Alcoholism and Drug Dependence (NCADD)	(800) 622-2255
Saginaw County Community Mental Health Authority	(989) 797-3400
Substance Abuse Hotline SAMHSA	(800) 662-4357

Urgent Care

Covenant MedExpress Frankenmuth	(989) 652-1320
Saginaw - State St	(989) 583-0100
Hemlock	(989) 583-0670
Hope Urgent Care, Birch Run	(989) 244-6441
MyMichigan Urgent Care Freeland	(989) 695-4999
Saginaw-Pierce Rd	(989) 583-0285
Valley Urgent Care	(989) 791-3888

Vision Assistance

Advanced Eye Care & Contact Lens Chesaning	(989) 845-7050
America’s Best Contact & Eyeglass	(989) 399-3477
Andersen Eye Associates	(800) 519-3933
Anderson Saginaw	(989) 797-2400
Associates in Eyecare Hemlock	(989) 642-0580
Envision Eye Care	(989) 799-2020
Eye Care Specialist of Michigan	(989) 791-2020
Eyecare Associates Birch Run	(989) 624-2020
Family Eye Care Center – Frankenmuth	(989) 652-2626
Great Lakes Eye Institute, Frankenmuth	(989) 652-2020
Hass Vision Center – Chesaning	(989) 845-3835
Lens Crafters	(989) 790-0184
Michigan Commission for the Blind	(800) 292-4200
National Eye Institute	(301) 496-5248

Riverfront Optical	(989) 790-5005
Saginaw	(989) 793-2820
Saginaw County Health Dept Hearing and Vision	(989) 758-3890
Special Needs Vision Clinic Saginaw	(989) 777-1040
St Charles	(989) 865-9979
Walmart Vision Center, Saginaw	(989) 497-8130

Michigan Indian Legal Services	(231) 947-0122
Michigan Senior Legal Hotline	(866) 400-9164
Military One Source www.militaryoneresource.mil	(800) 342-9647
Social Security Administration	(800) 772-1213
Veterans Affairs Michigan	(800) 642-4838
Veterans Toll Free Number	(800) 698-2411

HOUSING ASSISTANCE

American Red Cross	(800) 733-2767
Heat and Warmth Fund	(800) 866-8429
HUD Rental Assistance	(800) 569-4287
MSHDA	(855) 646-7432
Region VII Area on Aging	(989) 858-1637
Saginaw County	(989) 753-7741
Community Action Agency Saginaw County Dept of Health & Human Services	(989) 758-1100
Saginaw Housing Commission	(989) 755-8183
USDA Rural Development	(517) 324-5190
Veterans Toll Free Number Michigan	(800) 642-4838

LIBRARIES

Bridgeport Public Library	(989) 777-6030
Butman-Fish Branch Library	(989) 799-9160
Frankenmuth James E. Wickson District Library	(989) 652-8323
Hoyt Public Library	(989) 755-0904
R C Zauel Memorial Library	(989) 799-2771
Rauchholz Memorial Library Hemlock	(989) 642-8621
River Rapids District Library Chesaning	(989) 845-3211
St Charles District Library	(989) 865-9451
Taymouth Twp. Library Birch Run	(989) 770-4651
Thomas Twp. Library	(989) 781-3770

Emergency Shelters & Warming Centers

American Red Cross	(800) 733-2767
City Rescue Mission – Saginaw	(989) 752-6051
Heat and Warmth Fund	(800) 866-8429
HUD Rental Assistance	(800) 569-4287
Mustard Seed Shelter – Saginaw	(989) 755-4741
Region 7 Area on Aging	(800) 858-1637
Restoration Community	(989) 753-1886
Outreach Shelter – Saginaw	
Underground Railroad – Saginaw	(989) 755-0411
USDA Rural Development	(517) 324-5190

LEGAL ASSISTANCE

Center for Civil Justice	(800) 724-7441
Legal Services of Eastern Michigan	(800) 322-4512
Michigan Department of Civil Rights	(517) 335-3165

PARENTING/PREGNANCY RESOURCES

Child Safety Seat Inspection	(888) SEAT CHECK
Children’s Special Healthcare	(800) 359-3722
CMU Center for Children, Families, and Communities	(989) 774-6639
Cystic Fibrosis Foundation	(248) 269-8759
Eating Disorder’s Hotline	(800) 931-2237
Eight Cap Inc	(989) 772-0110
First Ward Community Center	(989) 753-0411
Le Leche	(800) 525-3243
Michigan Alliance for Families www.michiganallianceforfamilies.org/maf-offices	(800) 552-4821
Military One Source www.militaryonesource.mil	(800) 342-9647
National Parent Help Line 24/7	(855) 427-2736
Pregnancy Care Center	(989) 752-7664

Saginaw County Dept of Health & Human Services	(989) 758-1100
Saginaw County Innerlink Youth Protection Council	(989) 755-0937
Saginaw ISD Birth to 5 WIC	(989) 399-7473 (800) 942-1636
Women's Health Resource Line	(800) 994-9662

SUPPORT GROUPS

ALS of Michigan	(800) 882-5764
Alzheimer's Association and Helpline	(800) 272-3900
Common Ground Crisis Line	(800) 231-1127
Disability Network of Mi www.dnmichigan.org/cil-directory	(800) 782-4160
Equality Michigan	(313) 537-7000
Region 7 Area on Aging	(800) 858-1637
Epilepsy Foundation of Michigan	(800) 377-6226
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 Council on Alcoholism and Drug	(800) 622-2255
National Domestic and Sexual Violence Helpline	(800) 799-7233
National Human Trafficking Resource Center	(888) 373-7888
Parkinson's	(800) 852-9781
Problem Gambling Helpline	(800) 270-7117
Rape and Incest National Network (RAINN)	(800) 656-4673
Saginaw County Community Mental Health	(989) 797-3400
Stop It Now! Hotline	(888) 773-8368
Substance Abuse Hotline	(800) 662-4357
Suicide Prevention	(800) 273-8255
WIC	(800) 942-1636
Women's Health Resource Line	(800) 994-9662

TRANSPORTATION

American Cancer Society Road to Recovery (Transportation for Medical Appointments)	(800) 227-2345
Auto Safety Hotline	(888) 327-4236
Child Safety Seat Inspection	(866) SEAT CHECK
Chippewa Cab Medical Transport	(989) 779-2227
H.W. Browne Airport	(989) 758-2459
Holt Transportation – Saginaw	(989) 860-1004
Karmanos Cancer Institute	(800) 527-6266
MDOT – Bay City Office	(989) 671-1555
Region 7 Area on Aging	(800) 858-1637
Saginaw Bus Station	(989) 753-5454
Greyhound	
Saginaw Transit Authority STARS	(989) 907-4000
Veterans Toll Free Number	(800) 698-2411

TRIBAL SERVICES

Department of Civil Rights	(517) 335-3165
MDHHS Native American Affairs Office	(517) 335-7782
Michigan Indian Employment & Training Services	(800) 591-8820
Michigan Indian Legal Services	(231) 947-0122
Michigan Indian Tuition Waiver	(517) 241-7748
Saginaw Chippewa Indian Tribe	(989) 775-4000
U.S. Office of Indian Education	(202) 260-3774

VETERANS AFFAIRS

American Legion Chesaning Post 212	(989) 845-3300
American Legion East Street, Saginaw Post 312	(989) 984-7772
American Legion Frankenmuth Post 150	(989) 652-3717
American Legion S. Niagara Street, Saginaw Post 22	(989) 792-9747
American Legion Weiss Street, Saginaw Post 439	(989) 792-2000
CHAMPVA	(800) 733-8387
Michigan Veterans Affairs	(800) 642-4838
Online: Ask.VA.gov	
Paralyzed Veterans of America Michigan	(800) 638-6782
Region 7 Area on Aging	(800) 858-1637

US Department of Veterans Benefits (800) 827-1000
Veteran Affairs Michigan (800) 642-4838
Veterans Toll Free Number (800) 698-2411

VFW Carrollton-Zilwaukee Post 1859 (989) 752-8826
VFW Saginaw Post 9809 (989) 792-0060

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 <u>Primary Care Physician</u></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 <u>McLaren Now App</u> mclaren.org/mclarennow</p>	<p>Needs Medical Care and can wait a few hours. You should contact your <u>Primary Care Physician</u> 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.