



Michigan Medicine - Geriatrics Center Turner Senior Wellness Program

Local Resources for Older Adults in Washtenaw County

This resource database provides a list and description of services available in Washtenaw County to older adults and their families. It is organized by types of assistance.

If you do not see the category you are looking for, use the **Find** function (CTRL+F) to search for keywords.

Michigan Medicine Geriatrics Center does not endorse any of the services listed on this website. It is intended to be as comprehensive as possible. We apologize in advance for any omissions or errors. Please contact us at (734) 998-9353 to suggest changes.

Types of Assistance:

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ADULT DAY CARE / RESPITE SERVICES - rev May 2018

Area Agency on Aging 1B (Livingston/Washtenaw County)

Website: www.aaa1b.com

Address: 3941 Research Park Drive, Suite B, Ann Arbor MI 48108

Toll Free: (800) 852-7795

TTY: Michigan Relay (800) 649-3777

Fax: (248) 262-9971

Email: jjarvis@aaa1b.com

Services: In home respite can be regularly scheduled on a weekly basis or as needed by the caregiver.

Hours: Information and assistance: Monday - Friday 8 am - 5 pm

Fees: Call for current rates; discounts may be available. Some programs have eligibility requirements.

Brecon Village - Evangelical Homes of Michigan

Website: www.evangelicalhomes.org

Address: 200 Brecon Drive, Saline MI 48176

Phone: (734) 429-1155

Fax: (734) 295-9822

Email: marketing@evangelicalhomes.org

Services: Housed in the Memory Support Center at Brecon Village, Adult Day Services provides a secure environment with specially trained staff to offer daily recreation, social support, and individually-based activities. Overnight respite is available.

Hours: Adult Day Care Monday – Friday; Overnight Respite Care – 7 days a week.

Fees: Call for current rates.

Catholic Social Services of Washtenaw County - Interfaith Volunteer Caregiver Respite Program

Website: www.csswashtenaw.org

Address: 4925 Packard Road, Ann Arbor MI 48108

Phone: (734) 712-7774

Fax: (734) 971-2730

Email: atraskos@csswashtenaw.org

Services: Trained volunteers provide in-home companionship visits for homebound Washtenaw County older adults, 2-4 hours per week. Client must be at least 60 years old. No medical attention or assistance with toileting available.

Hours: Scheduled visits of 2-4 hours per week.

Fees: No fee; donations accepted.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Hillside Terrace

Website: www.hillside terrace.net

Address: 1939 Jackson Avenue, Ann Arbor MI 48103

Phone: (734) 761-4451

Services: Respite care in independent, assisted-living, and enhanced memory apartments.

Hours: Based on availability.

Fees: Call for current rates.

Huron Woods - St. Joseph Mercy Ann Arbor

Website: www.huronwoods.org

Address: 5361 McAuley Drive, Ypsilanti MI 48197

Phone: (734) 712-4051

Services: Short-term respite care for seniors with mild, moderate, and advanced dementia, based on availability.

Hours: Generally 7-10 days. Extended stays also available.

Fees: Call for current rates.

Linden Square

Website: www.lindensquarealc.com

Address: 650 Woodland Drive East, Saline MI 48176

Phone: (734) 429-7600

TTY: Michigan Relay (800) 649-3777

Email: lindensquarealc@heritageseniorcommunities.com

Services: Adult Day Care ranges from a few hours to overnight and includes medication assistance, structured activities, snacks and/or meals, and quiet space as needed. Respite care available for a week or a few months.

Hours: Provided hourly to monthly.

Fees: Call for current rates.

PACE (Program of All-Inclusive Care for the Elderly) - Huron Valley

Website: www.HuronValleyPACE.org

Address: 2940 Ellsworth Road, Ypsilanti MI 48197

Phone: 1 (734) 572-5777

Email: info@hvpace.org

Services: Adult Day program and respite care. Eligibility is based on medical criteria. Must be 55+ or with disabilities and live in the service area. Transportation provided.

Hours: Varies according to services provided.

Fees: No cost if on Medicaid and Medicare. If on Medicare only, responsible for portion of cost. Call for additional information.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Sanctuary at St. Joseph's Village - Ann Arbor & Ypsilanti

Website: [St. Joseph's Village](#)

Address: 5341 McAuley Drive, Ypsilanti MI 48197

Phone: (734) 712-1600

Services: Respite care available. Ninety (90) day minimum for independent living; 6 month minimum for assisted living.

Hours: Based on availability. Office 8:30 am - 4 pm

Fees: Call for current rates.

Silver Maples of Chelsea

Website: www.silvermaples.org

Address: 100 Silver Maples Drive, Chelsea, MI 48118

Phone: (734) 475-4111

Email: info@silvermaples.org

Services: Short term respite stays in The Meadows assisted living residence. Includes social and recreational activities, art, musical and intellectual interests. Based on availability.

Hours: One week minimum for overnight respite. Office: Monday - Friday 8 am - 5 pm

Fees: Call for current rates.

Superior Woods Health Care - Assisted Living & Adult Day Program

Website: none

Address: 8380 Geddes Road, Ypsilanti MI 48198

Phone: (734) 547-7600

Services: 24 hour respite care in both assisted living and nursing facilities. Medications can be monitored.

Fees: Call for current rates.

The Oaks Adult Day Care - Catholic Social Services of Washtenaw County

Website: www.csswashtenaw.org/

Address: Ann Arbor Church of Christ, 2500 S. Main Street, Ann Arbor MI 48103 &
Peace Lutheran Church, 8260 Jackson Road, Ann Arbor MI 48103

Phone: (734) 662-4001

Fax: (734) 926-4649

Email: theoaks@csswashtenaw.org

Services: Recreational and therapeutic programs and activities for older adults with cognitive, physical, or mental disabilities.

Hours: Monday - Friday 7:30 am - 5:30 pm

Fees: Hourly rate, sliding scale fee if eligible.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Silver Club Memory Programs - Michigan Medicine

Website: www.med.umich.edu/geriatrics/silverclub

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor, MI 48105

Phone: (734) 998-9352

Fax: (734) 998-9340

Email: GerMedSilverClub@umich.edu

Services: Recreational and therapeutic day care services for older adults with mild and moderate memory loss. Activities include exercise, music, gardening, art and socialization. Interview required to determine eligibility. Early stage memory loss programs also available.

Hours: Monday through Friday 10 am - 3 pm. Early stage memory loss programs meet one day a week: call for information.

Fees: Hourly rates based on ability to pay.

University Senior Living

Website: <https://www.provisionliving.com/locations/ann-arbor/>

Address: 2865 S. Main Street, Ann Arbor MI 48103

Phone: (734) 619-0155

Services: Brings people together in a supportive, inspirational and educational environment; promotes new skills for daily living. Respite Care program assists families when short-term care is needed.

Hours: Open 24 Hours; 2 week minimum and 2 month maximum.

Fees: Call for current rates.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

COUNSELING / MENTAL HEALTH - rev May 2018

Ann Arbor Center for Independent Living

Website: www.annarborcil.org

Address: 3941 Research Park Drive, Ann Arbor MI 48108

Phone: (734) 971-0277

Fax: (734) 971-0826

Email: info@aacil.org

Services: The Center provides short-term individual counseling, skill-building classes, and independent living coaching for people with disabilities. Serves Washtenaw and Monroe Counties.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee; donations accepted.

Ann Arbor Center for the Family

Website: www.annarborcenter.com

Address: 2395 Oak Valley Drive Suite 100, Ann Arbor MI 48103

Phone: Service/Intake (734) 995-5181 Alternate (734) 995-9010

Fax: (734) 995-9011

Services: Psychotherapy for individuals, couples, families, and groups; divorce mediation; and family business consultation.

Hours: Varies according to therapist

Fees: Varies. Some insurances accepted.

Catholic Social Services of Washtenaw County - Counseling

Website: www.csswashtenaw.org/counseling

Address: 4925 Packard Road, Ann Arbor MI 48108

Phone: (734) 971-9781

Fax: (734) 971-2730

Services: Licensed social workers and psychologists provide assessment and short-term, solution focused therapy for individuals, couples, and families. Substance abuse assessment and treatment is also available.

Hours: Monday - Thursday 8:30 am - 9 pm; Friday 8:30 am - 5 pm; Saturday 9 am - 3 pm

Fees: Most insurance policies accepted, sliding scale available

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
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Eastern Michigan University - Psychology Clinic

Website: www.emich.edu/psychology/psychologyclinic

Address: 611 W. Cross Street, Ypsilanti MI 48197

Phone: (734) 487-4987 Older Adults & Caregivers (734) 627-7620

Fax: (734) 487-4989

Services: Comprehensive cognitive and neuropsychological assessments and group and/or individual psychotherapy are provided to the Ypsilanti community and surrounding areas. Speciality programming for caregivers and for older adults 60+ who have concerns about thinking, remembering or problem-solving.

Hours: Monday - Thursday 8:30 am – 7 pm; Friday 8:30 am – 4 pm

Fees: \$5 per group session, \$10 per individual session; \$200 for a full psychological assessment. Fees due at time of service.

Michigan Medicine - Geriatrics Center - Social Work and Community Programs

Website: www.med.umich.edu/geriatrics

Address: 4260 Plymouth Road, Ann Arbor MI 48109

Phone: (734) 764-2556

Toll Free: (877) 865-2167

Fax: Office (734) 936-4120 Clinic (734) 647-8535

Services: Various therapy groups available, individual counseling for Turner Geriatric Clinic patients.

Hours: Monday - Friday 8 am – 5 pm

Fees: Services reimbursed by Medicare and most insurances.

National Suicide Prevention Lifeline

Website: suicidepreventionlifeline.org

Toll Free: 24 Hours (800) 273-8255 Spanish (888) 628-9454

TTD: (800) 799-4889

Online Chat: Yes

Services: Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. The website offers specific resources for disaster survivors, veterans, loss survivors, suicide attempt survivors, and for the deaf/hard of hearing.

Hours: 24 Hours

Psychiatric Emergency Services – 24 Hour Crisis Center - Michigan Medicine Hospital

Website: www.medicine.umich.edu/dept/psychiatry

Address: Michigan Medicine Hospital, 1500 E. Medical Drive, Floor B1, Room A240, Ann Arbor MI 48109 (use Emergency Room entrance)

Phone: (734) 936-5900 24 Hours (734) 996-4747

Services: Psychiatric Emergency Services (PES) provides crisis phone services and emergency/urgent walk-in evaluations resulting in treatment recommendations; crisis intervention; screening for inpatient psychiatric hospitalization; mental health and substance abuse treatment referral information.

Hours: 24 Hours

Fees: Charges are same as an ER Visit. Covered by insurance plans and Medicare.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

St. Joseph Mercy Ann Arbor - Adult Partial Hospitalization

Website: <http://www.stjoesannarbor.org/adultpartialhospitalizationprogram>

Address: Huron Oaks, 5401 McAuley Drive, Ann Arbor MI 48106

Phone: (734) 712-5850

Fax: (734) 712-5692

Services: Mental health services for all age groups, psychiatric day services, and treatment facility

Hours: Monday - Friday 8 am - 4:30 pm

Fees: Covered by insurance plans and Medicare.

St. Joseph Mercy Ann Arbor - Behavioral [Health] Services

Website: <http://www.stjoesannarbor.org/behavioral-health>

Address: Reichert Health Center, 5333 McAuley Drive, Ann Arbor MI 48106

Huron Oaks - 5401 McAuley Drive, Ann Arbor MI 48106 (Adult Partial Hospitalization)

Phone: (734) 712-2020 Adult Partial Hospitalization

(734) 786-4900 Outpatient Chemical Dependency @ Greenbrook Recovery Center

(734) 712-5850 Transition Clinic

Fax: (734) 712-5302

(734) 712-5455 Adult Partial Hospitalization

(734) 786-8051 Outpatient Chemical Dependency @ Greenbrook Recovery Center

Services: Cognitive evaluation; mood, memory and behavior testing; social work counseling and assistance. Support to family members who are caregivers.

Hours: Varies by program; call for hours.

Fees: Covered by Medicare and most insurances.

St. Joseph Mercy Ann Arbor - Women's Mental Health Services

Website: <http://www.stjoesannarbor.org/WomensMentalHealth>

Address: 2006 Hogback Road, Ann Arbor MI 48105

Phone: (734) 786-2300; Intake (734) 786-2301

Fax: (734) 786-4915

Services: Addresses general concerns, senior women's challenges, aging parents, and grief/loss.

Hours: Call for hours.

Fees: Covered by Medicare and most insurances.

St. Joseph Mercy Chelsea – Behavioral Health Services

Website: <http://www.stjoeschelsea.org/behavioralhealthservices>

Address: 350 N. Main Street, Suite 150, Chelsea, MI 48118

7089 Dexter-Ann Arbor Road, Dexter MI 48130

Phone: Assessment (734) 593-5251 Outpatient (734) 593-5250

Toll Free: (800) 328-6261

Fax: Chelsea (734) 593-5255 Dexter (734) 593-6975

Services: Inpatient, outpatient, and day treatment programs are available. Services include individual and family counseling.

Hours: Monday - Thursday 8 am - 7 pm; Fridays 8 am - 6 pm

Fees: Most insurance policies accepted.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

St. Joseph Mercy Chelsea - Older Adult Recovery Center

Website: <http://www.stjoeschelsea.org/olderadultrecoverycenter>

Address: 350 N. Main Street, Suite 120, Chelsea, MI 48118

Phone: (734) 593-5251

Services: Outpatient/inpatient detoxification, intensive outpatient treatment, and standard outpatient treatment, including recovery groups and family treatment.

Hours: Monday - Thursday 8 am - 6 pm; Friday 8 am - 5 pm

Fees: Accepts Medicare and many commercial health insurances.

St. Mary Mercy - Outpatient Psychiatric Services (formerly St. Joseph Mercy Ann Arbor)

Website: <http://www.stjoesannarbor.org/outpatient-psychiatric-services>

Address: Hogback Office Center, 2006 Hogback Road, Suite 1, Ann Arbor MI 48105

Phone: (734) 786-2301

Toll Free: Appt. (800) 289-0014

Services: Psychiatric evaluation and medication management; outpatient psychotherapy (individual, couple & family); psychological testing and evaluation (all ages); specialty psychotherapy & psycho-educational groups.

Hours: Monday - Friday 8 am - 5 pm; Friday evenings & Saturdays by appointment.

Fees: Medicare, private pay and some insurance programs.

Senior Counseling Services

Website: www.seniorcounseling.info

Address: 37899 W. 12 Mile Road Suite 130, Farmington Hills, MI 48334

Phone: (248) 476-2229

Fax: (248) 476-4434

Email: admin@seniorcounseling.info

Services: In-home mental health counseling for seniors, homebound, and disabled individuals. in southeast Michigan. Provides supportive counseling for family members and caregivers. Assists with resources and referrals. "In-home" includes senior residences and assisted living facilities.

Hours: Monday - Friday 9 am – 5 pm; Confidential voicemail and fax available 24 Hours.

Fees: Medicare, some insurances, private pay.

THRIVE - Jewish Family Services of Washtenaw County

Website: <http://thrivecounselinga2.com>

Address: 2245 S, State Street, Suite 1100, Ann Arbor 48103

Phone: (734) 436-4249

Email: hello@ThriveCounselingA2.com

Services: Counseling services for individuals, couples and families.

Hours: Call for hours.

Fees: Many insurances, including Medicare, and employee assistance programs (EAP) accepted. Sliding scale available for uninsured.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



VA Ann Arbor Healthcare System

Website: www.annarbor.va.gov/services/mentalhealth.asp

Address: Mental Health Clinic, 7th Floor, Room B707 - VA Hospital, 2215 Fuller Road
Ann Arbor, MI 48103

Phone: (734) 845-3471

Toll Free: 800-361-8387 Ext. 53471 Veterans Crisis Line (800) 273-8255 ext. 1

Services: General mental health, PTSD, substance use disorder, neuropsychology, geropsychiatry (persons 50+), returning veterans program, military sexual trauma, suicide prevention, and women's mental health.

Hours: Monday - Friday 8:30 am - 4 pm; Mondays and Wednesdays until 6:30 pm; Tuesdays and Thursdays until 8:30 pm

Fees: Covered by VA health care.

Washtenaw County - Community Mental Health - Access/Crisis

Website: www.washtenaw.org/wccmh

Address: 555 Towner Street, Ypsilanti MI 48198
Adult Services 110 N. 4th Avenue, Ann Arbor MI 48103

Phone: 24 Hours (734) 544-3050 Office (734) 3000

Toll Free: 24 Hours (800) 440-7548

Fax: (734) 544-6732

Services: Counselors available any time day or night for emergency assistance over the phone or in person. Older adult counseling is available by appointment in home or in the office. Group homes for the chronically mentally ill are available. Screening process to determine eligibility.

Hours: Monday - Friday 8:30 am - 5 pm. Closed on holidays. 24 Hour hotlines.

Fees: Some insurances and based on ability to pay.

Women's Center of Southeastern Michigan

Website: www.womenscentersemi.org

Address: 510 S. Maple Road, Ann Arbor MI 48103

Phone: (734) 973-6779

Fax: (734) 973-6609

Email: info@womenscentersemi.org

Services: Personal counseling, job and financial coaching, divorce support, tax assistance, and community resource information.

Hours: Monday - Friday 9 am - 5 pm; other hours by appointment.

Fees: Insurance or based on ability to pay.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

EDUCATION - rev Oct 2018

American Association of Retired Persons (AARP) - Smart Driver™ Course / Driver Safety Program

Website: www.aarp.org/auto/driver-safety/

Address: 309 N Washington Square, Suite 110 Lansing, MI 48933

Toll Free: (866) 227-7448

Fax: (517) 482-2794

TTY: National (877) 434-7598

Email: miaarp@aarp.org

Services: Eight (8) hour classroom course for drivers 50+ offered at many locations around the state throughout the year. Call for dates, time and location or available online. Offers Smart DriverTEK™ workshops about the latest high-tech safety features in current and future cars; check website for locations & times – \$5 or free, depending on location.

Hours: Monday – Friday 9 am – 5 pm

Fees: \$20.00 AARP members, \$25.00 Non-members.

Ann Arbor Public Schools - Community Education & Recreation

Website: www.a2schools.org/reced

Address: 1515 S. Seventh Street, Ann Arbor MI 48103

Phone: (734) 994-2300 ext. 1

Fax: (734) 944-1454

Services: Education, recreation, adult enrichment, and foreign language classes. Generally, residents of the AAPS district age 65+ may take one class per term for 25% discount. Scholarships are available to district residents who meet specific low-income guidelines. Seniors must mail or drop off registration forms to receive discounts.

Hours: office Monday – Friday 8 am – 5 pm; summer office hours 8 am – 4:30 pm

Fees: Varies according to program.

Elderwise

Website: www.elderwiselearning.org/

Address: 4624 Packard Road, Ann Arbor MI 48108 (Red Cross Building)

Phone: (734) 340-6091

Email: elderwiselearning@gmail.com

Services: In-depth courses and interactive learning with peer teaching, plus social activities.

Programs may include art, music, literature, history, gardening, and travelogues and presentations on medical, financial, and legal issues.

Hours: Monday – Friday 9 am – 5 pm

Fees: Varies according to program - \$40/year membership fee, which can be prorated by term, entitles member to a discount on course fees; membership is not required for class enrollment.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Jewish Family Services of Washtenaw County

Website: www.jfsann Arbor.org/

Address: 2245 S. State Street, Ann Arbor MI 48104

Phone: (734) 769-0209

Fax: (734) 769-0224

Email: info@jfsann Arbor.org

Services: English as a Second Language and Citizenship classes.

Hours: Daytime, call for schedule.

Fees: No fee.

MSU Extension - Washtenaw County

Website: www.canr.msu.edu/washtenaw/

Address: 705 N. Zeeb Road, PO Box 8645, Ann Arbor MI 48107

Phone: (734) 997-1678

Fax: (734) 222-3990

Email: msue.washtenaw@county.msu.edu

Services: Free educational programs in Washtenaw County: Food and nutrition, finances, agriculture, horticulture, and natural resources, master gardener training. Open to Washtenaw County residents.

Hours: Monday – Friday 8 am – 12:30 pm & 1:30 pm - 4:30 pm

Fees: Varies according to program; some have no fee.

Osher Lifelong Learning Institute at the University of Michigan - Michigan Medicine

Website: www.oli-umich.org/

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9351

Fax: (734) 998-9340

Email: oli.info@umich.edu

Services: Lectures, study groups, mini classes, plus trips. Ages 50+.

Hours: Monday – Friday 9 am – 5 pm

Fees: \$20 annual membership fee. Additional fees vary by program. Scholarships available.

Pittsfield Township - Parks and Recreation

Website: recreation.pittsfield-mi.gov/CourseActivities

Address: Pittsfield Township Community Center, 701 W. Ellsworth Road, Ann Arbor MI 48108

Phone: (734) 822-2120

Email: recreation@pittsfield-mi.gov

Services: Programs include dance, enrichment, exercise, day trips and free seminars.

Hours: office Monday - Friday 8 am - 5 pm

Fees: Vary by program -- resident & non-resident rates; some free.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Road Scholar (formerly Elderhostel)

Website: www.roadscholar.org

Address: 11 Avenue de Lafayette, Boston MA 02111

Toll Free: (800) 454-5768

Fax: (877) 426-2116

Online Chat: Yes

Email: contact@roadscholar.org

Services: Learning experiences around the world, through educational field trips, excursions, and a variety of activities. Offers Caregiver Grants or scholarships for respite and renewal - information at <https://www.roadscholar.org/about/financial-assistance/media/>

Hours: Monday – Friday 8 am – 9 pm ET

Fees: Varies according to program, no membership fees.

Saline Area Schools - Saline Community Education

NEW

Website: <https://www.salineschools.org/schools/saline-community-education/>

Address: Liberty School, 7265 N. Ann Arbor Street, Saline MI 48176

Phone: (734) 401-4020

Fax: (734) 401-4094

Services: Is open beyond the traditional school day for the purpose of providing academic, recreation, health, social service, and work-preparation programs for people of all ages.

Hours: Monday - Friday 8 am - 4:15 pm

Fees: Varies according to program.

Turner Senior Wellness Program - Michigan Medicine

Website: www.med.umich.edu/geriatrics/community/turner.html

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Fax: (734) 998-9340

Services Provided: Community and caregiver resources, health lectures, exercise classes, computer mentoring, cooking demonstrations, Gallery 55+ (art of artists 55+).

Hours: Monday – Friday 9 am – 5 pm

Fees: Varies according to the program. Scholarships available.

University of Michigan – Center for Education of Women

Website: www.cew.umich.edu

Address: 330 E Liberty Street, Ann Arbor MI 48104

Phone: (734) 764-6005

Email: contactcew@umich.edu

Services: Workshop and programs: career development, building your financial future, work/life balance. Job search assistance: members of surrounding community, men and women, students, faculty, and staff of University of Michigan.

Hours: September – April, Mondays & Wednesdays - Friday 8 am - 4:30 pm; Tuesdays 8:30 am – 7 pm; & May - August, Monday - Friday 8:30 am - 4:30 pm

Fees: Fees apply to some programs.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Washtenaw Community College – Community Enrichment (formerly Lifelong Learning)

Website: www.wccnet.edu/community-enrichment/senior-focus/

Address: 4800 E Huron River Drive, Ann Arbor MI 48105

Phone: (734) 667-5060

Fax: (734) 973-5045

Services: Community Enrichment at WCC offers classes that are requested by and designed for older adults. Classes meet at convenient sites, including community and senior centers, throughout Washtenaw County and are available to county residents 65+.

Hours: Monday – Friday 8 am – 5 pm

Fees: Varies according to program.

Washtenaw Community College - Emeritus Scholarship Program

Website: www.wccnet.edu/studentconnection/payingtuition/emeritus/

Address: Student Connection, Student Center Bldg., 4800 E Huron River Drive, Ann Arbor MI 48105

Phone: (734) 973-3543

Fax: (734) 677-5408

Email: studrec@wccnet.edu

Services: For Washtenaw County residents who are 65+. Covers tuition for non-credit and credit classes and some fees for credit classes.

Hours: Monday – Thursday 8 am – 7 pm; Fridays 8 am - 5 pm; Saturdays 9 am - 1 pm

Fees: No fee or tuition for most classes, if space available.

Washtenaw Literacy

Website: www.washtenawliteracy.org

Address: 5577 Whittaker Road, Ypsilanti MI 48197

Phone: (734) 337-3338

Email: info@washtenawliteracy.org

Services: One-on-one and group tutoring for adults in various locations for basic literacy skills, educational attainment training and jobs and workforce literacy. Also offers English as a Second Language tutoring, test preparation, computer literacy, financial literacy and more. Available to Washtenaw county adults who live, work, or volunteer in Washtenaw County.

Hours: Monday – Friday 9 am – 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

EMERGENCY SERVICES - rev May 2018

Aid in Milan (AIM)

Website: www.aidinmilan.org

Address: 89 W. Main Street, Milan MI 48160

Phone: (734) 439-8420

Email: info@aidinmilan.org

Services: Services include rent and utility crisis intervention, help with prescriptions, emergency food pantry, home-delivered meals for seniors. Generally reserved for residents of Milan School District, with proof of residency and proof of income.

Hours: Monday - Tuesday & Thursday - Friday 9 am - 3 pm

Fees: No fee.

American Red Cross - Washtenaw & Lenawee Counties

Website: www.redcross.org/local/michigan or www.redcross.org

Address: 4624 Packard Road, Ann Arbor MI 48108

Phone: (734) 971-5300

Toll Free: 24 Hours (866) 971-5300 24 Hours (800) 774-6066

Fax: (734) 971-5303

Services: Works to meet people's immediate needs after an emergency or disaster; provides shelter, food, personal and other emergency supplies, plus health and mental health services. In addition, serves as communication liaison between the military and a soldier's family in event of an emergency.

Hours: Monday - Thursday 8:30 am - 5 pm; Fridays 8:30 am - 3 pm

Fees: No fee.

Ann Arbor Thrift Shop

Website: www.annarborthriftshop.org

Address: 3030 Washtenaw Avenue, Suite K, Ann Arbor MI 48104

Phone: (734) 662-6771

Services: Takes referrals from social service case workers on behalf of local residents who need emergency aid for clothing, housing, utility bills, medical or dental care, car repair or transportation.

Hours: Monday – Saturday 10 am - 4 pm

Fees: No fee.

Catholic Social Services of Washtenaw County - Emergency Food Program

Website: csswashtenaw.org/food-housing/emergency-food-program/

Address: Northside Community Center, 815 Taylor, Ann Arbor MI 48105

Phone: (734) 662-4462

Services: Distributes groceries and personal care items to low-income families and individuals on a monthly and/or emergency basis. Referrals to other agencies for clothing and other critical services are provided as needed. Must live in Washtenaw County and meet the low-income poverty levels;

Hours: Tuesdays 2 pm - 5:30 pm; Thursdays 10 am - 2:30 pm;

2nd and 4th Saturdays 10 am - 12:30 pm

Fees: No fee. Food donations are accepted.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Emmanuel Lutheran Church

Website: www.emmanuelypsi.org

Address: 201 N. River Street, Ypsilanti MI 48198

Phone: (734) 482-7121

Fax: (734) 482-7122

Email: info@EmmanuelYpsi.org

Services: Emergency food supplies are distributed based on referrals from local services agencies. Medical equipment loan closet and clothing are available (must call or email in advance for equipment).

Hours: Food Pantry - Wednesdays 9 - 10:30 am

Medical equipment loans & Clothing Closet - Wednesdays 3 - 3:45 pm

Fees: No fee.

Faith in Action (FIA) - Chelsea & Dexter

Website: www.faithinaction1.org

Address: 603 S Main Street, Chelsea MI 48118 and 7275 Joy Road, Dexter MI 48103

Phone: (734) 475-3305 Chelsea and (734) 426-7002 Dexter Food Pantry

Fax: (734) 475-3136

Services: Clothing and durable medical equipment available: no residency requirement but limited to every 2 weeks & no more than 12 times per year. Food for 3 – 5 days, household and other supplies not purchasable with food stamps; and financial assistance for rent and utilities: must be low income and live within the Dexter and Chelsea School Districts.

Hours: Chelsea: Monday – Friday 9 am - 4 pm; Wednesdays 9 am - 7 pm

Dexter Food Pantry: Wednesdays 12 - 7 pm

Fees: No fee.

Friends in Deed

Website: www.friendsindeed.info/

Address: 1196 Ecorse Road, Ypsilanti MI 48198

Phone: (734) 484-4357

Fax: (734) 484-5335

Email: Office@FriendsInDeedMI.org

Furniture Line: (734) 484-7607 Tuesday - Friday 9:30 am - 12 pm

Services: Provides furniture, transportation assistance and utility shut-off help. Information and referrals for housing, health and employment-related needs, childcare, clothing, prescriptions, and medical needs. Focuses on unmet needs for Washtenaw County residents, such as those that other human services agencies cannot meet.

Hours: Monday - Friday 9:30 am - 12 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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House by the Side of the Road

Website: www.housebythesideoftheroad.org

Address: 2051 S. State Street, Ann Arbor MI 48104

Phone: (734) 769-4085

Email: housebyroad@gmail.com

Services: Free clothing and small household items available to people in need.

Hours: Monday - Friday 10 am - 2 pm and many 1st Saturdays (call for dates)

Fees: No fee.

Housing Access for Washtenaw County (HAWC)

Website: www.housingaccess.net

Address: 101 S. Huron Street, Ypsilanti MI 48197 (admin)

Phone: (734) 961-1999

Email: HAWC_Washtenaw@usc.salvationarmy.org

Services: Central intake or single point of entry for all emergency shelters and housing resources that are available to serve people experiencing homelessness in the county. Must be resident of Washtenaw County.

Hours: Monday - Friday 8:30 am - 5:30 pm (calls)

Walk-In: Tuesdays 9 am - 12 pm (The Salvation Army, 9 S. Park Street, Ypsilanti MI 48197)

Thursdays 1 - 4 pm (The Salvation Army, 100 Arbana Drive, Ann Arbor MI 48103)

Fees: No fee.

Kiwanis Club of Ann Arbor - Thrift Sale

Website: www.a2kiwanis.org and www.kiwanissale.com

Address: 100 N. Staebler at Jackson (west of Zeeb) Ann Arbor MI 48103

Phone: (734) 665-0450

Services: Ann Arbor Kiwanis sells used furniture, household goods, and clothing. Household goods assistance is provided only through charity and social agency caseworkers trained by Kiwanis.

Hours: Voucher Services by appointment with caseworkers trained by Kiwanis.

Thursday 9:30 am - 11 am

Fees: No fee.

Manchester Family Services, Inc.

Website: none

Address: PO Box 471, Manchester, MI 48158

Phone: (734) 428-7183

Services: Offers food distribution on the 3rd Wednesday of each month. Vouchers are given any time for food, rent, and utility assistance. Location for food pick up varies each month. Must call in advance to participate in the food program and live in Freedom, Manchester, Bridgewater, or Sharon Townships. Based on need.

Hours: Food pantry available 3rd Wednesday each month 1 - 3 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Peace Neighborhood Center

Website: www.peaceneighborhoodcenter.org

Address: 1111 N. Maple Road, Ann Arbor MI 48103

Phone: (734) 662-3564

Fax: (734) 662-8589

Email: info@peaceneighborhoodcenter.org

Services: Provides regular food assistance. Coordinates with other agencies to provide services.

Hours: Monday - Friday 9:30 am - 5:30 pm

Food distribution: Fridays, 10 am - 12 pm, September - June

Fees: No fee.

Poison Control Center (Listed as National Capital Poison Center)

Website: www.poison.org

Toll Free: (800) 222-1222

Services: Telephone guidance for poisoning emergencies.

Hours: 24 Hours

Fees: No fee.

SOS Community Services - Food Pantry & Housing Crisis Center

Website: www.soscs.org

Address: 114 N. River Street, Ypsilanti MI 48198

Phone: Food Pantry (734) 484-9945 Housing (734) 961-1999 Office (734) 485-8730

Resource Center (734) 484-5411

Fax: (734) 485-8739

Services: Information and referral services, short-term crisis counseling, financial assistance (when funds available), eviction prevention, utility assistance (based on shut-off notification). Must be a Washtenaw County resident for some services. Housing assistance provided via referrals from Housing Access for Washtenaw County ([HAWC](#)). Food for 3 meals per person in household up to 12 times a year. Personal care items and meats from Pantry for eligible residents by appointment only.

Hours: Monday - Friday 9 am - 5 pm; Tuesdays 9 am - 6:30 pm

Resource Center: Mondays 9 am - 1 pm; Thursdays & Fridays 9 am - 4 pm

Food Pantry: Tuesdays 1 - 6 pm; Wednesdays 9 am - 1 pm

Fees: No fee.

SafeHouse Center

Website: www.safehousecenter.org

Address: 4100 Clark Road, Ann Arbor MI 48105

Phone: 24-Hour Helpline (734) 995-5444 Office (734) 973-0242

Fax: (734) 973-7817

TTY: (734) 973-2227

Email: info@safehousecenter.org

Services: Provides safety, support, legal advocacy, and resources for survivors (female, male & LGBT) of sexual assault and domestic violence and their children. Has a 50-bed emergency shelter. Must be a survivor of an intimate partner of domestic violence to use the services.

Hours: Monday - Friday 8 am - 5 pm for counseling and legal advocacy.

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Saline Area Social Service

Website: www.salinesocialservice.com

Address: 224 W. Michigan Avenue, Saline MI 48176

Phone: (734) 429-4570

Email: socserv@frontier.com

Services: Provides temporary emergency financial aid, food, clothing, fuel, Christmas baskets, and transportation to residents of Saline Area School District. Must provide ID & meet income guidelines.

Hours: Mondays 10 am - 6 pm; Tuesday - Thursday 10 am - 2:30 pm

Fees: No fee.

Salvation Army - Ann Arbor MI

Website: centralusa.salvationarmy.org

Address: 100 Arbana, Ann Arbor MI 48103

Phone: (734) 668-8353

Fax: (734) 668-0908

Email: salarmya2@gmail.com

Services: Food, fuel, clothing, and shelter provided during an emergency. Call to make appointment; application must be picked up in person. Eligibility determined on individual basis. Must be Washtenaw County resident. Ypsilanti and Willis residents should use Ypsilanti office.

Hours: Monday - Friday 8 am - 4 pm

Fees: No fee.

Salvation Army - Ypsilanti MI

Website: centralusa.salvationarmy.org

Address: 9 S. Park Street, Ypsilanti MI 48198

Phone: (734) 482-4700

Fax: (734) 482-2689

Services: Food pantry, soup kitchen, clothing, family shelter, transitional housing and counseling for veterans, emergency and disaster relief, utility assistance, and eviction prevention. Emergency services by appointment only. Food pantry visits limited to 1/month; produce distribution limited to 1/week. Primarily serves Ypsilanti area residents.

Hours: Monday - Friday 8:30 am - 4 pm

Food Pantry: Tuesdays 1 - 3 pm

Produce Distribution: Thursdays 1 - 3 pm

Fees: No fee.

Shelter Association of Washtenaw County - Delonis Center

Website: www.annarborshelter.org

Address: 312 W. Huron Street, Ann Arbor MI 48103

Phone: Office (734) 662-2829

Fax: (734) 996-3022

Services: Provides temporary shelter and supportive services to homeless adults on a walk-in or appointment basis. Employment assistance, substance abuse evaluations, mental health assessments, meals, health care, referrals for clothing, transportation assistance, and networking to other community resources are offered to clients 18+, drug-free, and sober. Washtenaw County residents served first; and all others will be on a 30-day wait list pending availability.

Hours: 24 Hours

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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Fees: No fee.

Staples Family Center - Salvation Army of Washtenaw County

Website: centralusa.salvationarmy.org

Address: 3660 Packard Street, Ann Arbor MI 48108

Phone: (734) 761-7750

Services: A drug-free homeless shelter. Phone screening required.

Hours: 24 Hours

Fees: No fee.

St. Thomas Catholic Church - St. Vincent de Paul

Website: stthomasannarbor.org/l3-ministries/st-vincent-de-paul/ or svdpaa.org/office/

Address: Parish Office Bldg., 530 Elizabeth Street, Ann Arbor MI 48104

Phone: Office (734) 761-8606 Ext. 2901 Home Visit Request (734) 719-1632

Fax: (734) 997-8432

Email: svdpaa@att.net

Services: Provides vouchers for food, clothing, work shoes and prescriptions; bus tokens; and other assistance based on need; applicants may be referred to other social agencies. Clients must come in person with photo ID. Home visits to assess need are available. Individual services provided once every 6 months.

Hours: Tuesdays & Fridays 9 - 11 am

Fees: No fee.

St. Vincent De Paul Society Thrift Store

Website: svdpaa.org/store/

Address: 1001 Broadway, Ann Arbor MI 48105

Phone: (734) 761-1400 (announces days & hours)

Email: svdpaa@att.net

Services: Used clothing, shoes, jewelry and housewares are sold. Cash only; no longer accepts vouchers from social service agencies.

Hours: Monday - Friday 10 am - 5 pm; Saturdays 10 am - 3 pm

Fees: Varies according to service.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

State of Michigan - Department of Health and Human Services - Assistance Programs

Website: www.michigan.gov/mdhhs/AssistancePrograms

Address: 22 Center Street, Ypsilanti MI 48198

Phone: (734) 481-2000

Toll Free: (888) 642-7434 Michigan (855) 275-6424

Fax: (734) 481-8386

TTY: 711 or (800) 649-3777 and ask for (517) 373-3740

Services: The Emergency Relief Program provides immediate help to individuals or families facing conditions of extreme hardship or for emergencies that threaten health and safety. Through direct financial assistance and contracts with a network of non-profit organizations, helps low-income households meet emergency needs such as heat & utilities, home repairs, relocation assistance, home ownership services, and burial. Designed for low-income households which occasionally need help when unexpected emergency situations arise, not for chronic difficulties. Includes refugee assistance. Must meet eligibility requirements.

Hours: Monday - Friday 8 am - 5 pm excluding state holidays

Fees: No fee.

Washtenaw County - Community Mental Health

Website: www.washtenaw.org/839/Community-Mental-Health

Address: 555 Towner Street, Ypsilanti MI 48198

Phone: Office (734) 544-3000 24 Hours (734) 544-3050

Toll Free: 24 Hours (800) 440-7548

Fax: (734) 544-6732

Services: Crisis planning, stabilization and support for substance abuse and mental health; Project Outreach (PORT) Services for the Homeless - crisis management and transition to mainstream services; OBRA Services for Older Adults - Nursing Home Screening and Services.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: Based on ability to pay.

Washtenaw County - Community Mental Health & Michigan Medicine - Psychiatric Emergency Services

Website: www.medicine.umich.edu/dept/psychiatry

Address: Michigan Medicine Hospital, 1500 E. Medical Center Drive, Floor B1, Room A240; Ann Arbor, Michigan 48109 (use Emergency Room entrance)

Phone: (734) 936-5900 24 Hours (734) 9960-747

Services: Offers assistance with psychological emergencies, including suicide prevention. Evening phone calls are forwarded to Psychiatric Emergency Services at Michigan Medicine.

Hours: 24 Hours

Fees: Patient's insurance is billed for services. If uninsured, other billing agencies may be considered.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Ypsilanti Thrift Shop

Website: thriftshopofypsi.org

Address: 14 S. Washington Street, Ypsilanti MI 48197

Phone: (734) 483-1226

Services: Provides housewares; toys & books; clothing for men, women & children; jewelry, and small appliances. Vouchers accepted from area agencies and must be signed by the Thrift Shop social worker.

Hours: Mondays & Wednesday - Friday 10 am - 3:45 pm; Tuesdays 12 - 6 pm;

Saturdays 10 am - 1 pm; open until 8 pm the 1st Friday of each month; closed on major holidays

Fees: Cash and vouchers accepted.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

FINANCIAL ASSISTANCE - rev Aug 2018

Ann Arbor Thrift Shop

Website: www.annarborthriftshop.org

Address: 3030 Washtenaw Avenue, Suite K, Ann Arbor MI 48104

Phone: (734) 662-6771

Services: Takes referrals from social service case workers on behalf of local residents who need emergency aid for clothing, housing, utility bills, medical or dental care, car repair or transportation.

Hours: Monday – Saturday 10 am - 4 pm

Fees: No fee.

BenefitsCheckUp

Website: www.benefitscheckup.org

Services: Finds benefits programs for seniors with limited income and resources. Search by zip code for information on: medication, food and nutrition, income assistance, health care, housing and utilities, discounts, tax relief, transportation, education, employment, veterans, and other assistance such as legal aid for civil matters.

Hours: 24 Hours

Fees: No fee.

Department of Veterans Affairs - Washtenaw County

Website: washtenaw.org/959/Veterans-Affairs

Address: 2155 Hogback Road, Ann Arbor MI 48108

Phone: (734) 973-4540

Fax: (734) 973-4560

Services: Help offered to Washtenaw County veterans to apply for all federal, state and local veterans' pensions and benefits including financial assistance for food, housing, medical care, transportation and utilities. Acts as liaison with the Michigan Veterans Trust Fund, which has emergency funds for assistance with employment and burial expenses.

Hours: Walk In Service (Public): 8:30 am - 12 pm; Appointments (Public) 1 - 5:30 pm;

Closed for Lunch 12 - 1 pm; Closed Fridays - Sundays & Holidays

Fees: No fee.

Faith in Action (FIA) – Chelsea & Dexter

Website: www.faithinaction1.org

Address: St. Joseph Mercy Chelsea, Faith in Action Bldg., 603 S. Main Street Chelsea, MI 48118

Phone: (734) 475-3305

Services: Financial help with heat, electric, water, and rent. Income-qualified families are eligible to receive help when they have received a shut-off notice or notice to quit/eviction. Social work staff will negotiate with utility companies and landlords to clarify expectations. Available only to residents of Chelsea and Dexter School Districts.

Hours: Call for hours.

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Friends in Deed

Website: www.friendsindeed.info

Address: 1196 Ecorse Road, Ypsilanti MI 48198

Phone: (734) 484-4357

Fax: (734) 484-5355

Email: Office@FriendsInDeedMI.org

Services: Financial help for unmet needs for Washtenaw County residents, such as housing, utility bills, health and employment-related needs, transportation, childcare, clothing, prescriptions, and medical needs. Needs should be those that other human services agencies cannot meet.

Hours: Monday - Friday 9:30 am - 12 pm

Fees: No fee.

GreenPath Debt Solutions

Website: www.greenpath.com

Address: 5397 W. Michigan Avenue, Ypsilanti MI 48197

Toll Free: (800) 550-1961 **Appt. (888) 776-6735**

Services: Non-profit company provides confidential credit reports, money management assistance, debt consolidation, pre-purchase foreclosure prevention, mortgage and reverse mortgage counseling.

Hours: Call for hours.

Fees: Varies according to service.

Health Well Foundation

Website: www.healthwellfoundation.org

Address: Head Office PO Box 4133, Gaithersburg, MD 20878

Call Center PO Box 220410, Chantilly, VA 20153

Toll Free: (800) 675-8416

Fax: (800) 282-7692

Email: Grants@HealthWellfoundation.org

Services: The Health Well Foundation is a non-profit, charitable organization for improving access to care for America's underinsured. Assists with copays, premiums, deductibles and out-of-pocket expenses including travel. Eligibility is determined by financial, medical, and insurance information. Apply online or via automated phone system.

Hours: Monday - Friday 9 am - 5 pm.

Fees: No fee.

Hope Clinic

Website: www.thehopeclinic.org

Address: 518 Harriet Street, Ypsilanti MI 48198

Phone: (734) 484-2989

Fax: (734) 484-6825

Email: info@thehopeclinic.org

Services: Provides limited financial help for prescription co-pays, transportation to medical appointments, or help with other emergency financial needs.

Hours: Monday - Friday 9 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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Housing Bureau for Seniors - Michigan Medicine

Website: www.med.umich.edu/seniors

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9339

Fax: (734) 998-5878

Email: housingbureauseniors@umich.edu

Services: Offers assistance for ages 55+ and caregivers through the following programs:

- **Housing Counseling:** Housing options, including independent, assisted living, and nursing homes.
- **Eviction Prevention:** Assistance to keep renters in their apartment or help with relocation.
- **Foreclosure Prevention:** Assistance to prevent homeowners from foreclosure due to unpaid property tax or mortgage payments. AARP volunteer tax assistance program during tax season. Do not need to be an AARP member.
- **HomeShare:** Matching of senior homeowners with home seekers interested in renting space.

Hours: Monday - Friday 9 am - 5 pm

Fees: No fee. Donations accepted.

Jewish Family Services of Washtenaw County

Website: www.jfsannarbor.org/

Address: 2245 S. State Street, Suite 200, Ann Arbor MI 48104

Phone: (734) 769-0209

Fax: (734) 769-0224

Email: info@jfsannarbor.org

Services: Helps Washtenaw County residents of any age access a variety of emergency community funds, based on those programs' income and asset guidelines.

Hours: Monday - Thursday 9 am – 5 pm; Friday 9 am – 3 pm

Fees: No fee.

Manchester Family Services, Inc.

Website: none

Address: PO Box 471, Manchester, MI 48158

Phone: (734) 428-7183

Services: Emergency aid for residents of Manchester School District. Can provide food or help with rent, utility payments, and medical bills.

Hours: Monday – Friday 9 am - 4 pm

Fees: No fee.

Michigan Medicare/Medicaid Assistance Program, Inc. (MMAP)

Website: www.mmapinc.org

Address: Services offered at various locations

Toll Free: (800) 803-7174

Services: Medicare/ Medicaid Assistance Program assists all Medicare beneficiaries in choosing a Medigap plan, Part D plan for prescription coverage, applying for Extra Help through Social Security, applying for Medicaid, and understanding medical bills.

Hours: 9 am - 4:30 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Michigan Parkinson Foundation**Website:** www.parkinsonsmi.org**Address:** 30400 Telegraph Road, Suite 150, Bingham Farms, MI 48025**Phone:** (248) 433-1011**Toll Free:** Michigan (800) 852-9781**Fax:** (248) 433-1150**Email:** info@parkinsonsmi.org

Services: Michigan Parkinson Foundation can assist Michigan residents with Parkinson's disease who meet financial criteria obtain some relief for Parkinson's medication costs and for respite care in or out of the home. It can help find alternative sources of funding medication costs.

Hours: Monday - Friday 8:30 am - 5 pm**Fees:** No fee.**Michigan Prescription Drug Discount Card****Website:** www.mihealth.org/mirx/**Address:** PO Box 30412, Lansing, MI 48909**Toll Free:** (866) 755-6479 Press 2, then 1 or (800) 259-8016

Services: MIRx card is a prescription drug discount program for Michigan residents who do not have any prescription drug coverage.

Hours: Monday - Friday 9 am - 5 pm**Fees:** No fee.**National Kidney Foundation of Michigan, Inc.****Website:** www.nkfm.org**Address:** 1169 Oak Valley Drive, Ann Arbor MI 48108**Phone:** (734) 222-9800**Toll Free:** Michigan (800) 482-1455**Fax:** (734) 222-9801**Email:** info@nkfm.org

Services: The Luann Scheppelmann-Eib Emergency Fund provides a one-time help of up to \$100 for the urgent needs of people with kidney disease. Payments are made directly to vendors. Common uses for emergency funds include: transportation to dialysis, utility bills, food, prescription co-pays, medical equipment, and moving. Contact a social worker to complete an application.

Hours: Monday - Friday 9 am - 5 pm**Fees:** No fee.**Contact Information:**

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

NeedyMeds

Website: www.needymeds.org

Toll Free: (800) 503-6897

Fax: (206) 260-8850

Email: info@needymeds.org

Services: A source of information on thousands of programs that may be able to offer assistance to people in need. The information is available anonymously and free of charge.

- **Patient Assistance Programs:** These programs are usually sponsored by pharmaceutical companies and provide free or discounted medicines to low-income, uninsured and underinsured people who meet the guidelines. Eligibility criteria are different for every program. Includes some medical transportation assistance.
- **Disease-Based Assistance:** Programs targeted at specific diseases.
- **Discount Drug Cards:** To obtain medicines at a discounted price. The card is printable from the website.

Hours: N/A.

Fees: No fee.

SOS Community Services - Food Pantry & Housing Crisis Center

Website: www.soscs.org

Address: 114 N. River Street, Ypsilanti MI 48198

Phone: Food Pantry (734) 484-9945 Housing (734) 961-1999 Office (734) 485-8730
Resource Center (734) 484-5411

Fax: (734) 485-8739

Services: Information and referral services, short-term crisis counseling, financial assistance (when funds available), eviction prevention, utility assistance (based on shut-off notification). Must be a Washtenaw County resident for some services. Housing assistance provided via referrals from Housing Access for Washtenaw County ([HAWC](#)). Food for 3 meals per person in household up to 12 times a year. Personal care items and meats from Pantry for eligible residents by appointment only.

Hours: Monday - Friday 9 am - 5 pm; Tuesdays 9 am - 6:30 pm

Resource Center: Mondays 9 am - 1 pm; Thursdays & Fridays 9 am - 4 pm

Food Pantry: Tuesdays 1 pm - 6 pm; Wednesdays 9 am - 1 pm

Fees: No fee.

Saline Area Social Service

Website: www.salinesocialservice.com

Address: 131 E. Michigan, Saline MI 48176

Phone: (734) 429-4570

Email: socserv@frontier.com

Services: Short-term help with prescriptions, family counseling, food, and utility bills. Must live in the Saline School District and meet financial criteria.

Hours: Mondays 10 am - 6 pm; Tuesday - Thursday 10 am - 2:30 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Salvation Army - Ann Arbor MI

Website: centralusa.salvationarmy.org

Address: 100 Arbana, Ann Arbor MI 48103

Phone: (734) 668-8353

Fax: (734) 668-0908

Email: salarmya2@gmail.com

Services: Food, fuel, clothing, and shelter provided during an emergency. Call to make appointment; application must be picked up in person. Eligibility determined on individual basis. Must be Washtenaw County resident. Ypsilanti and Willis residents should use Ypsilanti office.

Hours: Monday - Friday 8 am - 4 pm

Food Pantry: Tuesdays & Thursdays 9:30 - 11:30 am & 1 - 3 pm

Fees: No fee.

Salvation Army - Ypsilanti MI

Website: centralusa.salvationarmy.org

Address: 9 S. Park Street, Ypsilanti MI 48198

Phone: (734) 482-4700

Fax: (734) 482-2689

Services: Food pantry, soup kitchen, clothing, family shelter, transitional housing and counseling for veterans, emergency and disaster relief, utility assistance, and eviction prevention. Emergency services by appointment only. Food pantry visits limited to 1/month; produce distribution limited to 1/week. Primarily serves Ypsilanti area residents.

Hours: Monday - Friday 8:30 am - 4 pm

Food Pantry: Tuesdays 1 pm - 3 pm Produce Distribution: Thursdays 2 pm - 3 pm

Fees: No fee.

Social Security Administration - Medicare Part D & SSI

Website: www.ssa.gov/benefits/medicare/prescriptionhelp/ & www.ssa.gov/benefits/ssi/

Address: 3971 Research Park Drive, Suite A, Ann Arbor MI 48108

Toll Free: (800) 772-1213 (no direct phone # for local office)

TTY: (800) 325-0778

Services: Enrolls financially-eligible Medicare beneficiaries in Part D Extra Help to assist with prescription costs; enrolls financially-eligible seniors and younger disabled people in Supplemental Security Income.

Hours: Monday - Tuesday & Thursday - Friday 9 am - 4 pm; Wednesdays 9 am - 12 pm

Fees: No fee.

State of Michigan - Department of Health and Human Services - Washtenaw County

Website: <http://www.michigan.gov/mdhhs>

Address: 22 Center Street, Ypsilanti MI 48198

Phone: (734) 481-2000 Cash, Food, Medical, Home & Burial Assistance (855) 275-6424

Fax: (734) 481-8362

Services: Handles applications for Medicaid, State Emergency Relief, and other state financial programs.

Hours: Monday - Friday 8 am - 5 pm

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Fees: No fee.

United Way of Washtenaw County - Financial Stability Program

Website: <https://www.uwwashtenaw.org/financialstabilityindividuals>

Address: 2305 Platt Road, Ann Arbor MI 48104

Phone: office (734) 971-8200

Toll Free: 24 Hours call 211 or (800) 552-1183

Fax: 734-971-6230

Online Chat: Yes

Email: liveunited@uwwashtenaw.org

Services: Help lower your monthly expenses, repair your credit and set you on the path to gaining and sustaining assets.

- Free 1-on-1 Financial Coaching & Resource Navigation
- Financial Empowerment Workshops
- Volunteer Income Tax Assistance (VITA) Program
- Free At Home Tax Filing Support

Hours: Monday - Friday 8 am - 4:30 pm

Fees: No fee.

University of Michigan Credit Union

Website: www.umcu.org

Address: Administrative office: 340 E. Huron, Suite 100, Ann Arbor MI 48104 (+ multiple branches)

Phone: (734) 662-8200

Toll Free: (800) 968-8628

Fax: (734) 996-4522

Services: Licensed professional will analyze income and debts in an initial 2-hour consultation. Must be a University of Michigan Credit Union member; open an account for \$5.

Hours: Call for appointments Monday - Friday.

Fees: No fee.

Washtenaw County - Healthy Michigan Plan (Medicaid)

Website: www.washtenaw.org/1877/Healthy-Michigan-Plan-Medicaid

Address: Washtenaw Health Plan, 555 Towner Street, Ypsilanti MI 48198

plus others - see complete list at www.healthcarecounts.org/washtenaw-county/

St. Joseph Mercy - Ann Arbor & Chelsea [St. Joseph Mercy Health Financial Assistance Programs](#)

Michigan Medicine - Ann Arbor [Michigan Medicine - Patient Financial Counselors](#)

Packard Health [Packard Health - Insurance Enrollment Assistance](#)

Manchester Community Resource Center 734-428-7722 or Email: info@manchestercrc.org

Faith in Action - Chelsea www.faithinaction1.org/programs-services/

Phone: Ypsi (734) 544-3030

Services: Assist in applying for expanded Medicaid. Must be Michigan resident and not in or qualified for Medicare. Ypsi has Spanish, Arabic & French in-person interpretation services available.

Hours: Ypsi Monday – Friday 9 am – 4 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Washtenaw County Health Plan - Plan B

Website: www.washtenaw.org/1878/Plan-B-Information

Address: 555 Towner Street, Ypsilanti MI 48198

Phone: (734) 544-3030

Toll Free: (866) 291-8691

Fax: (734) 544-6704

Services: Includes a discount prescription drug program for County residents of all ages who have limited, exhausted, or no prescription drug coverage.

Hours: Monday – Friday 8 am - 4 pm

Fees: No fee for membership. Drug fees vary for generic & brand name.

World Medical Relief - Local Programs

Website: www.worldmedicalrelief.org/local-programs

Address: 21725 Melrose Avenue, Southfield MI 48075

Phone: (313) 866-5333

Fax: (313) 866-5588

Email: info@worldmedicalrelief.org

Services: Facilitates the distribution of surplus medical resources where they are needed. Goods are distributed in a non-discriminatory manner without regard to race, color, gender, religion, nationality or political beliefs.

- Affordable prescription program available for financially-qualified individuals 18+. Financial guidelines: low/medium income as determined by federal guidelines and are uninsured or underinsured. Must have no or insufficient prescription coverage; not enrolled in Medicaid. May qualify with Medicare Part D.
- Medical Supply Service -- Must have a referral from a social service agency or prescription from a licensed healthcare professional.
- Durable Medical Equipment program -- Must have a doctor's prescription and the ability to pick up medical equipment from the Southfield warehouse.

Hours: Monday - Friday 9 am - 5 pm

Fees: \$ 8.30 per 30-day prescription. DME handling fee.

Ypsilanti Thrift Shop

Website: thriftshopofypsi.org

Address: 14 S. Washington Street, Ypsilanti MI 48197

Phone: (734) 483-1226

Services: Can give vouchers for clothing and household items from the store. Agency social workers must first contact the shop's Director of Social Services at (734) 483-3932 for approval. One voucher per client every six months.

Hours: Mondays & Wednesday - Friday 10 am - 3:45 pm; Tuesdays 12 - 6 pm; Saturdays 10 am - 1 pm; open until 8 pm first Friday of each month; closed on major holidays

Fees: Cash and vouchers accepted.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HEALTH SERVICES - ALZHEIMER'S DISEASE / MEMORY LOSS - rev May 2018

Alzheimer's Association - Michigan - Great Lakes Chapter

Website: www.alz.org/mglc

Address: 564 S. Main Street, Suite 200, Ann Arbor MI 48104

Phone: (734) 369-2716

Toll Free: 24 Hour (800) 272-3900

Fax: (734) 369-2816

TTY: 24 Hour (866) 403-3073

Services: The Alzheimer's Association provides a 24 hour helpline, care consultation and resource referral, support groups, message boards, publications and newsletters pertaining to Alzheimer's disease, educational programs, professional training, a speakers' bureau, a resource library with free lending opportunities, SafeReturn® (A nationwide identification, support and enrollment program that provides assistance when someone with Alzheimer's or a related dementia wanders and becomes loStreet), and opportunities for clinical trials. The Alzheimer's Association provides multi-lingual services.

Hours: Monday - Friday 9 am - 5 pm. Hotline available 24 Hours

Fees: No fee for most services.

Michigan Medicine - Geriatrics Speciality Clinic - Cognitive Disorders Program

Website: www.med.umich.edu/healthcenters

Address: East Ann Arbor Health and Geriatrics Center, 4260 Plymouth Road, Ann Arbor MI 48109

Phone: (734) 764-6831

Toll free: (877) 865-2167

TTY: (800) 649-3777

Fax: (734) 647-8535

Services: The Cognitive Disorders Program provides comprehensive testing and assessments of problems associated with memory loss. Physician's referral required.

Hours: Monday - Friday 8 am - 5 pm

Fees: Varies according to insurance.

Michigan Medicine - Michigan Alzheimer's Disease Center (MADC)

Website: alzheimers.med.umich.edu

Address: 2101 Commonwealth Blvd., Suite D, Ann Arbor MI 48105

Phone : (734) 936-8803

Email: UM-Ask-MADC@med.umich.edu

Services: The MADC provides information on Alzheimer's disease and related disorders to people experiencing memory changes, 50+. Opportunities for participation in research studies are also available. Memory assessments for brain imaging, clinical drug trials, and observational studies provided.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee. Stipend may be offered for participation.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Michigan Medicine - Geriatrics Center Clinics**Website:** www.med.umich.edu/geriatrics**Address:** 4260 Plymouth Road, Ann Arbor MI 48109**Phone:** (734) 764-6831**Toll free:** (877) 865-2167**Fax:** (734) 763-2064**Services:** Provides comprehensive medical evaluations, neuropsychological testing, and consultations with a nurse and social worker. Counseling and ongoing care to monitor changes.**Hours:** Monday - Friday 8 am - 5 pm; 24 Hour Careline (734) 764-6831**Fees:** Varies according to insurance.**VA Ann Arbor Healthcare System - Speciality Care - Neurology****Website:** www.annarbor.va.gov**Address:** 2215 Fuller Road, Ann Arbor MI 48105**Phone:** (734) 769-7100**Toll free:** (800) 361-8387**TTY:** (800) 361-8387 Ext. 711**Services:** Veterans requiring evaluation of cognitive deficits are seen in the Neurology Clinic. A consult is required from the patient's primary care provider.**Hours:** Wednesdays 8:30 am - 10:30 am**Fees:** Varies according to income and/or military service-connected disability.**Contact Information:**

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



HEALTH SERVICES – DENTAL rev Aug 2018

Community Dental Center

Website: www.dent.umich.edu/cdc/

Address: 406 N. Ashley, Ann Arbor MI 48013

Phone: (734) 998-9640 outgoing message with voicemail option

Fax: (734) 998-9647

Email: CDCcontact@umich.edu

Services: A non-profit program, jointly sponsored by the City of Ann Arbor and the University of Michigan Dental School, offering comprehensive dental care to the community.

Hours: Mondays, Wednesdays & Thursdays 8 am - 4:45 pm; Tuesdays 9 am - 5:45 pm; Fridays 8 am - 12:45 pm (note: Testing these Tuesday hours; may return to 8 am - 4:45 pm.)

Fees: Most dental insurance is accepted, including Medicaid. There is a tiered fee structure for services by pre-doctoral dental students.

Hope Dental Clinic

Website: www.thehopeclinic.org/dental-clinic/

Address: 518 Harriet Street, Ypsilanti MI 48198

Phone: (734) 480-9575 outgoing message & voicemail options only

Fax: (734) 484-6825

Services: Provides preventative and restorative dental care to low income children and adults without dental insurance or the ability to pay for dental care. If not seen at the clinic before, call or visit the website to find out when the next new patient sign-up day will be. Eligibility guidelines are based on family size and income. Proof of income and a photo ID are required during new patient sign-up.

Hours: Monday - Friday 9 am - 12 pm and 1 - 5 pm

Fees: Does not accept Medicaid or any dental insurance.

University of Michigan - Dental School

Website: www.dent.umich.edu

Address: 1011 N. University, Ann Arbor MI 48109

Phone: Student or Speciality Clinic (734) 763-6933

Dental Faculty appts. (734) 764-3155

Toll Free: (888) 707-2500

Services: Comprehensive dental care provided by pre-doctoral students, residents and faculty. Speciality Clinic treats patients 16+ with disabilities including dementia; progressive neurologic conditions; and physical disabilities that limit mobility, vision, or hearing.

Hours: Monday – Friday 8 am - 4:50 pm

Follows the academic schedule for holidays and semester breaks.

Fees: Accepts various insurances including Medicaid.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Washtenaw County Dental Clinic

Website: www.washtenaw.org/Dental-Clinic

Address: Haab Health Building, 111 N. Huron Street, Ypsilanti MI 48197

Phone: (734) 480-4250

Toll Free: appointments (877) 313-6232

Services: Dental services for adults and children who are uninsured and low income, or who are enrolled in Medicaid, MIChild, or Healthy Kids. Dental clinic staff speak Arabic and Mandarin. Telephone translation available for other languages. A program in partnership with Saint Joseph Mercy Health System, the Washtenaw Health Plan, Washtenaw County and My Community Dental Centers.

Hours: Call for Information.

Fees: Sliding scale for the uninsured. Call for more information.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

HEALTH SERVICES – GERIATRIC HEALTH ASSESSMENT - rev May 2018

Michigan Medicine - Michigan Alzheimer's Disease Center (MADC)

Website: www.med.umich.edu/alzheimers/

Address: 2101 Commonwealth Blvd., Suite D, Ann Arbor MI 48105

Phone: (734) 936-8803

Services: The MADC provides information on Alzheimer's disease and related disorders to people 50+ experiencing memory changes. Opportunities for participation in research studies are also available. Memory assessments for brain imaging, clinical drug trials, and observational studies provided.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee. Stipend may be offered for participation in research studies.

Michigan Medicine - Geriatrics Center Clinics

Website: www.med.umich.edu/geriatrics

Address: East Ann Arbor Health and Geriatrics Center, 4260 Plymouth Road, Ann Arbor MI 48109
and West Ann Arbor Health Center Parkland Plaza
380 Parkland Plaza, Ann Arbor MI 48103

Phone: (734) 764-6831

Toll free; (877) 865-2167

Fax: (734) 647-8535

Services: The Geriatrics Center Clinics provide comprehensive medical evaluations, primary care, specialty care, neuropsychological testing, and consultations with a nurse and social worker. Ongoing care to monitor changes and counseling are also provided.

Hours: Monday - Friday 8 am - 5 pm

Fees: Varies according to insurance.

St. Joseph Mercy Ann Arbor - Psychological Testing Services

Website: www.stjoesannarbor.org/PsychologyServices

Address: Outpatient Behavioral Services, 2006 Hogback Road, Ann Arbor, MI 48105

Phone: (734) 786-2300

Fax: (734) 786-4915

Services: Brief neuropsychological testing for evaluating problems of memory and cognition, including possible brain injury, dementia and other neurological disorders.

Hours: Monday - Friday 8 am to 5 pm

Fees: Covered by Medicare and most insurances.

Washtenaw Geriatrics

Website: washtenawmedicine.com/washtenaw_geriatrics

Address: 3145 Clark Road, Suite 201, Ypsilanti MI 48197

Phone: (734) 528-5700

Services: Evaluate and treat the health problems that often become more numerous with advancing age. Also manage Alzheimer's and other dementias, depression, and gait disorders.

Hours: Monday - Thursday 8:00 am - 4:45 pm; Fridays 8:00 am - 4:00 pm

Fees: Covered by Medicare, Medicaid and other insurances.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



HEALTH SERVICES – HEALTH CARE ORGANIZATIONS - rev June 2018

Alzheimer's Association – Michigan - Great Lakes Chapter HQ

Website: www.alz.org/mglc/

Address: 564 S. Main Street, Suite 200, Ann Arbor MI 48104

Phone: Local (734) 369-2716

Toll Free: 24 Hour (800) 272-3900

TTY: 24 hour (866) 403-3073

Online Chat: No

Services: Provides a 24 hour helpline, care consultation & resource referral, support groups, message boards, publications and newsletters pertaining to Alzheimer's disease, educational programs, professional training, a speakers bureau, a resource library with free lending opportunities, MedicAlert® + SafeReturn® (A nationwide identification, support and enrollment program that provides assistance when someone with Alzheimer's or a related dementia wanders and becomes lost), and opportunities for clinical trials. The Alzheimer's Association provides multi-lingual services.

Hours: Monday - Friday 9 am – 5 pm; 24 Hour helpline

Fees: Varies according to service – most are offered at no cost.

American Cancer Society

Website: www.cancer.org

Address: 20450 Civic Center Drive, Southfield, MI 48076

Phone: (248) 663-3400

Toll Free: National (800) 227-2345

Online Chat: Yes

Services: Dedicated to eliminating cancer as a major health problem through prevention, research, education, advocacy, programming, and fundraising. Offers access to clinical trials, extensive information regarding cancer prevention, cancer treatments, and cancer facts and figures.

Hours: Monday - Friday 8:30 am – 5 pm

Fees: Fees vary according to service – most are offered at no cost.

American Diabetes Association

Website: www.diabetes.org

Address: 20700 Civic Center Drive, Suite 100, Southfield, MI 48076

Phone: Local (248) 433-3830

Toll Free: National (888) DIABETES (342-2383)

Online Chat: Yes Monday - Friday 8:30 am - 5 pm ET

Fax: (248) 353-4977

Services: Funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public. Advocates for scientific research and for the rights of people with diabetes.

Hours: Monday - Friday 8:30 am – 5 pm; National Helpline Monday-Friday 8:30 am - 8 pm ET

Fees: Fees vary according to service; most are offered at no cost.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

American Heart Association of Southeast Michigan

Website: www.americanheart.org

Address: 27777 Franklin Road, Suite 1150, Southfield, MI 48034

Phone: (248) 936-5800,

Toll Free: National (800) 242-8721

Online Chat: No

Fax: (248) 936-5784

Services: Offers information and resources pertaining to heart disease and stroke, CPR and ECC certification, classes on healthy lifestyle management, as well as advocacy and fundraising efforts. Affiliated with the American Stroke Association.

Hours: Monday - Friday 8:30 am – 4:30 pm; National Monday - Friday 7 am - 9 pm CST & Saturday - Sunday 9 am - 5 pm CST

Fees: Varies with program/service.

American Lung Association in Michigan

Website: www.alam.org

Address: 1475 E. 12 Mile Road, Madison Heights MI 48071

Phone: (248) 784-2000

Toll Free: National (800) 586-4872

Online Chat: Yes

Fax: (248) 784-2008

Email: National info@lung.org Michigan midland@lung.org

Services: Improve lung health and prevent lung disease through research, education and advocacy. Offers information and resources pertaining to lung cancer disease, lung disease, COPD, tuberculosis, asthma, tobacco use, and clean air.

Hours: Monday - Friday 9 am – 5 pm; National Monday - Friday 7 am - 9 pm CST & Saturday - Sunday 9 am - 5 pm CST

Fees: Varies according to program.

American Red Cross - Washtenaw & Lenawee Counties

Website: www.redcross.org/local/michigan or www.redcross.org

Address: 4624 Packard Road, Ann Arbor MI 48108

Phone: (734) 971-5300

Toll Free: 24 Hours (866) 971-5300 24 Hours (800) 774-6066

Online Chat: No

Fax: (734) 971-5303

Services: Trains the community in First Aid, CPR, Babysitting, Pet First Aid, and Aquatics. To donate blood, call (800) GIVELIFE or contact www.givelife.org.

Hours: Monday - Thursday 8:30 am - 5 pm; Fridays 8:30 am - 3 pm

Fees: Varies according to class or program.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

American Stroke Association

Website: www.strokeassociation.org/

Address: 27777 Franklin Road, Suite 1150, Southfield, MI 48034

Phone: (248) 936-5800

Toll Free: National (888) 478-7653

Online Chat: No

Fax: (248) 936-5784

Services: Offers information and resources pertaining to stroke warning signs, prevention, treatment and certification, and recovery information, as well as advocacy and fundraising efforts. Affiliated with the American Heart Association.

Hours: Monday - Friday 8:30 am – 4:30 pm; National Monday - Friday 7 am - 9 pm CST & Saturday - Sunday 9 am - 5 pm CST

Fees: Varies with program or service.

Arthritis Foundation - Great Lakes Region - Michigan

Website: www.arthritis.org

Address: 888 W. Big Beaver, Suite 305, Troy, MI 48084

Phone: (248) 649-2891 ext. 6600

Toll-Free: National (877) 571-4357 Michigan (855) 529-2728 ext. 2

Online Chat: No

Fax: (248) 649-2895 National (866) 687-1977

Services: Offers support for more than 100 types of arthritis and related conditions. Provides public health education; does advocacy, public policy, and legislation; leads and funds research to improve the quality of life for those living with arthritis.

Hours: Monday - Friday 10 am – 3 pm; summer hours Monday -Thursday 8:30 - 5 & Fridays 8:30-3

Fees: Varies according to program.

Greater Detroit Agency for the Blind and Visually Impaired

Website: www.gdabvi.org

Address: 16625 Grand River Avenue, Detroit, MI 48227

Phone: (313) 272-3900

Fax: (313) 272-6893

Online Chat: No

Email: information@gdabvi.org

Services: Provides quality, innovative services that increase self-reliance, productivity and dignity for persons with severe vision loss. The agency offers in-home rehabilitation services to adults and seniors, community education programs on eye health and safety. Eligibility: Adults, age 60+ (age limit is flexible) who are blind or visually impaired.

Hours: Monday - Friday 8:30 am to 4:30 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Huntington's Disease Society of America - Michigan Chapter

Websites: www.hdsa.org/ and www.michigan.hdsa.org

Address: 1221 Bowers Street, PO Box 1091, Birmingham MI 48012

Phone: (989) 832-4170

Toll Free: Chapter Help Line (800) 909-0073 National Help Line (800) 345-HDSA (4372)

Online Chat: No

Fax: (517) 827-4950

Email: michigan@hdsavolunteer.org

Services: Dedicated to improving the lives of people with Huntington's Disease and their families.

Works to promote and support research and medical efforts, to assist people and families affected by Huntington's Disease, and to educate the public and health professionals about Huntington's disease.

Hours: The HDSA-MI social worker will return all phone calls left on the Chapter Help Line voicemail or to emails sent to sforbes@hdsa.org.

Fees: No fee for support groups that operate throughout Michigan.

Mesothelioma Prognosis Network

Website: www.mesotheliomaprognosis.com

Toll Free: Michigan (855) 618-2834

Online Chat: Yes

Services: Provides free information and resources to those affected by mesothelioma cancer. Online monthly support group.

Hours: Call for information; online chat also available.

Fees: No fee.

Michigan Parkinson Foundation

Website: www.parkinsonsmi.org

Address: 30400 Telegraph Road, Suite 150, Bingham Farms MI 48025

Phone: (248) 433-1011

Toll Free: Michigan (800) 852-9781

Online Chat: No

Fax: (248) 433-1150

Email: info@parkinsonsmi.org

Services: Works to educate and support people with Parkinson's and related disorders, their loved ones and physicians/allied health professionals. Supports research into the mechanisms underlying the disease and therapeutic strategies aimed at reducing the burden of illness. Provides support groups for people with PD and their families.

Hours: Monday - Friday 8:30 am – 5 pm

Fees: Varies according to program.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

National Kidney Foundation of Michigan, Inc.

Website: www.nkfm.org

Address: 1169 Oak Valley Drive, Ann Arbor MI 48108

Phone: (734) 222-9800

Toll Free: Michigan (800) 482-1455

Online Chat: No

Fax: (734) 222-9801

Email: info@nkfm.org

Services: Works to prevent chronic kidney disease and its leading causes: diabetes, obesity, and high blood pressure through education and research. Promotes organ and tissue donation.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: No fee.

Washtenaw County Medical Society

Website: <http://washtenawcms.wordpress.com/>

Address: 5 Research Drive, Suite C, Ann Arbor MI 48103

Phone: (734) 668-6241

Online Chat: No

Fax: (734) 668-8928

Services: Offers physician referrals and answers inquiries regarding medical and public health programs in the community.

Hours: Monday - Friday 9 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HEALTH SERVICES – HEARING AND SPEECH IMPAIRMENT - rev July 2018

AT&T Accessibility

Website: www.att.com/features/accessibility

Toll Free Disability & Aging Center Support: (800) 772-3140

Toll Free National Center for Customers with Disabilities: (866) 241-6568 for wireless customers

TTY Disability & Aging Center Support: (800) 651-5111

NCCD TTY: (866) 241-6567 for wireless customer

Online Chat: Yes; daily 7 am - 1 am ET

Services: AT&T Accessibility plan is a group of rate plans developed for customers who, because of a disability, are unable to effectively communicate over voice networks. These plans provide data only access to AT&T's network and typically include the following features: Real-time text messaging, E-mail, Internet access, and Video Calling or Multimedia Messaging (when not restricted by device). *Not for use on tablets.* Customers using a TTY will receive a discount for local and toll calls, based on need. AT&T Lifeline offers low income customers a discount on their monthly land or wireless/mobile/cell phone bill.

Hours: Monday - Friday 10 am - 10 pm ET; Saturday 11 am - 7:45 pm ET

Fees: Varies, discounted services.

Audient Alliance for Accessible Hearing Care

Website: www.audientalliance.org

Toll Free: (866) 956-5400

Services: Affordable access to hearing aids and care for individuals with limited financial resources.

Hours: Monday - Friday 9 am - 9 pm ET

Fees: Based on ability to pay.

Comcast - Accessibility Support Center

Website: www.xfinity.com/support/articles/accessibility-services

Toll Free: (855) 270-0379

Online Chat: Yes support.xfinity.com/accessibility

Email: accessibility@comcast.com

Services: Assistance with closed captioning and obtaining operator services and directory assistance exemptions for those with disabilities (as verified by a physician).

Hours: Sunday - Saturday 8 am - 12 am ET

Fee: Varies with services.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Deaf and Hearing Interpretive Services, Inc.

Website: www.dhisonline.org

Address: 25882 Orchard Lake Road, Suite 100, Farmington Hills MI 48336

Phone: (248) 473-1888,

TTY: (248) 473-1875

Fax: (248) 474-7938

Services: Provides assistance obtaining assistive devices, advocacy, support groups and counseling, information and referral, and individual client assistance. Serves deaf individuals in southeastern Michigan or older adults with hearing loss.

Hours: Monday - Friday 9 am – 5 pm

Fees: Fee varies according to service, also based on ability to pay.

Deaf Health Clinic at Dexter Health Center - Michigan Medicine

Website: www.uofmhealth.org/our-locations/deaf-health

Address: 7300 Dexter-Ann Arbor Road, Suite 110, Dexter MI 48130

Phone: (734) 426-2796

Video Phone: (810) 355-2743

Email: deafhealth@med.umich.edu

Services: Provides in-person primary care, prenatal & obstetrics care, and mental health services by ASL-signing physicians or social workers. Also provides virtual mental health services.

Hours: Call for appointments.

Fees: Varies according to insurances.

Eastern Michigan University - Speech and Hearing Clinic

Website: <http://www.emich.edu/coe/speech/index.html>

Address: 135 Porter Building, EMU Campus, Ypsilanti MI 48197

Phone: (734) 487-4410

Services: Speech and hearing services, including audiology testing, provided by graduate students.

Hours: Monday - Thursday 8:30 am - 5 pm; Friday 8:30 am - 4 pm

Fees: No fee.

Hearing Loss Association of America, Ann Arbor Chapter

Websites: <http://hearinglossa2.weebly.com/> (Ann Arbor), <http://www.hearingloss-mi.org/> (Michigan)

Email: pamc86@gmail.com info@hearingloss-mi.org

Services:-Monthly meetings offer socialization and education at the Ann Arbor Center for Independent Living (CIL), 3941 Research Park Drive, Ann Arbor MI. 48108

Hours: 2nd Monday of the month at 6:30 pm

Fees: No fee; \$15 annual membership fee for national association.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Lions Hearing Center of Michigan

Website: www.lhcmi.org

Address: 4201 Street Antoine 5E-UHC, Detroit, MI 48201

Clinic Locations: Farmington Hills, Dearborn, Royal Oak and Novi

Phone: (313) 745-4664

Fax: (313) 577-8555

Email: info@lhcmi.org

Services: Provides hearing screening and testing services plus hearing aids to all individuals, regardless of age or income. Provides hearing screening services to any senior program, community center or living facility in the region. Screenings are offered on location and at no cost to participants. Offers follow-up care and evaluation through the Michigan Ear Institute www.michiganear.com/

Hours: Varies, call for appointment.

Fees: Billed to insurance. Hearing aids discounted for people with limited financial resources.

Michigan Assistive Technology Loan Fund

Website: www.michiganloanfunds.org

Address: c/o United Cerebral Palsy of MI, 4970 Northwind Drive, Suite 102, East Lansing MI 48823

Phone: (517) 203-1200

Toll Free: (800) 828-2714

Fax: (517) 203-1203

Services: Fund provides low interest loans for the purchase of assistive technology. Must be a resident of Michigan, and have a disability or be 65+. Also must be able to enter into a contract with no adverse credit history unless it is related to disability. Loans available via Option 1 Credit Union, which requires \$5 to join.

Hours: Monday - Friday 8:30 am – 5 pm

Fees: Varies, low-interest loans available.

Michigan Dept. of Civil Rights (MDCR) - Division on Deaf, DeafBlind and Hard of Hearing

Website: <https://www.michigan.gov/mdcr/>

Address: Cadillac Place, 3054 W. Grand Boulevard, Suite 3-600, Detroit, MI 48202

Phone: (313) 437-7035

Fax: (313) 456-3721

Toll Free Voice/TTY: (313) 437-7035

Email: DODDBHH@michigan.gov

Services: The office will assist deaf and hard of hearing persons with referrals to public or private agencies dealing with specific problems or concerns including technical support, accommodations, and interpreter information and services.

Hours: Monday - Friday 8 am – 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Michigan Medicine - Audiology

Website: www.med.umich.edu/oto

Address: Locations at East Ann Arbor Medical Center, Briarwood, Taubman/Main Hospital, West Ann Arbor, Brighton and Livonia

Phone: (734) 936-8051

Services: Audiology testing and hearing aids.

Hours: Varies by location.

Fees: Varies based on services and insurance coverage.

Michigan Medicine - Geriatrics Center - Social Work and Community Programs

Website: www.med.umich.edu/geriatrics/community

Address: Turner Senior Resource Center, 2501 Plymouth Road, Suite C, Ann Arbor MI 48109

Phone: (734) 998-9353

Fax: (734) 998-9340

Services: A trained peer volunteer is available by email to discuss resources, equipment, and coping strategies. Call to request assistance.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Sprint Relay Data Plan

Website: www7.sprint.com/landings/accessibility/hearing.html or sprintrelaystore.com

Address: Sprint Video Customer Service, PO Box 29230, Shawnee Mission, KS 66201-9230

Fax: Video Customer Service (VCS) (877) 877-3291

Email: Appointments vcs@sprint.com

Online Chat: Yes 24/7

Services: Sprint offers mobile/wireless customers a "Sprint Relay Data Plan" for data only. Available only via www.sprintrelaystore.com; not offered at retail stores. Offers Video Customer Service with American Sign Language by appointment via email address above. Also offers IP Relay Service via the web or a mobile app.

Hours: Monday - Friday 8 am - 9 pm ET

Fees: Varies, discounted services.

T-Mobile Accessibility

Website: <https://www.t-mobile.com/responsibility/consumer-info/accessibility-policy>

Phone: Accessibility Customer Care (844) 375-8107

Toll Free: (844) 375-8107

TTY: (877) 296-1018

Online Chat: No

Services: Will provide a TTY device and phone specifically for customers who request it, offers data-only mobile plans, which also include unlimited texting, to hearing-impaired customers. Has real-time texting.

Hours: TTY & Customer Care Sunday - Saturday 6 am - 6 pm ET

Fees: Varies according to service.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Verizon - Accessibility Resource Center

Website: www.verizon.com/about/accessibility/

Toll Free: Wireless National Accessibility Customer Service Center (888) 262-1999
FIOS & Traditional customers (800) 974-6006

TTY: Videophone (508) 251-5301

Email: vccd@verizon.com

Online Chat: No

Services: Offers free 411/directory assistance (with physician verification), text to 911, Braille and large print bills and audio manuals for its products, text-to-speech software for the handsets called TALKS, TTY support for its phones, and real-time texting for people who don't use voice.

Hours: Wireless customers Monday - Friday 8 am - 9 pm ET
FIOS & Traditional customers Monday - Friday 8:30 am - 5 pm ET

Fees: Varies by service.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HEALTH SERVICES – HOSPICE & PALLIATIVE CARE - rev Aug 2018

Explanation:

Hospice – Hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support for people facing a life-limiting illness or injury. It is appropriate when it is not possible to cure an illness or a patient chooses not to undergo certain treatments. Hospice must be ordered by a physician and is generally provided in the patient's living environment. It may also be provided in an inpatient hospital setting.

Palliative Care – Palliative care is focused on providing relief from the symptoms and stress of a serious illness and to help patients understand their choices for medical treatment. The goal is to improve quality of life for both the patient and the family. One's primary care physician can provide information about palliative care specialists and will continue to be involved in the patient's care.

A specially-trained team of doctors, nurses and other specialists work together with a patient's other doctors to provide medical, social, emotional and practical support. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment. Palliative care may be provided in a hospital, outpatient clinic or in the home.

Arbor Hospice

Website: www.arborhospice.org

Address: 2366 Oak Valley Drive, Ann Arbor MI 48103
440 W. Russell Street, Ste. 100, Saline MI 48176

Phone: Admin (734) 662-5999

Toll Free: 24 Hours (888) 992-2273

Fax: (734) 662-5518

Email: WebContact@arborhospice.org

Services: Provides hospice care to seriously ill patients and their families throughout southeastern Michigan. Care is provided by a team of trained caregivers in patient homes, hospitals, nursing homes, assisted living facilities, as well as at the Arbor Hospice Residence, Ann Arbor and The Residence of Arbor Hospice, Saline. A variety of grief support groups are offered to patient families and the community. Offers palliative care through

NorthStar Palliative Care (formerly Arbor Palliative Care)

Website: www.arborhospice.org/our-care-services/palliative-care/

Toll Free: (855) 249-5678

Fax: (734) 929-3294

Services: Available for adults facing serious illness who have difficulty leaving the home for care. In home diagnosis and treatment of distressing symptoms that may be interfering with daily life. Prescribe medications when needed and reduce triggers for visits to the emergency room.

Fees: Typically covered by Medicare, Medicaid, and other insurances. If someone doesn't have the insurance coverage or financial means to pay for our services, Arbor Hospice will provide care regardless.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Grace Hospice

Website: www.ghospice.com/

Phone: (734) 975-0499

Toll Free Fax: (855) 618-6650

Services: A team of doctors, nurses, social workers, counselors, hospice aides, chaplains, and trained volunteers work together focusing on the patient's needs, whether physical, psychological, or spiritual. Serves veterans via a We Honor Veterans partnership. A Community Health Accreditation Partner (CHAP) accredited hospice agency.

Fees: Medicare, Medicaid, and other insurances.

Heartland Hospice Care

Website: www.heartlandhospice.com/heartland-hospice-services-of-ann-arbor/

Address: 3840 Packard Road, Suite 260, Ann Arbor MI 48108

Phone: (734) 973-1145

Fax: (734) 973-1241

Services: Heartland Hospice is a component of Heartland Home Care and provides nursing care, certified home health aides, social workers, volunteers, and pastoral care as needed.

Fees: Medicare, Medicaid, and other insurances. Also provides care to those who qualify for hospice services regardless of the ability to pay or insurance coverage.

Hospice of Michigan

Website: www.hom.org

Address: 2366 Oak Valley Drive, Ann Arbor MI 48103

Toll Free: 24 Hours (888) 247-5701

Services: Hospice care is provided in the home, at the hospital, in assisted living, or at the nursing home. Serves Washtenaw County through Arbor Hospice.

Fees: Medicare, Medicaid, and other insurances. Provides care for all—regardless of age, diagnosis, or ability to pay.

Kindred Hospice (formerly Gentiva Hospice)

Website: www.kindredhealthcare.com/our-services/hospice

Address: Riverside Center, 25925 Telegraph Road, Suite 102, Southfield, MI 48033

Phone: 24 Hours (248) 356-5070

Toll Free: 24 Hours (888) 546-3733

Services: Hospice services: skilled and nonskilled nursing care, pain management, inpatient care, respite care, medical equipment, and grief support for families. A member of We Honor Veterans.

Hours: 24 Hours.

Fees: Covered by Medicare, Medicaid and other private insurance.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Michigan Medicine - Palliative Care

Website: <https://www.uofmhealth.org/conditions-treatments/home-care/palliative-care>

Addresses & Phone: UM Hospital (via page) or at these clinics

- **East Ann Arbor Health Center - Palliative and Supportive Care Clinic** (734) 764-6831
- **Rogel Cancer Center Symptom Management and Supportive Care Program** (877) 907-0859
 - Available only for U-M Rogel Cancer Center patients
- **Frankel Cardiovascular Center Palliative and Supportive Care Clinic** (888) 287-1082
- **Chelsea Health Center - Palliative and Supportive Care Clinic** (734) 475-1321
 - Palliative care consultations

Services: Helps patients with chronic conditions or life-limiting illnesses to enhance their quality of life and stay independent and symptom-free for as long as possible. Palliative care is delivered by an interdisciplinary team of nurses, physicians, social workers, chaplains, pharmacists and others who focus on advanced disease management.

Fees: Medicare, Medicaid, and other insurances.

St. Joseph Mercy Home Health Care and Hospice - Southeast Michigan

Website: www.stjoeshealth.org/Hospice

Address: 34505 W. 12 Mile Road, Suite 100, Farmington Hills MI 48331

Toll Free: Michigan (855) 559-7178

Fax: New patient referrals (866) 754-4220

Services: Provides support, comfort and compassionate care for patients with serious, possibly terminal illnesses. In collaboration with the patient's physician, provides patients with pain management and symptom control. Also gives psychological, emotional, social and spiritual support for patients and their families. A Community Health Accreditation Partner (CHAP) accredited hospice agency.

Fees: Medicare, Medicaid, and other insurances.

VA Ann Arbor - Palliative Care Services

Website: www.annarbor.va.gov/services/

Phone: (734) 769-7100

Toll Free: (800) 361-8387

Services: Inpatient palliative care consultation and outpatient palliative care clinic.

Hours: Monday - Friday 8 am - 4:30 pm

Fees: Covered under VA benefits. May also be covered by Medicaid or Medicare.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HEALTH SERVICES – HOSPITALS - rev May 2018

ACE (Acute Care for Elders)

Website: [ACE](#)

Address: Floor 10 East, 5301 McAuley Drive, Ypsilanti MI 48197

Phone: (800) 211-8181

Services: A collaborative venture between St. Joseph Mercy Ann Arbor and the University of Michigan, ACE offers an inpatient service dedicated to providing the best possible care for older adults. Located in St. Joseph Mercy Ann Arbor, patients at the ACE unit are cared for by geriatricians and staff from both St. Joe's and U-M, led by a U-M medical director. All admittance will be *physician directed* based on specific needs. A patient's physician will collaborate with the ACE unit geriatrician to decide if the ACE unit is right for that specific case. Patients may be admitted through St. Joe and Michigan Medicine emergency departments, geriatric clinics, physician offices and sub-acute rehab facilities. This unit is for patients age 65+ who are hospitalized and who do not need urgent surgery or have other conditions that render them too unstable for a medical floor.

St. Joseph Mercy Ann Arbor - Senior ERSM

Website: www.stjoesannarbor.org

Address: 5301 McAuley Drive, Ypsilanti MI 48197

Phone: (734) 712-3456

Services: Dedicated to meeting the needs of patients age 65+, their caregivers and family. Staff have enhanced geriatric clinical training. The physical space has softer lighting, non-skid floors, and extra thick pressure-reducing mattresses in a private room. Each treatment room offers clocks and telephones with larger numbers. Can provide hearing assistive devices, warm blankets and items forgotten in the rush to the emergency department, such as reading glasses.

St. Joseph Mercy Chelsea - Senior ERSM

Website: www.stjoeschelsea.org/EmergencyRoom

Address: 775 S. Main Street, Chelsea MI 48118

Phone: (734) 593-6000

Services: ER physicians have specialized geriatric emergency medicine training, and nurses are certified in Geriatric Emergency Nursing Education (GENE). Soft lighting, private rooms, non-skid/non-glare floors, extra thick pressure-reducing mattresses, hearing and visual amplifiers help reduce anxiety, disorientation and minimize the risk of falls and ulcers.

Michigan Medicine Hospital - University of Michigan

Website: www.med.umich.edu

Address: 1500 E. Medical Center Drive, Ann Arbor MI 48109

Phone: (734) 936-4000

VA Ann Arbor Healthcare System

Website: www.annarbor.va.gov

Address: 2215 Fuller, Ann Arbor MI 48105

Phone: (734) 769-7100

Toll Free: (800) 361-8387

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HEALTH SERVICES – LOW VISION AND BLINDNESS - rev Aug 2018

AT&T Accessibility

Website: www.att.com/features/accessibility

Toll Free Disability & Aging Center Support: (800) 772-3140

Toll Free National Center for Customers with Disabilities: (866) 241-6568 for wireless customers

Services: AT&T Lifeline offers low income customers a discount on their monthly land or wireless/mobile/cell phone bill.

Hours: Monday - Friday 10 am - 10 p. ET; Saturday 11 am - 7:45 pm ET

Services: Directory assistance exemption program for individuals with certain disabilities (must have doctor complete an application). Telephone bills are available in large print or Braille. AT&T basic email works with screen readers and browsers.

Fees: Varies, discounted services.

Comcast - Accessibility Support Center

Website: www.xfinity.com/support/articles/accessibility-services

Toll Free: (855) 270-0379

Email: accessibility@comcast.com

Services: Assistance with video description on non-X1 TV boxes, using voice guidance on X1 boxes, and obtaining operator services and directory assistance exemptions for those with disabilities (as verified by a physician). Provides braille bills, channel lineups, Xfinity User Guides and large-button Xfinity remotes.

Fees: No fee.

Detroit Radio Information Services (DRIS)

Website: <https://wdet.org/dris/>

Address: DRIS, c/o WDET 101.9 FM, 4600 Cass Avenue, Detroit, MI 48201

Phone: (313) 577-3322

Email: dris@wayne.edu

Services: Radio Reading/Audio Information Service for people with disabilities. A special service of WDET 101.9 FM and Wayne State University. Specially built radio receivers are loaned free of charge to qualified applicants. An applicant must be 1) registered with a Library for the Blind and Physically Handicapped or 2) certified by a qualified healthcare provider such as doctor, social worker or rehabilitation counselor.

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Greater Detroit Agency for the Blind and Visually Impaired

Website: www.gdabvi.org

Address: 16625 Grand River Avenue, Detroit, MI 48227

Phone: (313) 272-3900

Fax: (313) 272-6893

Email: Information@gdabvi.org or rehabilitation@gdabvi.org

Services: Services include vision rehabilitation therapy, orientation and mobility therapy, community programs and education, and information and referral. Serves ages 60+ for rehabilitation services.

Covers Livingston, Macomb, Monroe, Oakland, Washtenaw, Wayne and St. Clair counties.

Hours: Monday - Friday 8:30 am - 4:30 pm

Fees: No fee.

Lions International - Lions Clubs of Michigan

Website: www.lionsofmi.com www.lionsclubs.org/

Address: 5730 Executive Drive, Lansing MI 48911

Phone: (517) 887-6640; ext. 13 or 15

Fax: (517) 887-6642

Email: lions@lionsofmi.com

Services: A Lions club in or near your community may sponsor a program that provides assistance for the purchase of eyeglasses, hearing aids, health-related services, scholarships or educational needs.

Hours: Monday - Friday 8 am - 4:30 pm

Fees: Varies based on club in local area; usually low vision aids and canes are free for individuals who have financial need.

Michigan Bureau of Services for Blind Persons (BSBP)

Website: <https://www.michigan.gov/BSBP>

Address: 201 N. Washington Square, 2nd Floor / P.O. Box 30652 / Lansing, Michigan 48909
Cadillac Place, 3038 W. Grand Boulevard, Suite 4-450, Detroit, MI 48202

Phone: Lansing 517-373-2062 Detroit (313) 456-1646

Toll Free: (800) 292-4200

TTY: (517) 373-4025

TTY Toll Free: (888) 864-1212

Fax: Lansing (517) 335-5140 Detroit (313) 456-1645

Services: Provides training and other services to help blind or visually impaired persons achieve employment and independence. Provides counseling and training in skills for daily living without vision. Depending upon needs and eligibility for specific services, BSBP may also provide some types of adaptive equipment, computer software, and postsecondary education. Senior Blind Program is an independent living program which helps adults 55+ who are legally blind. Also provides information and referral plus peer support groups.

Hours: Monday – Friday 8 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Michigan Council of the Blind and Visually Impaired

Website: www.blindmi.org

Toll Free: (888) 956-2284

Services: Offers resources; provides forums; has programming on MCBVI radio
www.mcbviradio.com/

Hours: Leave voicemail for return call.

Fees: No fee.

Michigan Medicine - Kellogg Eye Center

Website: www.kellogg.umich.edu

Address: 1000 Wall Street, Ann Arbor MI 48105

Phone: (734) 763-8122 appts. (734) 764-4190

Services: Provides diagnostic evaluation and treatment. The center also offers recommendations for optical aids and appliances as well as occupational therapy services for visually impaired patients. Support group on Living With Low Vision meets second Wednesday of each month from 2-4 pm.

Hours: Monday - Friday 8 am - 5 pm

Fees: Varies based on insurance coverage and service.

Michigan Secretary of State

Website: www.michigan.gov/sos

Address: 295 N. Maple Road, Ann Arbor MI 48103; 4675 Washtenaw Ave, Ypsilanti MI 48108;
1113 M-52 Chelsea MI 48118

Toll Free: (888) 767-6424 Mondays - Fridays 8:30 am - 5 pm

Fax: (734) 528-0925

Services: State identification cards are free for Michigan residents who are legally blind or 65+.

Hours: All Washtenaw County offices - Mondays, Tuesdays, Thursdays & Fridays 9 am - 5 pm; Wednesdays 11 am - 7 pm. None of these offices close for lunch.

Fees: Varies, free for legally blind or those 65+.

Turner Senior Wellness Program - Michigan Medicine

Website: www.med.umich.edu/geriatrics

Address: 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Fax: (734) 998-9340

Services: Offers low vision resources and a Low Vision Support Group which meets the fourth Wednesday 1 - 3 pm.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

VA Ann Arbor Health Care System - Visual Impairment Service Team (VIST)

Website: www.annarbor.va.gov/VIST

Address: 2215 Fuller Road, Ann Arbor MI 48105

Phone: (734) 845-3934

Toll free: (800) 361-8387

Fax: (734) 845-3234

Services: Veterans with low vision or blindness may consult the visual impairment services team for adaptive equipment and training. Referral needed from primary care physician. Support group and community activities also available.

Hours: Monday - Thursday 7:30 am - 5:30 pm for appointment; contact primary care physician at the VA for more information.

Fees: Varies based on eligibility for benefits.

Verizon - Accessibility Resource Center

Website: www.verizon.com/about/accessibility/

Toll Free: Wireless National Accessibility Customer Service Center (888) 262-1999
FIOS & Traditional customers (800) 974-6006

Email: vccd@verizon.com

Online Chat: No

Services: Offers free 411/directory assistance (with physician verification), text to 911, Braille and large print bills and audio manuals for its products.

Hours: Wireless customers Monday - Friday 8 am to 9 pm ET
FIOS & Traditional customers Monday - Friday 8:30 am to 5 pm ET

Fees: Varies by service.

The Visually Impaired Information Center

Website: to be operational fall 2018 or winter 2019 -- Access-Insight.com

Address: PO Box 51207, Livonia MI 48151

Phone: (734) 421-6599 (until new website is operational)

Services: A comprehensive directory of low vision services including: low vision aids, low vision providers, support groups, education, recreation, computer consultation, and rehabilitation.

Hours: Directory of Visually Impaired Services is a volunteer based organization, and they do not have regular office hours; however, they try to be available during regular business hours as much as possible.

Fees: Website directory is free.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Washtenaw Library for the Blind and Physically Disabled at the Ann Arbor District Library

Website: www.aadl.org/wlbpd

Address: 343 S. Fifth Avenue, Ann Arbor MI 48104

Phone: (734) 327-4224

Toll Free: (888) 460-0680

Email: wlbpd@aadl.org

Services: Loans books, magazines, and videos in alternative formats to individuals of all ages who are certified as unable to read or use standard print materials. These materials, and a talking book machine, are shipped free to the home. In addition, a collection of assistive technologies is available at the Downtown AADL facility. Demonstration sites in Washtenaw County have machines and materials on-site to show what's available through the WLBDP. The following libraries in Washtenaw County serve as WLBDP demonstration sites: Chelsea District Library, Dexter District Library, Manchester District Library, Milan Public Library, Northfield Township Area Library, Salem-South Lyon District Library, Saline District Library, and Ypsilanti District Library.

Hours: Mondays 10 am - 9 pm; Tuesday - Friday 9 am - 9 pm; Saturdays 9 am - 6 pm;
Sundays 12 pm - 6 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

HEALTH SERVICES – OUTPATIENT SERVICES - rev Sept 2018

Hope Clinic

Website: www.thehopeclinic.org

Address: 518 Harriet Street, Ypsilanti MI 48198

Phone: (734) 481-0111

Fax: (734) 484-6825

Email: info@thehopeclinic.org

Services: Provides free primary care to uninsured and underinsured patients, limited financial help for prescription co-pays, and transportation to medical appointments. Area hospitals partner with Hope to provide discounted lab and radiology services for qualified patients.

Hours: Monday - Friday 9 am – 5 pm; Saturdays 8:30 am - 12 pm

Fees: No or discounted fees; varies by service.

Packard Health

Website: www.packardhealth.org

Address: 3174 Packard Road, Ann Arbor MI 48108

501 N. Maple Road, Ann Arbor MI 48103 (Packard Health West)

200 Arnet St., Suite 150 (first floor), Ypsilanti, MI 48198

Phone: Packard Health Main (734) 971-1073

Packard Health West (734) 926-4900

Packard Health Ypsilanti (734) 985-7200

Fax: Packard Health Main (734) 971-8545

Packard Health West (734) 926-4901

Packard Health Ypsilanti (734) 484-0913

Services: Offers a full range of services such as primary and mental health care services, health promotion, and chronic disease management for the uninsured. Assistance with obtaining medication and transportation for medical appointments is available when a financial need is demonstrated. Has free language assistance via qualified interpreter services and written translation to patients who have limited English proficiency. The practice is open to all individuals. Clients must call, use their patient portal, or an online web form to make an appointment.

Hours: Call for hours.

Fees: Most major insurances are accepted; private fees are established on a sliding fee basis.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Michigan Medicine - Turner Geriatric Clinic and Geriatrics Center Clinics

Website: www.med.umich.edu/geriatrics

Address: 4260 Plymouth Road, Ann Arbor MI 48109

Phone: Appts. (734) 764-6831 Social Work (734) 764-2556

Toll Free: Appts. (877) 865-2167

Fax: (734) 647-8535

Services: Comprehensive primary care and geriatric assessments for 70+ staffed by multidisciplinary team of physicians, nurses, social workers, pharmacists, and medical assistants. Specialty clinics with varying age eligibility also available in the following areas: cognitive disorders, endocrinology and diabetes care, foot care, gastroenterology, incontinence, mobility enhancement, movement disorders, neurogenetic disorders, palliative care, physical therapy, psychiatry, rheumatology, and transitional care. Laboratory and pharmacy on-site. Social work and community programs also available. 24 hour call line answered after hours and during weekends.

Hours: Monday - Friday: 8 am - 5 pm

Fees: Varies according to service, Medicare and most insurances accepted.

St. Joseph Mercy Neighborhood Family Health Center

Website: www.ihacares.com/locations/st-joseph-mercy-neighborhood-family-health-center

Address: Haab Health Building, 111 N. Huron Street, Suite 200, Ypsilanti MI 48197

Phone: (734) 547-7977

Fax: (734) 572-4855

Services: Offers a variety of services for low-income individuals such as primary health care services, patient financial counseling, and specialty clinics such as diabetes and foot care. Clients must call to make an appointment. All insurances accepted, including Medicare, Medicaid, and Washtenaw Health Plan.

Hours: Monday - Tuesday 7 am - 7:30 pm; Wednesday - Thursday 8 am - 7:30 pm; Fridays 7 am - 5 pm; Saturdays 8 am - 12 pm

Fees: Varies per service.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HOME CARE - rev June 2018

Explanation:

Skilled Home Health Care - Billable to Medicare: Medicare will pay for some home care if the patient meets "homebound" criteria, as decided by a physician, and requires care by a skilled professional (R.N., physical therapist, speech therapist). If the patient meets these guidelines, as decided by a physician, Medicare will also pay for a home health aide who can assist on a limited basis with meal preparation, bathing, and other non-skilled home care needs, for as long as skilled care is required.

Non-Skilled Home Care: These agencies provide caregivers who can offer a wide range of services for private pay: for example, bathing, personal hygiene, meal preparation, companionship, light housekeeping, transportation. Call the agency for a specific list of services.

Medical Alert Systems: Wearable devices can help summon assistance in an emergency. [AARP](#) and [Consumer Reports](#) both have guides, The CR web page also compares 9 monitored systems as of April 2018. (These and other technologies are not listed here.)

Acclaimed Home Care

Website: www.acclaimedhc.com/

Address: 24901 Northwestern Hwy., Suite 605, Southfield, MI 48075

Phone: (248) 352-0400

Fax: (248) 352-0408

Classification: Skilled Home Health Care.

Accredited - We Are Home Care

Website: www.accreditedhomecare.com

Address: 27733 Schoenherr Road, Warren, MI 48088

Phone: (586) 427-6640

Toll Free: (888) 813-6244

Fax: (586) 427-6642

Classification: Non-Skilled Home Care & Skilled Home Health Care - Billable to Medicare.

Action Home Health Care - Work Skills Corporation

Website: www.wskills.com/health-care/

Address: 100 Summit Street, Brighton MI 48166

Phone: (810) 534-6128

Fax: (810) 227-1344

Classification: Non-Skilled Home Care

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Arcadia Home Care - Jackson

Website: www.arcadiahomecare.com/jackson/

Address: 2600 Airport Road, Jackson MI 49203

Phone: (517) 796-0971

Toll Free: (866) 224-7541

Fax: (517) 796-0974

Classification: Non-Skilled Home Care & Skilled Home Health Care.

BrightStar Care - Brighton

Website: <https://www.brightstarcare.com/brightonhowell>

Address: 2300 Genoa Business Park Drive, Suite 290, Brighton, MI 48114

Phone: 24 Hours (810) 225-4000

Fax: (810) 225-6150

Notes: Offers disability or special needs home care. Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

Classification: Non-Skilled Home Care & Skilled Home Health Care.

ComForCare Home Care - Western Wayne County

Website: comforcare.com//michigan/western-wayne

Address: 127 S. Main Street, Suite 3 & 5, Plymouth MI 48170

Phone: (734) 414-1981

Fax: (734) 414-1983

Email: kprior@comforcare.com

Classification: Non-Skilled Home Care.

Comfort Keepers of Ann Arbor

Website: annarbor.comfortkeepers.com

Address: 7910 Ann Arbor Street, Suite 2, Dexter MI 48130

Phone: (734) 234-8277

Classification: Non-Skilled Home Care.

Friends Who Care

Website: www.friendswhocare.com/

Address: 2770 Carpenter Road, Suite 200, Ann Arbor MI 48108

Phone: (734) 971-6300

Toll Free: (800) 288-2167

Fax: (734) 971-1026

Classification: Non-Skilled Home Care & Skilled Home Health Care.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Heartland Home Health Care

Website: www.hcr-manorcare.com/

Address: 3840 Packard Road, Suite 240, Ann Arbor MI 48108

Phone: (734) 677-0336

Toll Free: (800) 690-6643

Fax: (734) 878-9657

Notes: Community Health Accreditation Program (CHAP) accreditation; also accredited by Accreditation Commission for Health Care (ACHC).

Classification: Skilled Home Health Care - Billable to Medicare.

Home Instead Senior Care

Website: www.homeinstead.com/

Address: 2160 S. Huron Pkwy., Suite 4, Ann Arbor MI 48104

Phone: (734) 971-9023

Fax: (734) 971-9024

Classification: Non-Skilled Home Care.

Homewatch CareGivers

Website: www.homewatchcaregivers.com/ann-arbor/

Address: 315 E. Eisenhower Pkwy., Suite 9B, Ann Arbor MI 4810

Phone: (734) 622-8190

Fax: (734) 864-7390

Note: No minimum hours required.

Classification: Non-Skilled Home Care.

IndeQuest Nurse Care Management

Website: www.indequestreet.com/

Address: 42237 E. Ann Arbor Road, Plymouth MI 48170

Phone: (734) 468-1760

Toll Free: (800) 422-7634

Fax: (734) 468-1765

Note: Private pay. Geriatric care managers provide assessment and education, direct care coordination, and assistance in navigating the health care system.

Classification: Other - Care Management

Kennedy Care

Website: www.kennedycare.com/

Address: 150 S. Fifth Avenue, Suite 205, Ann Arbor MI 48104

Phone: (734) 657-3528

Toll Free: (800) 796-CARE(2273)

Fax: (877) 533-6177

Email: mi@kennedycare.com

Note: Minimum of 2 hours per day. Offers veteran care.

Classification: Non-Skilled Home Care.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

MI Choice Waiver Program - Michigan - Department of Health & Human Services

Website: www.michigan.gov/mdhhs/

Address: Area Agency on Aging 1B - 3941 Research Park Drive, Suite B, Ann Arbor MI 48108

Phone: (734) 213-7604

Toll Free: (800) 852-7795

Fax: (248) 948-9691

Note: Government funded long term care program to help Washtenaw County residents remain in their homes. Provides personal care, homemaking, respite care, legal services, care management with nursing and social work services. Eligibility: Age 60+ and medically eligible for nursing home admission, or age 18+ with disability and medically eligible for nursing home admission. Income limits (change yearly), individual asset limits (not including house); different rules apply for couples (nursing home financial eligibility rules apply).

Classification: Non-Skilled Home Care.

Michigan Visiting Nurses

Website: homecare.med.umich.edu/Michigan-Visiting-Nurses

Address: 2850 S. Industrial Hwy., Suite 75, Ann Arbor MI 48104

Phone: (734) 677-1515

Toll Free: (800) 842-5504

Fax: (734) 908-0025

Notes: Accredited by Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

Classification: Non-skilled Home Care & Skilled Home Health Care - Billable to Medicare.

Partners in Personal Assistance

Website: www.annarborppa.org/

Address: 2810 Packard Road, Ann Arbor MI 48108

Phone: (734) 214-3890

Fax: (734) 214-0644

TTY: 711

Email: info@annarborppa.org

Note: Serves people with disabilities 18+ in Washtenaw County. Two-hour minimum per visit.

Classification: Non-Skilled Home Care.

Personal Touch Home Health Care Services, Inc.

Website: www.pthhc.com/

Address: 300 N. Huron Street, Ypsilanti MI 48197

Phone: (734) 480-0125

Fax: (734) 480-0015

Note: Community Health Accreditation Partner (CHAP) accredited.

Classification: Non-Skilled Home Care & Skilled Home Health Care.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Preferred Providers Home Healthcare, Inc.

Website: www.preprohomehealth.com/

Address: 4261 Park Road, Ann Arbor MI 48103

Phone: (734) 213-7072

Fax: (734) 213-7790

Email: info@preprohhc.com

Note: Community Health Accreditation Partner (CHAP) accredited.

Classification: Non-Skilled Home Care & Skilled Home Health Care - Billable to Medicare.

Primary Home Health Care, Inc.

Website: none

Address: 5860 N. Canton Center Road, Suite 362, Canton MI 48187

Phone: (734) 416-8989

Toll Free: (866) 653-9337

Fax: (734) 416-9489

Note: Arabic bilingual personnel.

Classification: Skilled Home Health Care - Billable to Medicare.

Reliable Home Care, LLC

Website: www.reliablecare2.com/

Address: 2723 S. State Street, Suite 150, Ann Arbor MI 48104

Phone: office (734) 794-4748 leave message cell (734) 395-7887

Fax: (734) 794-4701

Email: rhcareinyourhome@aol.com

Classification: Non-Skilled Home Care.

Right at Home

Website: www.rightathome.net/washtenaw

Address: 2355 E. Stadium Blvd. Suite 9, Ann Arbor MI 48104

Phone: (734) 971-5000

Fax: (734) 971-5105

Classification: Non-Skilled Home Care.

St. Joseph Mercy Home Health Care and Hospice - Southeast Michigan

Website: www.stjoeshealth.org/HomeCare

Address: 34505 W. 12 Mile Rd., Suite 100, Farmington Hills MI 48331

Toll Free: Michigan (855) 559-7178

Fax: New patient referrals (866) 754-4220

Note: Provides Home Care Connect™ remote monitoring technology. Part of Trinity Health At Home. Community Health Accreditation Program (CHAP) accredited.

Classification: Skilled Home Health Care - Billable to Medicare.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Serenity Home Health

Website: none

Address: 3460 E. Ellsworth Road, Suite 201, Ann Arbor MI 48108

Phone: (734) 677-0766

Fax: (734) 677-3151

Classification: Skilled Home Health Care - Billable to Medicare.

Shared Care Services - Evangelical Homes of Michigan

Website: www.evangelicalhomes.org/InHomeServices.aspx

Address: 1601 Briarwood Circle, Suite 475, Ann Arbor MI 48108

Phone: Non-Skilled Home Care (734) 222-4000 Skilled Home Health Care (734) 222-4037

Fax: (734) 222-4004

Notes: Community Health Accreditation Program (CHAP) accredited.

Classification: Non-Skilled Home Care & Skilled Home Health Care - Billable to Medicare.

Synergy Home Care

Website: www.synergyhomecare.com/agencies/mi/chelsea/mi01/

Address: 140 W. Middle Street, Suite A, Chelsea MI 48118

Phone: (734) 433-9007

Toll Free: (877) 432-2692

Fax: (734) 433-9744

Note: Also provides live-in care.

Classification: Non-Skilled Home Care.

United Home Health Services

Website: www.uhhs.org/

Address: 6701 Harrison Street, Garden City MI 48135

Phone: (734) 981-8820

Toll Free: (800) 968-8447

Fax: (734) 981-8828

Notes: Community Health Accreditation Program (CHAP) accredited.

Classification: Non-Skilled Home Care & Skilled Home Health Care - Billable to Medicare.

VA Home and Community-Based Care

Website: www.annarbor.va.gov/

Address: 2215 Fuller Road, Ann Arbor MI 48105

Phone: (734) 845-3417

Fax: (734) 845-3234

Note: Home and community based care services are available to all veterans who receive VA care as a standard benefit.

Classification: Non-Skilled Home Care & Skilled Home Health Care - Billable to Medicare.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Visiting Angels - Washtenaw County

Website: www.visitingangels.com/ann-arbor

Address: 2860 Carpenter Road, Suite 300, Ann Arbor MI 48108

Phone: (734) 929-9201

Toll Free: (877) 618-4748

Fax: (734) 929-9202

Classification: Non-Skilled Home Care.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HOME MAINTENANCE - rev May 2018

Catholic Social Services of Washtenaw County - Neighborhood Senior Services

Website: www.csswashtenaw.org

Address: Towsley Health Building, 5361 McAuley Drive, PO Box 995, Ann Arbor MI 48106

Phone: (734) 712-7774

Fax: (734) 712-7833

Services:

- **Home Safety Services and Home Injury Prevention Program:** Provides seniors, regardless of income, with simple home adaptations. A certified technician identifies risks and can install of a variety of safety devices, including: grab bars, step and stair railings, bathroom devices, smoke alarms, carbon monoxide detectors, porch railings, light fixtures.
- **Home Maintenance and Repair Services:** An affordable option for repairs, such as: minor plumbing and carpentry, exterior maintenance, weatherization, slip and fall prevention, interior maintenance, security enhancement, clutter removal. Limited snow removal and lawn care services, accessibility enhancement available.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: Based on ability to pay.

City of Ann Arbor - Waste Management and Recycling

Website: www.a2gov.org

Address: Larcom City Hall, 1st Floor, 301 E. Huron Street, Ann Arbor MI 48104

Phone: (734) 794-6320

Email: customerservice@a2gov.org

Service: City of Ann Arbor will take out garbage and recycling bins to curb and return them on days of pickup when "Special Pick-up Service" is requested.

Eligibility: Requires a visit and signature to begin this service; must be renewed every 2 years.

Hours: Monday - Friday 7:30 am - 5:30 pm

Fees: No additional fee.

Michigan Department of Health and Human Services - State Emergency Relief Program

Website: <http://www.michigan.gov/mdhhs>

Address: 22 Center Street, Ypsilanti MI 48198

Phone: (734) 481-2000

Fax: (734) 481-8386

TTY: 711 or (800) 649-3777 and ask for (517) 373-3740

Services: The State Emergency Relief (SER) Program provides immediate help to individuals and families facing conditions of extreme hardship or for emergencies that threaten health and safety. Services are provided through direct financial assistance and contracts with a network of non-profit organizations to help with heat and utilities, home repairs, relocation assistance, and home ownership services. There are both asset and income guidelines.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Pittsfield Charter Township - Residential Solid Waste Service

Website: [www.pittsfield-mi.gov/Rubbish & Recycling](http://www.pittsfield-mi.gov/Rubbish%20&%20Recycling)

Address: 6201 W. Michigan Avenue, Ann Arbor MI 48108

Phone: (734) 822-3105

Fax: (734) 944-1103

Email: utilities@pittsfield-mi.gov

Services: If unable to place rubbish at the curbside for pick-up due to a physical challenge or advanced age, please contact the Township to arrange for assistance

Hours: Monday - Friday 8 am - 5 pm

Fees: No additional fee.

Washtenaw County - Office of Community & Economic Development

Website: www.washtenaw.org

Address: 451 W. Michigan Avenue, 2nd Floor, Ypsilanti MI 48197

Phone: (734) 544-6748

Fax: (734) 544-6749

Services:

- **Accessibility Ramp Program** - www.washtenaw.org/Accessibility-Ramp-Program

Provides grants for the installation of exterior ramps at the homes of residents who meet income guidelines. Eligibility: Accessibility ramp grants will be limited to a one-time assistance per dwelling during a five-year period.

- **Housing Rehabilitation** - www.washtenaw.org/Home-Rehabilitation

Assists income-eligible county homeowners with improving their homes by lowering energy bills, correcting health and safety concerns, correcting code violations, and making other repairs.

Eligibility: First-come, first served for income-eligible applicants.

- **Home Weatherization Program** - www.washtenaw.org/Home-Weatherization

Adding insulation to attics, walls, crawl space. Caulking around drafty windows and doors. Inspecting, repairing furnaces and hot water heaters. Inspecting and replacing inefficient refrigerators. Weather-stripping around doors and attic accesses. Eligibility: For homes weatherized before September 30, 1993 and where applicant earned less than 200% of the federal poverty level for the previous 3 months. Automatic qualification for those receiving SSI, FDA, or FIP within the previous 3 months.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: No fee. See individual programs for eligibility requirements.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

HOUSING – INDEPENDENT / ASSISTED LIVING / MEMORY CARE - rev Sept 2018

The Housing Bureau for Seniors - Michigan Medicine - (734) 998-9339 offers information on housing options, helps prevent eviction and foreclosure, and provides a HomeShare program which can match older adults in their own homes with others seeking housing.

American House Senior Living Residence

Website: www.americanhouse.com

Address: 3470 Carpenter Road, Ypsilanti MI 48197

Phone: (734) 677-0071

Fax: (734) 677-0113

Email: carpenterassistant@americanhouse.com, carpenter@americanhouse.com

Eligibility: 55+

Respite: Short- or long-term; Based on availability

Levels of Care: Independent, Assisted

Atria Park of Ann Arbor

Website: www.atria-annarbor.com

Address: 1901 Plymouth Road, Ann Arbor MI 48105

Phone: (734) 741-9500

Eligibility: 60+ (some exceptions)

Respite: Based on availability

Levels of Care: Assisted, Memory Care

Baker Commons

Address: 106 Packard Street, Ann Arbor MI 48104

Phone: Ann Arbor Housing Bureau (734) 794-6720

Eligibility: 62+ and/or disabled

Levels of Care: Subsidized, Independent

Brecon Village Retirement Community

Website: ehmsolutions.org/location/brecon-village

Address: 200 Brecon Drive, Saline MI 48176

Phone: (734) 429-1155

Email: marketing@ehmsolutions.org

Eligibility: 55+ for condominiums, 60+ for apartments; small pet allowed

Respite Care: Based on availability

Levels of Care: Independent, Assisted, Memory Care, Nursing

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Brookdale Ann Arbor

Website: www.brookdaleliving.com

Address: 2190 Ann Arbor-Saline Road, Ann Arbor MI 48103

Phone: (734) 327-1350

Toll Free: (844) 454-1076

Fax: (734) 214-9149

Eligibility: 60+ or younger with waiver; pets allowed

Levels of Care: Assisted, Memory Care

Brookdale West Eisenhower (Alterra Clare Bridge)

Website: www.brookdale.com/en/communities/brookdale-w-eisenhower-pkwy

Address: 750 W. Eisenhower Parkway, Ann Arbor MI 48103

Phone: (734) 213-1708

Fax: (734) 213-1709

Eligibility: 60+ or younger with waiver; pets allowed

Levels of Care: Memory Care

Brookhaven Manor Retirement Community

Website: www.fourmidable.com/properties/brookhaven-manor/

Address: 401 W. Oakbrook Drive, Ann Arbor MI 48103

Phone: (734) 747-8800

Fax: (734) 747-9288

Email: info@brookhavenmanorapartments.com

Eligibility: 55+

Levels of Care: Independent

Carpenter Place

Website: www.preservationmanagement.com/rental/property/carpenter-place

Address: 3400 Carpenter Road, Ypsilanti MI 48197

Phone: (734) 973-8377

Fax: (734) 973-8310

Toll Free: (800) 437-1220

Eligibility: 62+ and/or disabled; live-in caregiver with doctor's note; small pet (25 pounds maximum) allowed

Levels of Care: Subsidized, Independent

Cedars of Dexter

Website: umrc.com/communities/cedars-of-dexter

Address: 411 Cedars Lane, Dexter MI 48130

Phone: (734) 792-9702

Eligibility: 60+

Levels of Care: Independent - CRC w/Chelsea Retirement Community

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Chelsea Retirement Community

Website: www.chelsearetirementcommunity.com

Address: 805 W. Middle Street, Chelsea, MI 48118

Phone: (734) 433-1000

Fax: (734) 475-4421

Eligibility: 62+; small pets allowed in some locations

Respite: Assisted & Memory Care

Levels of Care: Independent, Assisted, Memory Care, Nursing

Chidester Place

Address: 330 Chidester Place, Ypsilanti MI 48197

Phone: (734) 487-9400

Fax: (734) 487-5186

Eligibility: 62+ and/or disabled; small pet allowed

Levels of Care: Subsidized, Independent

Clark East Towers - Senior Apartments

Address: 1550 E. Clark Road, Ypsilanti MI 48198

Phone: (734) 482-5511

Fax: (734) 482-3079

Eligibility: 62+ and dependent children; live-in caregiver with doctor's note; one small pet (30 pounds maximum) allowed

Levels of Care: Subsidized, Independent

Courthouse Square Senior Apartments

Address: 100 S. Fourth Avenue, Ann Arbor MI 48104

Phone: (734) 995-5511

Fax: (734) 995-5533

Eligibility: 55+; live-in caregiver with physician's note; small pet (25 pounds maximum) allowed

Levels of Care: Affordable, Independent

Cranbrook Tower

Website: <http://www.kmgprestige.com/communities/> (search by zip code)

Address: 2901 Northbrook Place, Ann Arbor MI 48103

Phone: (734) 668-8914

Fax: (734) 668-7760

Email: cranbrook@kmgprestige.com

Eligibility: 62+ and disabled; live-in caregiver with doctor's note; small pet allowed

Levels of Care: Subsidized, Independent

Cross Street Village

Address: 210 W. Cross Street, Ypsilanti MI 48197

Phone: (734) 483-8300

Fax: (734) 487-1592

Eligibility: 55+; one pet (50 pounds maximum) allowed

Levels of Care: Affordable, Independent

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Gilbert Residence

Website: www.gilbertresidence.com

Address: 203 S.Huron Street, Ypsilanti MI 48197

Phone: (734) 482-9498

Fax: (734) 482-1848

Eligibility: 60+

Levels of Care: Assisted, Memory Care, Nursing

Glacier Hills Retirement Community

Website: www.glacierhills.org

Address: 1200 Earhart Road, Ann Arbor MI 48105

Phone: (734) 769-6410

Fax: (734) 769-3092

Email: info@glacierhills.org

Eligibility: 62+; pets allowed, with restrictions

Levels of Care: Independent, Assisted, Memory Care, Nursing

Hillside Terrace Retirement Community

Website: www.hillside terrace.net

Address: 1939 Jackson Avenue, Ann Arbor MI 48103

Phone: (734) 761-4451

Fax: (734) 761-7047

Email: marketing@hillside terrace.net

Eligibility: 60+; small pets (25 pounds maximum) allowed

Levels of Care: Independent, Assisted, Memory Care

Huron Woods

Address: 5361 McAuley Drive, Ann Arbor MI 48106

Phone: (734) 712-4295

Fax: (734) 715-4295

Website: www.huronwoods.org

Levels of Care: Memory Care

Linden Square

Website: www.lindensquarealc.com

Address: 650 Woodland Drive East, Saline MI 48176

Phone: (734) 429-7600

TTY: Michigan Relay (800) 649-3777

Email: lindensquarealc@heritageseniorcommunities.com

Eligibility: 60+ ; pets allowed with restrictions

Respite Care: Short-term.

Levels of Care: Assisted, Memory Care

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Lurie Terrace**Website:** www.lurieterrace.org**Address:** 600 W. Huron Street, Ann Arbor MI 48103**Phone:** (734) 665-0695**Fax:** (734) 665-1580**Email:** contact@lurieterrace.org**Eligibility:** 62+; nonsmoking; small pet (20 pound maximum) allowed**Levels of Care:** Affordable, Independent**Lynden Parke** (formerly Lexington Club)**Website:** www.lyndenparke.com**Address:** 2224 Golfside Road, Ypsilanti MI 48197**Phone:** (734) 572-9000**Toll free:** (844) 643-7348**Fax:** (734) 572-9979**Eligibility:** 55+; small pets (25 pounds) allowed**Levels of Care:** Independent**Melvin T. Walls Manor****Address:** 2189 Glory Lane, Ypsilanti MI 48197**Phone:** (734) 484-3820**Eligibility:** 62+**Levels of Care:** Subsidized, Independent**Memory Lane Assisted Living****Website:** <https://www.memorylanemichigan.com>**Address:** 4488 Jackson Road, Suite 9, Ann Arbor MI 48103

Office 8064 Carpenter Rd. Ypsilanti, MI 48197

Phone: (734) 707-4039**Fax:** (734) 628-0909**Eligibility:** Call for information**Respite Care:** Short-term.**Levels of Care:** Memory care**Milan Village Apartments****Address:** 71 Hurd Street, Milan MI 48160**Phone:** (734) 439-8179**Eligibility:** 62+ or disabled**Levels of Care:** Subsidized, Independent; small pets allowed**Contact Information:**

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Mill Pond Manor

Website: www.rhf.org/location/mill-pond-manor/

Address: 460 Russell Road, Saline MI 48176

Phone: (734) 429-3838

Fax: (734) 429-3390

Eligibility: 62+ or mobility impaired; small pets (15 or 25 pounds maximum) allowed

Levels of Care: Subsidized, Independent

Parkway Meadows

Address: 2375 Sandalwood Circle, Ann Arbor MI 48105

Phone: (734) 662-5055

Fax: (734) 662-7872

Levels of Care: Subsidized, Independent

Sequoia Place

Address: 1131 Maple Road, Office Number 1025, Ann Arbor MI 48103

Phone: (734) 669-8840

Fax: (734) 669-8903

Eligibility: 62+

Levels of Care: Subsidized, Independent; pet policy

Silver Maples of Chelsea Senior Retirement Community

Website: silvermaples.org

Address: 100 Silver Maples Drive, Chelsea MI 48118

Phone: (734) 475-4111

Fax: (734) 475-4112

Email: info@silvermaples.org

Eligibility: 62 +

Respite Care: Available in Meadows Apartments

Levels of Care: Independent, Assisted, Memory Care; small to medium pets allowed

StoryPoint

Website: www.storypoint.com/saline-mi/

Address: 6230 S. State Street, Saline MI 48176

Phone: (734) 389-7871

Eligibility: Call for information

Levels of Care: Independent, Assisted Living, Memory Care; pets allowed

Superior Woods Health Care

Address: 8380 Geddes Road, Ypsilanti MI 48198

Phone: (734) 547-7605

Fax: (734) 547-7779

Eligibility: 60 +

Respite Care: Available

Levels of Care: Assisted, Nursing

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



St. Joseph's Village Ann Arbor

Website: www.trinityhealthseniorcommunities.org/st-josephs-village-ypsilanti

Address: 5341 McAuley Drive, Ann Arbor MI 48107

Phone: (734) 712-1600

Fax: (734) 712-1601

Eligibility: 55+

Respite Care: Available

Levels of Care: Independent, Assisted

Towne Centre Place

Address: 401 W. Michigan Avenue, Ypsilanti MI 48197

Phone: (734) 482-5500

Fax: (734) 482-0581

Eligibility: 62+ (55+ with waiver); dependent children

Levels of Care: Subsidized, Independent; small dog allowed

University Commons

Website: www.universitycommons.org

Address: 817 Asa Gray Drive, Ann Arbor MI 48105

Phone: (734) 332-1221

Fax: (734) 332-1222

Eligibility: 55+ and graduate of accredited 4-year college or university; UM affiliation not required

Levels of Care: Independent; pets allowed

University Living (A Provision Living Senior Living Community)

Website: provisionliving.com/locations/ann-arbor/

Address: 2865 S. Main Street, Ann Arbor MI 48104

Phone: (734) 669-3030

Fax: (734) 665-2819

Eligibility: 60+; UM affiliation not required

Respite Care: Available

Levels of Care: Assisted, Memory Care; pets allowed case-by-case

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



HOUSING – NURSING HOMES - rev Oct 2018

Explanation: Nursing Homes are medical facilities, which are highly regulated by the State and Federal government, and provide two levels of care:

- Long-term care is for patients who are unable to recover from an illness or injury. Their conditions are chronic. Payment is private or may be covered by Medicaid, if eligibility requirements are met.
- Short-term that provides rehabilitation by skilled therapists and licensed nurses following an illness or injury. Medicare or Medicaid ~~or Medicaid~~ typically covers payment when eligibility requirements are met.

The Housing Bureau for Seniors - Michigan Medicine - (734) 998-9339 offers information on nursing homes, housing and care options, helps prevent eviction and foreclosure, and provides a HomeShare program which can match older adults in their own homes with others seeking housing.

Brecon Village Retirement Community - Evangelical Home

Website: ehmsolutions.org/location/brecon-village

Address: 440 W. Russell Street, Saline MI 48176

Phone: (734) 429-9401

Email: marketing@ehmsolutions.org

Chelsea Retirement Community - Kresge Health Care Center

Website: umrc.com/communities/chelsea-retirement-community/

Address: 805 W. Middle Street, Chelsea, MI 48118

Phone: (734) 433-1000

Evangelical Home - Saline - The Redies Center for Rehabilitation & Healthy Living

Website: www.evangelicalhomes.org

Address: 440 W. Russell Street, Saline MI 48176

Phone: (734) 429-9401

Fax: (734) 944-3482

Gilbert Residence

Website: www.gilbertresidence.com

Address: 203 S. Huron Street, Ypsilanti MI 48197

Phone: (734) 482-9498

Fax: (734) 482-1848

Glacier Hills Care and Rehabilitation Center

Website: www.glacierhills.org

Address: 1200 Earhart Road, Ann Arbor MI 48105

Phone: (734) 769-0177

Fax: (734) 994-3092

Email: info@glacierhills.org

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Heartland Health Care Center of Ann Arbor

Website: www.hcr-manorcare.com

Address: 4701 E. Huron River Drive, Ann Arbor MI 48105

Phone: (734) 975-2600

Fax: (734) 975-2088

Northfield Place

Website: www.cienafacilities.com/communities/northfield-place

Address: 8633 Main Street, Whitmore Lake, MI 48189

Phone: (734) 449-4431

Fax: (734) 449-4644

Regency at Bluffs Park

Website: www.cienahealthcare.com/michigan-facilities/regency-at-bluffs-park/

Address: 355 Huron View Blvd., Ann Arbor MI 48103

Phone: (734) 887-8700

Fax: (734) 887-8601

Email: bluffspark_admissions@cienafacilities.com

Regency at Whitmore Lake

Website: www.cienahealthcare.com/michigan-facilities/regency-at-whitmore-lake/

Address: 8633 Main Street, Whitmore Lake MI 48189

Phone: (734) 449-4431

Fax: (734) 449-5505

Email: Wlake_admissions@cienafacilities.com

Superior Woods Health Care Center

Address: 8380 Geddes Road, Ypsilanti MI 48198

Phone: (734) 547-7600

Fax: (734) 547-7779

VA Ann Arbor Healthcare System

Website: www.annarbor.va.gov/

Address: 2215 Fuller Road, Ann Arbor MI 48105

Phone: (734) 769-7100

Toll Free: (800) 361-8387

TTY: (800) 361-8387 Ext. 711

Note: No nursing home in Washtenaw County. Has Medical Foster Homes in Ypsilanti/Superior Township and Willis. For more information: www.annarbor.va.gov/services/medicalfosterhome or call (734) 222-4269 or Toll Free (800) 361-8387 ext. 24269

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Villa at Parkridge

Website: www.villaatparkridge.com

Address: 28 S. Prospect Street, Ypsilanti MI 48198

Phone: (734) 714-5600

Fax: (734) 483-8972

Text: (313) 910-3526

Email: AdmissionsVHC@villahc.com

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Alzheimer's Association - Michigan Great Lakes Chapter

Website: www.alz.org/mglc

Address: 564 S. Main Street, Suite 200, Ann Arbor MI 48104

Phone: (734) 369-2716

Toll Free: 24 Hour (800) 272-3900

Fax: (734) 369-2816

TTY: 24 Hour (866) 403-3073

Services: Provides a 24 hour helpline, care consultation and resource referral, support groups, message boards, publications and newsletters pertaining to Alzheimer's disease, educational programs, professional training, a speakers' bureau, a resource library with free lending opportunities. The Alzheimer's Association provides multi-lingual services.

Hours: Monday - Friday 9 am - 5 pm. Hotline available 24 Hours.

Fees: No fee for most services.

American Association of Retired Persons (AARP) - Michigan Office

Website: www.aarp.org/states/mi

Address: AARP Michigan State Office, 309 N. Washington Square, Suite 110, Lansing, MI 48933

Toll Free (866) 227-7448

Fax: (517) 482-2794

TTY: National (877) 434-7598

Email: miaarp@aarp.org

Services: AARP is a nonprofit, nonpartisan membership organization that advocates for legislation and monitors public policy issues relating to seniors 50 +.

Hours: Monday – Friday 9 am – 5 pm

Fees: Membership is \$16 per year with discounted rates for multi-year memberships.

Ann Arbor Center for Independent Living

Website: www.aacil.org

Address: 3941 Research Park Drive, Ann Arbor MI 48108

Phone: (734) 971-0277

FAX: (734) 971-0826

Emai: info@aacil.org

Services: Information and referral services are provided by phone, email, or in person to people with disabilities, and other members of the community seeking disability-related information. Also has an online resource directory at www.annarborcil.org/resources/.

Hours: Monday - Friday 9 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Ann Arbor Community Center

Website: www.annarbor-communitycenter.org

Address: 625 N. Main Street, Ann Arbor MI 48104

Phone: (734) 662-3128 (leave message for return call)

Fax: (734) 662-1099

Services: Combines local volunteers and funding from the community to provide high quality programs, information, and services such as after-school tutoring, senior citizen care, food distribution, etc.

Hours: Monday - Friday 9 am - 3 pm

Area Agency on Aging 1-B - Livingston/Washtenaw County Access Location

Website: www.aaa1b.org

Address: 3941 Research Park Drive, Suite B, Ann Arbor MI 48108

Phone: (734) 213-6704

Toll Free: (800) 852-7795

TTY: Michigan Relay (800) 649-3777

Fax: 248-262-9971

Services: Certified resource specialists are available to provide information on services and resources for adults 60+, persons with disabilities and family caregivers. Areas of assistance include housing, long-term care, transportation, personal care, respite care, and legal services. Covers Livingston, Macomb, Monroe, Oakland, Street Clair, and Washtenaw counties. They can also provide referral numbers for other counties in Michigan and for all states.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Catholic Social Services of Washtenaw County - Senior Service Department

Website: www.csswashtenaw.org

Address: 4925 Packard Street, Ann Arbor MI 48108

Phone: (734) 971-9781

Fax: (734) 971-2730

Services: Resource Advocates provide information and referral by telephone or in-home assessment. Client must be a resident of Washtenaw County, age 60+. Publishes a free annual Senior Resource Directory for Washtenaw County listing agencies and phone numbers. The directory can be obtained by phoning the agency or online at blueprintforaging.org.

Hours: Monday - Thursday 8:30 am - 9 pm; Fridays 8:30 am - 5 pm; Saturdays 8:30 am - 3 pm

Fees: No fee.

Eldercare Locator - United States - Administration on Aging

Website: www.eldercare.gov

Toll Free: 24 Hours (800) 677-1116

Services: Nationwide service that connects older Americans and their caregivers with information on both state and local senior services in their community.

Hours: 24 Hours

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Friends in Deed**Website:** www.friendsindeed.info**Address:** 1196 Ecorse Road, Ypsilanti MI 48198**Phone:** (734) 484-4357**Fax:** (734) 484-5355**Email:** Office@FriendsInDeedMI.org

Services: Tries to fill in the gaps of assistance offered by other agencies and organizations in Washtenaw County, which may mean answering a request for assistance by providing information about or making a referral to another organization that has a program of services that better fits a client's needs. Also works to keep track of resources available in the community and pass on the information through an annual How to Help seminar and two bi-annual resource guides:

- Food Banks - includes community services, shelters and hot meals locally and county-wide.
- Clothing and Medical Closets - covers free or low cost clothing, household and medical items.

Hours: Monday - Fri**Fee:** No fee.**Michigan Medicine - Geriatrics Center - Social Work and Community Programs****Website:** www.med.umich.edu/geriatrics/community/socialwork.htm**Address:** 4260 Plymouth Road, Ann Arbor MI 48109**Phone:** (734) 764-2556**Fax:** (734) 936-4120

Services: Geriatric social workers offer individuals and caregivers a wide range of information services, through individual and group counseling, support groups, educational programs, and various other wellness programs.

Hours: Monday - Friday 8 am – 5 pm**Fees:** No fee for support groups. There may be fees associated with other programs.**Office of Services to the Aging - State of Michigan - Adult Protective Services****Website:** www.michigan.gov/adultprotectiveservices**Toll Free:** Michigan 24 Hours (855) 444-3911

Services: Responds to phone calls reporting concerns of abuse, neglect or exploitation against older adults, cognitively diminished or physically-challenged individuals. Makes referrals for assistance to local agencies.

Hours: 24 Hours**Fees:** No fee.**Contact Information:**

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Office of Services to the Aging - State of Michigan - Michigan Long Term Care Ombudsman Program

Website: mltcop.org

Address: 15851 S. US 27, Suite 73, Lansing MI 48906

Phone: (517) 827-8040

Toll Free: (866) 485-9393

Fax: (517) 574-5301

Services: The Long Term Care Ombudsman program is available for residents or concerned relatives to investigate complaints, suggest remedies, and assist with resident rights, payment issues, guardianship, and nursing home placement.

Hours: Monday – Friday 9 am – 5 pm

Fees: No fee.

Public Citizens of Washtenaw (formerly Gray Panthers of Washtenaw)

Address: PO Box 7213, Ann Arbor MI 48107

Phone: Michael-David BenDor (734) 484-1628

Email: Michael-David BenDor md@bendor.org or Alan Haber megiddo@umich.edu

Services: Intergenerational group which actively promotes changes in policy for economic security, health care, civil rights/liberties, political integrity, and other issues.

Hours: Group meets the 1st Saturday of each month from 10 am - 12 pm. (Please call to confirm).

Fees: \$35 individual membership or sliding scale; \$60 couples.

St. Joseph Mercy Health System - Physician Referral Line

Website: www.stjoeshealth.org/physicians

Address: Reichert Health Center, 5333 McAuley Drive, Ypsilanti MI 48197

Phone: (734) 712-5400

Toll Free: (800) 231-2211

TTY: 7-1-1

Services: Provides information on physician referrals and hospital services.

Hours: Monday - Friday 9 am - 5 pm

Fees: No fee.

Turner Senior Wellness Program - Michigan Medicine

Website: www.med.umich.edu/geriatrics/community/turner.htm

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Fax: (734) 998-9340

Services: Staff and volunteers provide information on older adult services and agencies in the Washtenaw County area, including caregiver information, hearing and vision impairments, memory loss, home care and support groups. Turner Senior Wellness Program publishes and updates "[Local Resources for Older Adults in Washtenaw County](#)" on the Michigan Medicine Geriatrics Center website.

Hours: Monday - Friday 9 am - 5 pm

Fees: No fee

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
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United Way of Washtenaw County: 2-1-1**Website:** www.uwwashtenaw.org**Address:** 2305 Platt Road, Ann Arbor MI 48104**Phone:** 24 Hours 2-1-1**Email:** liveunited@uwwashtenaw.org**Online Chat:** Yes**Services:** Confidential service provides callers with information and referrals to local health and human service agencies and to volunteer opportunities. Can also help with connecting to information for other Michigan locations and other states. Online searchable database at mi211.communityos.org.**Hours:** 24 Hours**Fees:** No fee.**University of Michigan - Work-Life Resource Center - Elder Care****Website:** hr.umich.edu/benefits-wellness/work-life/elder-care**Address:** 2600 Wolverine Tower, 3003 S. State Street, Ann Arbor MI 48109**Phone:** (734) 936-8677**Fax:** (734) 615-2776**TTY:** (734) 647-1388**Email:** worklife@umich.edu**Services:** Assists staff, retirees and students at the University of Michigan with information, resources and services for eldercare in Michigan and nationwide. Information provided on assisted living, nursing homes, medical & legal resources, counseling services, support groups for caregivers, and a variety of other resources. Also provides posting board of/for "Family Helpers" comprised of current students at UM, recent graduates or retirees from UM who can be employed for elder care, chores, etc.**Hours:** Monday - Friday 8 am – 5 pm**Fees:** No fee.**Washtenaw County - Older Adults - Resource Links****Website:** <https://www.washtenaw.org/1584/Older-Adults>**Services:** Web page linking to county, local, and regional resources for seniors in the areas of mental health, housing and/or homelessness, food and nutrition, medical care, recreation and for persons with disabilities. Also includes links to social service agencies.**Hours:** 24 Hours**Fees:** No fee.**Contact Information:**

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

INSURANCE ASSISTANCE - Oct 2018

Department of Veterans Affairs - Washtenaw County

Website: washtenaw.org/959/Veterans-Affairs

Address: 2155 Hogback Road, Ann Arbor MI 48108

Phone: (734) 973-4540

Toll Free: VA Health Benefits Services Center (877) 222-8387

Fax: (734) 973-4560

Services: Help for county veterans to apply for federal, state and local veterans' pensions and benefits including financial assistance for food, housing, medical care, transportation and utilities. Call VA's Health Benefits Services Center for information about eligibility for its standard health plan.

Hours: Walk In Service (Public): 8:30 am - 12 pm; Appointments (Public) 1 pm - 5:30 pm;
Closed for Lunch 12 pm - 1 pm; Closed Fridays - Sundays & Holidays

Fees: No fee for assistance in applying. Health benefits includes fee and no-fee based services, depending on the veteran's condition, income, and status.

Michigan Medicare/Medicaid Assistance Program (MMAP)

Website: www.mmapinc.org

Address: Services offered at various locations

Toll Free: (800) 803-7174

Services: Help and information on Medicare and Medicaid, health insurance, prescription insurance, doctor and hospitals bills, and long term care insurance. All Medicare recipients are eligible, regardless of age.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: No fee

Social Security Administration

Website: www.ssa.gov

Address: 3971 Research Park Drive, Suite A, Ann Arbor MI 48108

Toll Free: (800) 772-1213 (no direct phone # for local office)

TTY: (800) 325-0778

Services: Handles applications for Social Security, Medicare, Disability, SSI, Extra Help for prescriptions (Part D), and other federal financial programs.

Hours: Office Monday – Tuesday & Thursday - Friday 9 am - 4 pm; Wednesdays 9 am – 12 pm

Fees: No fee.

State of Michigan - Department of Health and Human Services - Washtenaw County

Website: <http://www.michigan.gov/mdhhs>

Address: 22 Center Street, Ypsilanti MI 48198

Phone: (734) 481-2000 Cash, Food, Medical, Home & Burial Assistance (855) 275-6424

Fax: (734) 481-8382

TTY: 711 or (800) 649-3777 and ask for (517) 373-3740

Services: Various programs and assistance for health insurance. Call for more information.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

LEGAL ASSISTANCE - rev Aug 2018

Adult Protective Services - State of Michigan - Department of Health and Human Services

Website: [http://www.michigan.gov/mdhhs/Adult Protective Services](http://www.michigan.gov/mdhhs/Adult%20Protective%20Services)

Address: 22 Center Street, Ypsilanti MI 48198

Phone: (734) 481-2000

Toll Free: Michigan Report Abuse & Neglect 24 Hour (855) 444-3911

Fax: (734) 481-8386

Services: DHHS investigates to determine whether the person suspected of being abused, neglected, exploited or endangered is in need of protective services. Based on the investigation, DHHS will “make available to the adult the appropriate and least restrictive protective services ... and safeguard and enhance the welfare of the adult.” The Washtenaw County Dept. of Human Services will provide emergency services and referrals as needed which could include financial management, conservatorship, guardianship, civil commitment, case management, home help, housing information, and referrals to other needed services.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Dispute Resolution Center

Website: www.thedisputeresolutioncenter.org/

Address: 4133 Washtenaw Avenue, Suite 125, Ann Arbor MI 48108

Phone: (734) 794-2125

Fax: (734) 794-2126

Email: thedrc@ewashtenaw.org

Services: The Center provides confidential dispute resolution using trained volunteer mediators. They do not handle disputes involving serious violence and drugs.

Hours: Monday - Friday 9 am – 5 pm.

Fees: Depends on service. Some services based on ability to pay.

Eastern Michigan University - Legal Resource Center

Website: none

Address: 101 E. Huron, First Floor, Washtenaw County Courthouse, Ann Arbor MI 48107

Phone: (734) 994-0160

Services: Legal self-help center. Staff helps people in Washtenaw County locate and fill out forms for civil issues such as divorce, personal protection orders, small claims, landlord-tenant disputes, probate, guardianship, conservatorship, etc. Staff gives information on legal procedures. No legal advice or representation.

Hours: Tuesday - Thursday 9 am - 4 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Elder Law of Michigan (ELM)

Website: www.elderlawofmi.org/

Address: 3815 W. St. Joseph, Suite C200. Lansing, MI 48917
7310 Woodward Avenue, Suite 703, Detroit MI 48202

Toll Free: (866) 400-9164

Fax: (517) 372-0792

Email: info@elderlawofmi.org

Services:

- **The Legal Hotline for Michigan Seniors (800) 347-5297:** provides free legal advice and information over the telephone to Michigan residents 60+. Intake Monday - Thursday 10 am +
- **The Mid-America Pension Rights Project (866) 735-7737:** assists retirees of any age in finding, securing, and recovering pension benefits. The project answers questions regarding pension plans and other retirement benefits. Monday - Friday 9 am - 3 pm
- **The Michigan Coordinated Access to Food for the Elderly (866) 664-2233:** (MiCAFE) Project is designed to increase the participation of older adults in the Food Assistance Program, Medicare/Medicaid, utility assistance and tax credits by making senior and community centers points of access for the program.

Hours: Monday - Friday 9 am – 5 pm

Fees: No fee.

KEPRO - Medicare Quality Improvement Organization - Michigan

Website: www.keproqio.com

Toll Free: 24 Hours (855) 408-8557

TTY: (855) 843-4776

Fax: (844) 834-7130

Services: Toll-free hotline for Michigan Medicare beneficiaries to make inquiries about patient rights under Medicare, premature discharges from hospitals, ending of Medicare-covered care, the Medicare appeals process and other quality of care issues. Facilities covered include hospitals, outpatient rehab facilities, skilled nursing homes, home health agencies, and hospice.

Hours: Weekdays 9 am – 5 pm Weekends and holidays 11 am - 3 pm

Fees: No fee.

Legal Services of South Central Michigan (LSSCM)

Website: www.lsscm.org/

Address: 15 S. Washington Street, Ypsilanti MI 48198

Phone: (734) 665-6181

Toll Free: (866) 665-6181

Fax: (734) 665-2974

Services: Free legal assistance to low-income adults 60+ who are financially eligible. Offers services from information to formal legal representation in the following areas: housing, family law, public benefits (Social Security, Medicare, Medicaid, SSI, etc.), power of attorney, guardianship, simple wills, nursing home issues, consumer issues. Cannot accept fee-generating or criminal cases. Arrangements for special accommodations are available.

Hours: Monday - Friday 9 am – 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

SafeHouse Center

Website: www.safehousecenter.org/LegalAdvocacyServices

Address: 4100 Clark Road, Ann Arbor MI 48105

Phone: Administration (734) 973-0242

24-Hour Crisis Line: (734) 995-5444

TTY: (734) 973-2227

Fax: (734) 973-7817

Email: info@safehousecenter.org

Services: Secure temporary housing, counseling and legal advocacy is provided for victims of domestic violence and sexual assault. The staff works with law enforcement and social agencies for long term planning. Also uses Language Line, which allows a survivor that speaks a language other than English to have a conversation with SafeHouse staff through a confidential interpreter. An advocate may be available to meet for personal protection orders (PPO) at the Washtenaw County Court House -- call (734) 222-3381 for an appointment.

Hours: Lobby Monday - Friday 9 am - 5 pm

Fees: No fee.

Michigan Medicine - Geriatrics Center - Social Work and Community Programs - Advance Directives

Website: www.med.umich.edu/geriatrics/community/tswp

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: Appts. (734) 764-2556

Fax: (734) 936-4120

Services: Trained peer volunteers are available by appointment to discuss Durable Power of Attorney for Health Care (DPOA-HC), Living Will, and end of life decisions. Volunteers will assist in completing the DPOA-HC. Appointments required.

Hours: Monday afternoons

Fees: No fee.

Washtenaw Bar Association - Lawyer Referral and Information Service

Website: www.washbar.org/lawyer-referral

Address: 101 E. Huron Street, Suite 1111, Ann Arbor MI 48104

Phone: Referrals (734) 996-3229

Fax: (734) 663-2430

Services: For a \$30 fee, client will receive one attorney's name and phone number based on area of law needed, and up to 30 minutes of consultation with that attorney. Also offers the Family Law Modest Means Program where legal services are available for \$75 per hour to those of moderate means, according to federal income guidelines. Spanish-language services available.

Hours: Monday – Friday 9 am – 5 pm

Fees: \$30.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Washtenaw County - Prosecuting Attorney's Office - Victim / Witness Services

Website: www.washtenaw.org/1107/Victim-Witness-Services

Address: 200 N. Main Street, Suite 300, Ann Arbor MI 48107

Phone: (734) 222-6650

Services: Advocates work with victims of felonies and misdemeanors to help navigate the courts system; help with the return of personal property; employer intervention; providing information and assistance with filing applications for victim compensation or restitution; providing information and referral for community services; and act as liaison between the victim and other criminal justice agencies such as the police, courts, and probation department.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
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MEALS - rev Oct 2018

Ann Arbor Meals on Wheels - Michigan Medicine

Website: www.med.umich.edu/chs/services/meal.htm

Address: 2025 Traverwood Drive, Suite F, Ann Arbor MI 48105

Phone: (734) 998-6686

Fax: (734) 998-6277

Email: aamealsonwheels@umich.edu

Services: Provides meals Mondays-Fridays to older adults or individuals with disabilities who are homebound or unable to prepare complete nutritious meals for themselves. Clients are served regardless of age or financial status and must be a resident of Ann Arbor. There are options for standard, vegetarian entrée, diabetic dessert option, Asian, Kosher and liquid meals and for hot meals or sack meals.

Hours: Monday - Friday 8:30 am - 4 pm; Saturdays 8:30 am - 1:30 pm

Fees: \$5 per day suggested donation.

Chelsea Senior Center - Senior Cafe & Meals on Wheels

Website: chelseaseniors.org/daily-lunch-home-delivered-meals/

Address: 512 E Washington Street, Chelsea MI 48118

Phone: (734) 475-9242

Fax: (734) 475-6189

Email: connected@chelseaseniors.org

Services: Lunch available M-F at 12 pm; 24 hour reservation required for Senior Cafe. Check webpage for lunch menu. Also provides Meals on Wheels.

Hours: Monday - Friday 9 am - 4 pm

Fees: 60+: \$3.00 suggested donation; others \$4.00

Dexter Senior Center - Senior Nutrition Program

Website: www.dexterseniors.org

Address: 7720 Ann Arbor Street, Dexter MI 48130

Phone: (734) 426-7737

Services: Lunch served to people 60+ Monday - Friday. A 24 hour advance registration required. Also provides Meals on Wheels for Dexter School District only. Must be 60+ and unable to make own meals.

Hours: Monday - Friday 9 am – 3 pm

Fees: 60+: \$3.00 suggested donation.

Faith in Action (FIA) - Chelsea & Dexter

Website: www.faithinaction1.org

Address: 603 S Main, Chelsea, MI 48118

Phone: (734) 475-3305

Fax: (734) 475-3136

Services: Food pantry for residents of Chelsea and Dexter school districts only. Provides Thanksgiving food baskets and a Christmas Day Meal.

Hours: Dexter Food Pantry Wednesdays 12 - 7 pm

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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Jewish Community Center of Greater Ann Arbor - Lunch Cafe

Website: jccann Arbor.org/lunch-cafe/

Address: 2935 Birch Hollow Drive, Ann Arbor MI 48108

Phone: (734) 971-0990

Fax: (734) 677-0109

Services: Dairy (meat-free) lunch open to all.

Hours: Tuesdays, Wednesdays (Movie & Lunch) & Thursdays; lunch served 12 - 12:30 pm; must register 24 hours before.

Fees: 60+ \$3.00 suggested donation; others \$5.50.

Lincoln Senior Center

Website: www.lincoln12.org/community-partners/lincoln-golden-ages/

Address: West Entrance of Brick Elementary, 8970 Whittaker Road, Ypsilanti MI 48197

Phone: (734) 483-8366

Email: LincolnGoldenAges@lincoln12.org

Services: Lunch served at 12 pm, Tuesday - Friday.

Hours: Tuesday through Friday 8 am - 4 pm

Fees: 60+ - \$3.00 suggested donation. Membership dues \$15 per year.

Manchester Meals on Wheels (via Chelsea Senior Center)

Website: <http://chelseaseniors.org/daily-lunch-home-delivered-meals/>

Address: 512 E. Washington Street, Chelsea, MI 48118

Phone: (734) 475-9242

Email: connected@chelseaseniors.org

Services: Meals are provided through the Chelsea Senior Center for seniors 60+ that are unable to prepare their own meals.

Hours: Meals delivered on Mondays.

Fees: 60+: \$3.00 suggested donation; others \$4.00.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Manchester Area Senior Citizens Council, Inc.

Website: Facebook <https://www.facebook.com/groups/manchesterseniors/>

Address: meals at Emanuel United Church of Christ, 324 W. Main Street, Manchester MI 48158

Phone: Transportation (734) 385-6308

Services: Lunch provided at 12 pm, Tuesday and Thursday, September to mid-June, and Tuesday, mid-June to August. Serves Manchester, Sharon, Bridgewater, and Freedom Townships. Carry-out and dine-in available without reservations. Call to make reservations for delivery or transportation to meals.

Hours: Tuesdays & Thursdays at 12 pm September to mid-June; Tuesdays only mid-June to August

Fees: 55+ \$4.00 suggested donation; under 55, \$4.50.

Milan Seniors for Healthy Living - Senior Cafe & Meals on Wheels

Website: milanseniors.org/

Address: 45 Neckel Court, Milan MI 48160

Phone: (734) 508-6229

Fax: (734) 439-4315

Email: mshl@milanseniors.org

Services: Lunch served Mondays, Wednesdays, and Thursdays at 11:45 am. Home delivered meals offered Monday - Friday for those 60+.

Hours: Monday – Friday 9 am - 3 pm

Fees: 60+: \$3.00 suggested donation.

Northfield Township Community & Senior Center - Senior Nutrition Program

Website: www.twp-northfield.org/community_visitors/senior_center/ongoing_services.php

Address: 9101 Main Street, Whitmore Lake MI 48189

Phone: (734) 449-2295

Fax: (734) 449-8410

Services: Lunch provided Mondays, Wednesdays & Fridays at 12:15 pm. Home-delivered meals and liquid dietary supplement available.

Hours: Call for information.

Fees: 60+ \$3.00 suggested donation. Under 60 \$5.50.

Pittsfield Senior Center - Senior Cafe

Website: www.pittsfield-mi.gov/index.aspx?NID=278

Address: 701 W. Ellsworth, Ann Arbor MI 48108

Phone: (734) 822-2117

Fax: (734) 996-3015

Services: Lunch served to 60+ and must sign up 2 days prior.

Hours: Mondays, Tuesdays & Thursdays 11:45 am - 12:15 pm

Fees: 60+: \$3.00 suggested donation; others, \$5.50 per meal.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Saline Area Senior Center - Meals on Wheels

Website: www.salineseniors.org/meals-on-wheels

Address: 7190 N. Maple, Saline MI 48176

Phone: (734) 429-9274

Fax: (734) 429-1079

Services: Provides Meals on Wheels services to homebound individuals. There are no age requirements. A physician's form, available at the Saline Senior Center, must be completed.

Hours: Monday - Friday 8 am - 4 pm. Meals delivered between 11:15 am - 1:30 pm. No meals served on holidays.

Fees: Ages 60+ suggested donation \$2.50 for a hot meal and/or \$.50 for a sack meal; others \$5.00. Fees are billed on a monthly basis.

Turner Senior Wellness Program - Senior Nutrition Program - Michigan Medicine

Website: www.med.umich.edu/geriatrics/community/tswp.htm

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Fax: (734) 998-9340

Services: Serves lunch twice weekly, Tuesdays & Fridays at 12 pm. Must call to register 2 days in advance.

Hours: Monday - Friday 9 am - 5 pm

Fees: 65+ \$3.00 suggested donation; others, \$5.50.

Ypsilanti Meals on Wheels

Website: www.ymow.org

Address: 1110 W Cross Street, Ypsilanti MI 48197

Phone: (734) 487-9669

Fax: (734) 482-3868

Services: Meals are offered to homebound individuals regardless of age or financial status. Meals delivered on Christmas and New Years day; frozen meals delivered in advance of Memorial Day, Fourth of July, Labor Day and the day after Thanksgiving. Service area: Eastern Washtenaw County.

Hours: Monday - Friday 10 am - 1:30 pm

Fees: \$3.00 suggested donation.

Ypsilanti (City of) Senior/Community Center

Website: www.ypsiseniorcenter.org

Address: 1015 N. Congress, Ypsilanti MI 48197

Phone: (734) 483-5014

Fax: (734) 480-0380

Services: Lunch is served Monday - Thursday at 11:45 am

Hours: Monday - Friday 10 am - 1:30 pm

Fees: 60+: \$3.00 suggested donation; others, \$5.50

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



Ypsilanti Township Community Center - 50 & Beyond Programs

Website: ytown.org/50-beyond-services-newsletters

Address: 2025 E. Clark Road, Ypsilanti MI 48198

Phone: (734) 544-3838

Fax: (734) 544-3888

Services: Lunch is served Monday - Friday at 12 pm to persons 60+. Call 1 week in advance for a reservation.

Hours: Monday - Friday 8 am – 4 pm; Office hours 9 am - 2 pm

Fees: 60+: \$3.00 suggested donation.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

PHYSICAL FITNESS - rev Nov 2018

Ann Arbor Public Schools - Community Education & Recreation

Website: www.a2schools.org/reced

Address: 1515 S. Seventh Street, Ann Arbor MI 48103

Phone: (734) 994-2300 ext. 1

Fax: (734) 944-1454

Activities:

- Cycling
- Dance
- Martial arts
- Nia Fitness
- Pilates
- Tai Chi
- Weight training
- Yoga
- Zumba

Hours: office Monday – Friday 8 am – 5 pm; summer office hours 8 am – 4:30 pm

Fees: Varies according to program. Scholarships are available to district residents who meet specific low-income guidelines. Seniors must mail or drop off registration forms to receive discounts.

Ann Arbor Senior Center, Burns Park - Ann Arbor - Parks & Recreation

Website: www.a2gov.org/senior

Address: 1320 Baldwin Avenue, Ann Arbor MI 48104

Phone: (734) 794-6250

Activities: Programs and services promote fitness and activity, reduce the risk of adverse health events, and provide recreational and cultural activities that can improve physical stamina and maintain cognitive functioning.

- Dance
- Strength training
- Tai Chi
- Yoga

Hours: Monday - Thursday 9 am - 4 pm; select evening and weekend programs

Fees: \$25 single, \$35 family membership fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Ann Arbor YMCA

Website: www.annarborymca.org

Address: 400 W. Washington, Ann Arbor MI 48103

Phone: (734) 996-9622

Activities: Promotes healthy living through facilities and programs that build healthy spirit, mind and body.

- Exercise equipment, gymnasium, indoor track, swimming pool
- Aerobics
- Arthritis warm water exercise
- Conditioning classes
- Dance classes
- Fencing
- Martial arts
- Nia and Gentle Nia
- Personal training
- Pickleball
- Pilates
- Stretch & toning classes
- Studio cycling
- Swimming
- Yoga
- Zumba

Hours: Monday - Friday 5:30 am - 10 pm; Saturday - Sunday 7 am - 7 pm

Fees: Depends on activity. Senior and senior couple monthly membership fee; scholarships available. Non-members pay higher class fees.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Chelsea Wellness Center

Website: www.chelseawellness.org

Address: 14800 E. Old U.S. 12, Chelsea, MI 48118

Phone: (734) 214-0220

Activities: Offers free fitness assessment with membership, personalized exercise plans, group exercise classes, personal training and specialty programs. Members also have access to Dexter and Manchester Wellness Centers.

- Exercise equipment
- Aerobics
- Aqua cardio and core
- Arthritis warm water classes
- Cycling
- Dance
- Personal training
- Pickleball
- Tai Chi
- Zumba
- Pilates
- Toning
- Yoga
- Medical fitness programs

Hours: Monday - Thursday 5 am - 9:30 pm; Fridays 5 am - 8 pm; Saturday - Sunday 7 am - 6 pm

Fees: Membership fee includes some classes; call for services fees. Senior membership fee. Scholarships available. Non-members pay higher class fees.

Chelsea Senior Center

Website: www.chelseaseniors.org

Address: Washington Street Education Center, 512 E. Washington Street, Chelsea, MI 48118

Phone: (734) 475-9242

Email: connected@chelseaseniors.org

Activities: Enhances the quality of life and well being of area seniors.

- Dance
- Enhance fitness
- Fitness, standing and seated
- Pickleball
- Tai Chi
- Wii bowling
- Yoga

Hours: Monday - Friday 9 am - 4 pm

Fees: Depends on activity; membership dues.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Dexter Wellness Center

Website: www.dexterwellness.org

Address: 2810 Baker Road, Dexter MI 48130

Phone: (734) 580-2500

Activities: Offers free fitness assessment with membership, personalized exercise plans, group exercise classes, personal training and specialty programs. Members also have access to Chelsea and Manchester Wellness Centers.

- Gymnasium
- Aerobics
- Cycling
- Dance
- Kettleball
- Nia Fitness
- Pickleball
- Pilates
- Swimming
- Tai Chi
- Yoga
- Zumba

Hours: Monday - Thursday 5 am - 9:30 pm; Fridays 5 am - 8 pm; Saturday - Sunday 7 am - 6 pm

Fees: Senior membership fees; non-members pay more for classes; scholarships available.

Jewish Community Center of Greater Ann Arbor

Website: www.jccannarbor.org

Address: 2935 Birch Hollow Drive, Ann Arbor MI 48108

Phone: (734) 971-0990 Ext. 140

Fax: (734) 677-0109

Email: jcc@jccfed.org

Activities: Offered to include health and fitness as part of your day.

- Callanetics
- Israeli dance
- Low impact chair exercise
- Yoga
- Zumba

Hours: Monday - Thursday 9 am - 5 pm; Fridays 9 am - 3 pm

Fees: Senior membership fees.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Manchester Wellness Center

Website: www.manchesterwellness.org

Address: 710 E. Main Street, Manchester MI 48158

Phone: (734) 428-0850

Activities: Offers free fitness assessment with membership, personalized exercise plans, group exercise classes, personal training and specialty programs. Members also have access to Dexter and Chelsea Wellness Centers.

- Aerobics
- Abs and stretching
- Cycling
- Personal training
- Yoga
- Zumba

Hours: Monday - Thursday 6 am - 1 pm & 3:30 pm - 7:30 pm; Fridays 6 am - 1 pm & 3 pm - 8 pm; Saturdays 7 am - 12 pm; Sundays 7 am - 6 pm

Fees: Senior membership fees; scholarships available.

Michigan Medicine - Transitional Therapy & Exercise Programs - Dept. of Physical Medicine & Rehabilitation

Website: medicine.umich.edu/dept/pmr/programs/transitional-therapy-exercise-programs

Address: 325 E. Eisenhower Parkway, Garden Level, Suites 12 and 200, Ann Arbor MI 48108

Phone: (734) 232-1262 Transitions Training Studio (734) 232-1196

Email: pmr--transitions@med.umich.edu

Fax: Transitions program (734) 763-3715

Activities: Offers supervised, medically based exercise classes and programs.

- Exercise equipment
- Bariatric Conditioning Program
- BioCored
- FUNctional Fitness for Older Adults (62+)
- Personal Training
- Pilates
- Weight Management
- Yoga

Hours: Monday - Friday 8 am – 5 pm

Fees: Call for current fees. Transitions Training Studio membership available.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Milan Seniors for Healthy Living

Website: milanseniors.org/home/senior-center/fitness/

Address: 45 Neckel Court, Milan MI 48160

Phone: (734) 508-6229

Fax: (734) 439-4315

Email: mshl@milanseniors.org

Activities:

- Exercise Room
- Enhance Fitness
- Tai Chi
- Yoga

Hours: Monday - Thursday 8 am - 3 pm

Fees: Depends on activity. Membership dues.

Northfield Township Community [& Senior] Center

Website: twp-northfield.org/community_visitors/senior_center

Address: 9101 Main Street, Whitmore Lake, MI 48189

Phone: (734) 449-2295

Fax: (734) 449-8410

Activities:

- Chair Yoga
- Chair exercise, dance and weights
- Line dancing
- Tai Chi

Hours: Monday - Friday 9 am - 4 pm

Fees: Yes.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Pittsfield Township Senior Center

Website: www.pittsfield/mi.gov/senior-center

Address: 701 W. Ellsworth, Ann Arbor MI 48108

Phone: (734) 822-2117

Fax: (734) 996-3015

Activities:

- Ball fitness
- Chair exercise
- Fitness & wellness
- Line dancing
- Wii bowling

Hours: Monday - Friday 8 am - 5 pm

Fees: \$5.00 annual membership dues for residents; \$10 for non-residents.

Saline Area Senior Center

Website: www.salineseniors.org

Address: 7190 N. Maple Road, Saline MI 48176

Phone: (734) 429-9274

Fax: (734) 429-1075

Activities:

- Clogging
- Drumming
- Hula Hooping
- Line Dancing
- Pickleball
- Ping pong
- Strength
- Tai Chi
- Walking
- Yoga - Hatha and adaptive
- Zumba

Hours: Mondays & Wednesdays 8 am - 9 pm; Tuesdays, Thursdays & Fridays 8 am - 4 pm

Fees: Membership dues vary depending on age and residency.

St. Joseph Mercy Ann Arbor - ~~Ellen Thompson Women's Center~~

Website: www.sjmercyhealth.org/senior-fit

Address: Towsley Health Building Gymnasium, 5361 McAuley Drive, Ypsilanti MI 48197

Phone: (734) 712-5800 option 6

Activities: Doctor's clearance required.

- Senior Fit - cardiovascular, strength, flexibility, balance; chairs available if needed

Hours: Mondays, Tuesdays, Thursdays 10:15 - 11:15 am

Fees: No fee; may be waitlist.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Turner Senior Wellness Program - Michigan Medicine

Website: www.med.umich.edu/geriatrics/community/tswp

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Fax: (734) 998-9340

Activities:

- Enhance fitness
- Nia Fitness
- Posture-Balance-Strength
- Tai Chi
- Yoga
- Walking in place

Hours: Monday - Friday 9 am - 5 pm

Fees: Depends on activity. No membership dues.

University Of Michigan - School of Kinesiology - Lifetime Fitness - Community Programs

Website: www.kines.umich.edu/community-programs/lifetime-fitness

Address: School of Kinesiology, 1402 Washington Heights, Ann Arbor MI 48109

Phone: (734) 764-1342

Fax: (734) 647-6375

Activities: Liability waiver required.

- Aerobics
- Chair yoga
- Zumba

Hours: Briarwood Mall, Von Maur court: Monday - Friday 9 - 10 am; Saturdays 8 - 9 am - see website for schedule of classes.

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Washtenaw Community College - Health & Fitness Center

Website: www.wccfitness.org

Address: 4833 E. Huron River Drive, Ann Arbor MI 48108

Phone: (734) 975-9950

Fax: (734) 975-9958

Activities:

- Aerobics
- Ai Chi
- Aquacize
- Cycling
- Pilates
- Sit 'n Fit using chair or stability ball
- Strength
- Stepping
- Stretching
- Yoga
- Swimming
- Zumba
- Arthritis classes
- Exercise equipment

Hours: Monday - Thursday 5 am - 10 pm, Friday 5 am - 9 pm, Saturday - Sunday 7 am - 6 pm (May - August) and 7 am - 8 pm (September - April)

Fees: Varies with activity; many free. Senior and senior couple monthly membership dues.

Washtenaw County - Parks & Recreation - Meri Lou Murray Recreation Center

Website: www.washtenaw.org/497/Meri-Lou-Murray-Recreation-Center

Address: 2960 Washtenaw Avenue, Ann Arbor MI 48104

Phone: (734) 971-6355

Fax: (734) 971-2094

Activities:

- Exercise equipment, gymnasium, Indoor track, swimming pool
- Aerobics
- Aquatics classes
- Badminton
- Basketball
- Cycling
- Dance
- Martial arts
- Pickleball
- Pilates
- Tai Chi
- Volleyball
- Yoga
- Zumba

Hours: Monday - Friday 6 am - 10 pm; Saturdays 8 am - 6 pm; Sundays 12 pm - 10 pm

Fees: Depends on activity. Senior rates available for day passes and membership dues.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Ypsilanti Senior / Community Center

Website: yphiseniorcenter.org

Address: 1015 N. Congress Street, Ypsilanti MI 48197

Phone: (734) 483-5014

Fax: (734) 480-0380

Activities: Exercise classes offered in cooperation with Washtenaw Community College and the Ann Arbor YMCA.

- Fitness after 50
- Gentle Fitness
- Yoga

Hours: Mondays, Wednesdays, & Fridays 9 am - 2 pm; Tuesdays & Thursdays 10 am - 12 pm

Fees: No fee. No membership dues.

Ypsilanti Township - Community Center - 50 & Beyond

Website: www.ytown.org/50&beyond

Address: 2025 E. Clark Road, Ypsilanti MI 48198

Phone: (734) 544-3838

Fax: (734) 544-3888

Activities:

- Dance classes
- Enhance fitness
- Lifetime fitness
- Racketball
- Tai Chi
- Pickleball
- Walking indoors
- Yoga
- Zumba

Hours: Monday - Friday 8 am - 8 pm; Saturdays 9 am - 6 pm

Office Monday - Friday 9 am - 2 pm

Fees: Depends on activity; higher non-resident fees. Membership dues for residents, resident households, non-residents and non-resident households.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

SENIOR CENTERS - Nov 2018

Ann Arbor Senior Center, Burns Park

Website: www.a2gov.org/senior

Address: 1320 Baldwin Avenue, Ann Arbor MI 48104

Phone: (734) 794-6250

Fax: (734) 997-1308

Hours: Monday - Thursday 9 am - 4 pm

Chelsea Senior Center

Website: www.chelseaseniors.org

Address: Washington Street Education Center, 512 E. Washington, Chelsea MI 48118

Phone: (734) 475-9242

Email: connected@chelseaseniors.org

Hours: Monday - Friday 9 am - 4 pm

Dexter Senior Center

Website: www.dexterseniors.org

Address: 7720 Ann Arbor Street, Dexter MI 48130

Phone: (734) 426-7737

Hours: Monday - Friday 9 am - 3 pm

Jewish Community Center of Greater Ann Arbor

Website: www.jccannarbor.org

Address: 2935 Birch Hollow Drive, Ann Arbor MI 48108

Phone: (734) 971-0990

Fax: (734) 677-0109

Email: jcc@jccfed.org

Hours: Monday - Thursday 9 am - 5 pm; Fridays 9 am - 3 pm.

Lincoln Golden Ages Senior Center

Website: www.lincoln12.org/community-partners/lincoln-golden-ages/

Address: West Entrance of Brick Elementary, 8970 Whittaker Road, Ypsilanti MI 48197

Phone: (734) 483-8366

Email: LincolnGoldenAges@lincoln12.org

Hours: Tuesday - Friday 8 am - 4 pm

Milan Seniors for Healthy Living

Website: www.milanseniors.org

Address: 45 Neckel Court, Milan MI 48160

Phone: (734) 508-6229

Fax: (734) 439-4315

Email: mshl@milanseniors.org

Hours: Monday - Friday 8 am - 3 pm

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Northfield Township Community & Senior Center

Website: twp-northfield.org/community_visitors/senior_center

Address: 9101 Main Street, Whitmore Lake MI 48189

Phone: (734) 449-2295

Fax: (734) 449-8410

Hours: Monday - Friday 9 am - 4 pm

Pittsfield Township Senior Center

Website: www.pittsfieldtwp.org/seniors_center.html

Address: 701 W. Ellsworth Road, Ann Arbor MI 48108

Phone: (734) 822-2117

Fax: (734) 996-3015

Email: seniors@pittsfield-mi.gov

Hours: Monday - Friday 8 am - 5 pm

Saline Area Senior Center

Website: www.salineseniors.org

Address: 7190 N. Maple, Saline MI 48176

Phone: (734) 429-9274

Fax: (734) 429-1079

Hours: Monday - Friday 8 am - 4 pm

South Lyon Center for Active Adults

Website: www.slcs.us/departments/center_for_active_adults

Address: South Lyon High School Door #32, 1000 N. Lafayette (Pontiac Trail & Eleven Mile Road), South Lyon, MI 48178

Phone: (248) 573-8175

Hours: Office Monday - Friday 9 am - 3:30 pm

Turner Senior Wellness Program - Michigan Medicine

Website: www.med.umich.edu/geriatrics/community/tswp

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Fax: (734) 998-9340

Hours: Monday - Friday 9 am - 5 pm

Ypsilanti Senior / Community Center

Website: www.ypsiseniorcenter.org

Address: 1015 N. Congress, Ypsilanti MI 48197

Phone: (734) 483-5014

Fax: (734) 480-0380

Hours: Mondays, Wednesdays & Fridays 9 am - 2 pm; Tuesdays & Thursdays 10 am - 2 pm;
Saturdays 10 am - 12 pm

Ypsilanti Township - Community Center - 50 & Beyond Programs

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Website: ytown.org/50-beyond-coordinator

Address: 2025 E. Clark Road, Ypsilanti MI 48198

Phone: (734) 544-3838

Fax: (734) 544-3888

Hours: Monday - Friday 8 am - 8 pm; Saturdays 9 am - 6 pm

Office Monday - Friday 9 am - 2 pm

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

SUPPORT GROUPS - rev Nov 2018

ADDICTION

Al-Anon / ACOA

Website: www.afgdistrict5.org

Address: 1475 Westfield, Ann Arbor MI 48107

Phone: (734) 995-4949

Services: Program of recovery for family and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help. Meeting list by [day of week](#).

Hours: Monday - Thursday 8 am - 6 pm

Fees: Based on ability to pay.

Alcoholics Anonymous

Website: www.hvai.org

Address: 31 S. Huron St, Ypsilanti MI 48197

Phone: (734) 482-0707 - Literature line

Helpline: (734) 482-5700 - For support groups

Services: Support group to help recovery from alcoholism. There are a variety of locations and times for meetings — [searchable online](#). Open to anyone who wants to stop drinking.

Hours: Tuesday - Friday 1 pm - 6 pm

Fees: Based on ability to pay.

ALZHEIMER'S / MEMORY LOSS

Alzheimer's Association - Michigan Great Lakes Chapter

Website: www.alz.org

Address: 564 S. Main Street, Suite 200, Ann Arbor MI 48104

Phone: (734) 369-2716

Toll Free: 24 Hour (800) 272-3900

Fax: (734) 369-2816

TTY: 24 Hour (866) 403-3073

Services: Support groups for people with Alzheimer's disease, their family members and care partners at various locations. Check website for current locations and times.

Recent caregiver support group locations:

- StoryPoint, 6230 S. State Road, Saline MI 48176
- Chelsea, Chelsea Retirement Community, 805 W Middle St, Chelsea, MI 48118
- Glacier Hills Retirement Community, 1200 Earhart Road, Ann Arbor MI 48105
- King of Kings Lutheran Church, 2685 Packard Street, Ann Arbor MI 48104

Hours: Monday - Friday 9 am – 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Ann Arbor Area Lewy Body Dementia Support Group

Website: alzheimers.med.umich.edu/lbd/

Address: Huron Woods/Towsley Health Building, lower level cafeteria and Elderwise Room, 5361 McAuley Drive Ann Arbor, MI 48106

Phone: (734) 764-5137

Services: Caregivers and family members of those diagnosed with LBD; separate meeting for those who have early diagnosis of LBD.

Hours: 2nd Tuesday 2 - 3:30 pm

Fee: No fee.

St. Joseph Mercy Ann Arbor - Dementia/Alzheimer's Support Group

Website: www.stjoeshealth.org

Address: Call for location.

Phone: (734) 712-2126

Services: Support group for those with dementia, Alzheimer's and their families.

Hours: Call for hours.

Fee: No fee.

Michigan Alzheimer's Disease Center - Catching Your Breath - Wellness Initiative

Website: alzheimers.med.umich.edu/wellness-initiative/

Address: Matthaei Botanical Gardens, 1800 N. Dixboro Road, Ann Arbor MI 4810

Phone: (734) 936-8803

Services: Monthly program for learning and practicing stress resilience skills for continued health, balance and well-being - for adults with cognitive loss and their care partners.

Hours: Vary; see schedule on web or call for information.

Fee: No fee for program; parking fee -- contact for assistance with this fee.

AMPUTEES

Michigan Medicine - Orthotics and Prosthetics Center - U-CAN Amputee Support Group

Website: u-can-amputee-support-group

Address: 2850 S. Industrial Hwy., Suite 400, Ann Arbor MI 48106

Phone: (734) 975-7449

Services: Support group for amputees.

Hours: First Tuesday 5:30 - 7:30 pm

Fees: No fee. Donations accepted.

St. Joseph Mercy Ann Arbor - Amputee Support Group

Website: www.stjoeshealth.org/AmputeeSupportGroup

Address: Michigan Heart & Vascular Institute, 5325 Elliott Drive, Ypsilanti, MI 48197

Phone: (734) 712-3546

Services: Support group for amputees.

Hours: Second Wednesday 4:30 - 6 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

ARTHRITIS

Michigan Medicine - Geriatrics Center - Social Work and Community Programs – Arthritis Support Group

Website: www.med.umich.edu/geriatrics

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Services: Support group to help seniors with arthritis.

Hours: Third Friday 10 - 11:30 am

Fees: No fee.

CANCER

Cancer Support Community of Greater Ann Arbor - Support Groups

Website: www.cancersupportannarbor.org/support-groups

Address: 2010 Hogback Road, Suite 3, Ann Arbor MI 48105

Phone: (734) 975-2500

Email: info@cancersupportannarbor.org

Services: Programs, education, and groups for people affected by cancer. Registration required for weekly support groups. Call for times and dates of specific cancer support groups which are listed online. Some of these include:

- **Breast Cancer Group**
- **FOCUS Facing Cancer Together (for patients and their partners)**
- **Colorectal Cancer Group**
- **Prostate Cancer Support Group**
- **Thyroid Cancer Support Group**
- **TBLGQ+ Cancer Support Group**

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Michigan Medicine - Rogel Cancer Center - Support Groups

Website: www.rogelcancercenter.org/support/

Address: 1500 E. Medical Center Drive, Ann Arbor MI 48109

Toll Free: Cancer Answer Line: (800) 865-1125

Email: CancerAnswerLine@med.umich.edu

Services: A variety of programs, education, and support groups for people affected by cancer. Groups include those for

- **Bladder Cancer** for patients and families
- **Hematology/Oncology** for patients and family
- **Brain Tumor** for patients and a 2nd meeting at the same time for families & caregivers
- **Esophagectomy** (not just cancer patients) for patients and families, 1st Thursday, 6:30 - 8 pm
- **Head and Neck** for patients, families, and friends, 2nd Tuesday, 2 - 3:30 pm
- **Women with Advanced Cancer** for women only, twice a month
- **Melanoma Stages 3 & 4** for patients only, 2nd Tuesday, 6:30 - 8 pm

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

- **Thyroid Cancer**, 2nd Monday, 6 - 7 pm

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

St. Joseph Mercy Ann Arbor - Cancer Support Groups

Website: www.stjoesannarbor.org/cancer-support-services

Address: AA Cancer Care Center, Outpatient Oncology Clinic, 5303 Elliott Drive, Ypsilanti MI 48197

Phone: see specific group listing

Toll Free: (888) 474-HOPE (4673)

Support Groups: A variety of programs, education, and groups for people affected by cancer. Call for specific dates, times and locations.

- **Head and Neck Cancer Support Group** - Radiation Oncology Lobby; for patients and caregivers (734) 712-2920
- **Prostate Cancer Support Group** - Education Center; 3rd Thursday, 7 pm - 8:30 pm (734) 712-6569

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

CAREGIVERS

Jewish Family Services of Washtenaw County - Caregiver Conversations [Support Group]

Website: jfsannarbor.org/programs-services-old/aging-caregiver-support

Address: 2245 S. State Street, Suite 200, Ann Arbor MI 48104

Phone: (734) 769-0209

Fax: (734) 769-0224

Services: Caregiver Conversations. A monthly support group for adult caregivers that provides information and peer support. Call for times and location.

Hours: Monday - Thursday 9 am - 5 pm; Friday 9 am - 3 pm

Fees: No fee.

Michigan Medicine - Geriatrics Center Social Work and Community Programs - Caregiving

Website: www.med.umich.edu/geriatrics

Address: 4260 Plymouth Road, Ann Arbor MI 48109

Phone: Geriatric Center (734) 764-2556 & TSRC (734) 998-9353

Services: Support groups for those caring for spouses, significant others or relatives.

- **Caring For Your Mate:** Information and support for people who are caring for their significant others. 4th Tuesday 1:30 - 3:30 pm, East Ann Arbor Health and Geriatrics Center, 4260 Plymouth Road, Ann Arbor MI 48109
- **Caring for Aging Relatives** support group at Turner Senior Resource Center, 2401 Plymouth Road, Ann Arbor MI 48105. 2nd Wednesday 6 – 8 pm

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Contact Information:

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MICHIGAN MEDICINE
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Milan Seniors for Healthy Living - Caregiver Support Group

Website: www.milanseniors.org

Address: 45 Neckel Court, Milan MI 48160

Phone: (734) 508-6229

Fax: (734) 439-4315

Services: Serves those caring for a loved one.

Hours: 3rd Monday 6 pm

Fee: No fee

DIABETES

Michigan Medicine - Geriatrics Center - Social Work and Community Programs – Diabetes Adult Support Group

Website: www.med.umich.edu/geriatrics

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Services: Support group to help adults with diabetes,

Hours: Second Saturday 9:30 - 11 am

Fees: No fee.

St. Joseph Mercy Chelsea - Diabetes Sharing Group

Website: www.stjoeschelsea.org/diabeteseducation

Address: 755 S. Main Street, Chelsea MI 48118

Phone: (734) 593-5280

Services: Free support group offered to area residents and their families who have diabetes.

Hours: Call for hours and location.

Fees: No fee.

GRANDPARENTS

Catholic Social Services of Washtenaw County - Senior Services Department - Grandparents as Parents (GAP)

Website: csswashtenaw.org/parenting-families/grandparents-as-parents

Address: Senior Health Building, 5361 McAuley Drive, PO Box 995, Ann Arbor MI 48106

Phone: (734) 712-3774

Services: Grandparents As Parents (GAP) offers caregiving grandparents/relatives the opportunity to share their experiences, to understand the children's special needs and to learn how and where to seek community resources. The support group meets at various times and locations.

Hours: Monday - Wednesday 8 am – 4:30 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

GRIEF

Arbor Hospice - Grief Support Groups

Website: www.arborhospice.org

Address: 2366 Oak Valley Drive, Ann Arbor MI 48103

Phone: (734) 662-5999

Toll Free: 24 Hours (888) 992-2273

Services: Support for those are who coping with the death of someone close. Please call for dates and times of meetings.

- **Adult Loss of a Child Support Group**
- **Adult Loss of a Parent Support Group**
- **Loss of a Spouse or Partner Support Group**

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

St. Joseph Mercy Home Care and Hospice - Grief Support Groups

Website: www.stjoesannarbor.org/bereavementservices

Address: Washtenaw Medical Arts Bldg., 3075 Clark Road, Suite 200, Ypsilanti MI 48197

Phone: (734) 343-7552 or leave a message

Toll Free: (855) 559--7178

Services: A series of meetings offer support for family members coping with the death of someone close. Call for information.

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

LGBTQ

Jim Toy Community Center - LGBTQ Support Groups

Website: www.jimtoycenter.org

Address: 319 Braun Court, Ann Arbor MI 48104

Phone: (734) 995-9867

Services: Offers activities and a monthly support group for older gays/transgender/bisexual/lesbians. Call to confirm times and for more information.

- **FTM A2-Ypsi** - by and for trans men 16+, 3rd Monday 6 - 7 pm at Jim Toy and 1st Monday at Corner Health Center, 47 N. Huron Street, Ypsilanti MI 48197
- **GBLT AA (Alcoholics Anonymous)** - Saturdays 8 - 9 pm

Hours: Vary. Drop In Tuesdays 3 - 6 pm

Fees: No fee.

PFLAG (Parents Families and Friends of Lesbians and Gays) Ann Arbor

Website: www.pflagaa.org

Address: meetings at St. Andrews Episcopal Church, 306 N. Division Street, Ann Arbor MI 48104

Phone: (734) 741-0659

Toll Free: Affirmations Help-line (800) 398-GAYS (4297)

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Nationwide Suicide (800) 850-8078 (24 Hours)

Email: info@pflagaa.org

Services: Support and information group for those learning to deal with the reality of homosexuality and how to provide loving support. For gay, lesbian, bisexual and transgender children, family, and friends at meetings

Hours: Third Sundays 2 - 4:30 pm

Fees: No fee.

HEARING LOSS

Hearing Loss Association of America, Ann Arbor Chapter

Services: Monthly meetings offer socialization and education at the Ann Arbor Center for Independent Living (CIL), 3941 Research Park Drive, Ann Arbor MI. 48108

Hours: Second Monday 6:30 pm

Fees: No fee; \$15 annual membership fee for national association.

Hearing Loss D.A.T.A. Group

Address: Pittsfield Charter Township Senior Center, 701 W. Ellsworth Road, Ann Arbor MI 48108

Services: This group is committed to offering emotional support, coping skills and an open forum to share both positive and negative experiences pertaining to hearing loss. Join anytime.

Facilitator: Tony Ferack.

Hours: 4th Monday of the month, 10:30 am - 12 pm

Fee: Senior Center membership fee, \$5. Scholarships available.

HEART DISEASE

St. Joseph Mercy Ann Arbor - Cardiac / Heart

Website: www.stjoesannarbor.org/supportgroups

Address: 5301 McAuley Drive, Ypsilanti MI 48197

Phone: (734) 712-5204

Fax: (734) 712-5333

Services: Registration needed to participate.

- **Atrial Fibrillation Support Group:** for people with cardiac rhythm disorders
- **Heart to Heart:** for people with cardiovascular disease
- **Heart Failure Support Group:** for patients who have heart failure and their families
- **Partners at Heart:** for spouses and partners of patients with cardiovascular disease

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

Contact Information:

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E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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St. Joseph Mercy Ann Arbor – Stroke Survivor & Caregiver Support Group

Website: www.stjoesannarbor.org/StrokeSurvivor

Address: AA Center for Independent Living, 3941 Research Park Drive, Ann Arbor MI 48108

Phone: (734) 712-2830

Services: For stroke survivors and/or their caregivers, family and friends. A newsletter is sent out that details the agenda for the upcoming meeting.

Hours: Third Wednesday 5:30-7

Fees: No fee.

St. Joseph Mercy Health System – Stroke Support Group

Website: www.stjoeshealth.org

Address: 5301 McAuley Drive, PO Box 995, Ann Arbor MI 48106

Phone: Ann Arbor (734) 712-2830; Chelsea (734) 593-5600

Services:

- Ann Arbor Call for times and locations
- Chelsea Third Wednesday 5:30 - 7 pm

Hours: Monday - Friday 8 am - 5 pm

Fees: No fee.

LOW VISION

Turner Senior Wellness Program - Michigan Medicine - Geriatrics Center - Social Work and Community Programs – Low Vision Support Group

Website: www.med.umich.edu/geriatrics/community/tswp.htm

Address: Turner Senior Resource Center, 2401 Plymouth Road, Ann Arbor MI 48105

Phone: (734) 764-2556

Services: Low vision support group for seniors with vision concerns.

Hours: 4th Wednesday 1 - 3 pm

Fees: No fee.

PARKINSON'S DISEASE

Michigan Parkinson Foundation

Address: 30400 Telegraph Road, Suite 150, Bingham Farms, MI 48025

Website: www.parkinsonsmi.org/support-groups-directory/86-washtenaw

Phone: Bruce (734) 668-0427 Bob (734) 827-07847

Services: Support groups for people with PD and their families.

Hours: Second Sunday 1:30 pm September - May

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

TOBACCO CESSATION

Turner Senior Wellness Program - Michigan Medicine - Geriatrics Center - Social Work and Community Programs – Staying Smoke Free

Website: www.med.umich.edu/geriatrics/community/tswp.htm

Address: Turner Senior Resource Center, 2401 Plymouth Road, Suite C, Ann Arbor MI 48105

Phone: (734) 998-9353

Services: Support group to help seniors who have quit smoking remain smoke-free.

Hours: Second and 4th Tuesday 3 - 4:30 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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TRANSPORTATION - rev May 2018

Ann Arbor Area Transportation Authority (AAATA) - The Ride

Website: www.theride.org

Address: 2700 S. Industrial, Ann Arbor MI 48104

Phone: General (734) 973-6500

Route/Schedule Information (734) 996-0400

A-Ride/Senior Program Ride - with AAATA Good as Gold ID card (734) 973-1611

Night and Holiday Ride (734) 528-5432

Fax: (734) 973-6338

TTY: (734) 973-6997

Services: The AAATA provides bus service seven days a week on 34 routes serving Ann Arbor, Pittsfield Township, Ypsilanti, Ypsilanti Township, limited areas of Superior Township (SJM and WCC), Chelsea, and Dexter.

- Fare Deal fixed route: ages 60-64. Reduced fare with Fare Deal caRoad
- Fixed-Route Bus Service: 65+ free with Gold Ride ID card
- Good as Gold: Seniors citizens 65+ with an ID card issued by AAATA can take shared-ride taxi trips within Ann Arbor city limits and selected other locations for a low fare.
- A-Ride: Wheelchair accessible transportation for disabled people unable to ride fixed-route buses. Shared rides; advanced reservations needed. Serves Ann Arbor and selected other locations (Pittsfield, Superior & Ypsilanti townships) for a low fare. 6:30 am to 6:30 pm
- Night Ride and Holiday Ride: late-night, shared ride, door-to-door services contracted with local cab company. Call for fares.
- Senior Grocery Ride: Can arrange trips with senior housing management for shopping. There is a 5 person minimum and a fee of 75 cents each way per person.

Fees: Based on services used.

Care Transport

Website: www.caretransport.us

Address: 4180 Packard Road, Ann Arbor MI 48108

Phone: (734) 434-6786; after 5 pm (734) 216-4231

Fax : (734) 434-6782

Email: info@caretransport.us

Services: Provides transportation services for persons with disabilities for medical appointments or other outings. Vans are equipped with wheelchair lifts.

Hours: 24 Hours

Fees: Charge per mile or flat rate. Call for destination fee. Accepts cash, checks, major credit cards, Medicaid, and some insurances.

Contact Information:

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E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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Chelsea Community Ride

Website: www.ridethewavebus.org

Phone: (734) 475-9494

Services: Provides a free business district shuttle which can 'flex' between scheduled pickup points along the route to provide stops at the businesses of choice. WAVE policies and traffic conditions will be considered when passengers request 'flex' stops. Includes transport to church services.

Hours: Services provided 7 days a week. Phone Monday – Friday 9 am – 5 pm for information.

Fees: Free for Chelsea residents.

Health Plus Transportation

Website: www.healthplustransport.com

Address: 124 Pearl Street, Ste 403, Ypsilanti MI 48197

Phone: (734) 547-7813

Fax: (734) 547-8293

Email: info@healthplustransport.com

Services: Provides non-emergency 24 hour wheelchair and van service transportation for medical needs or recreation.

Hours: Phone Monday – Friday 8 am – 5 pm; can make reservations on website. Services provided 24 Hours. Need a minimum of 3 hours notice.

Fees: Call for fees.

Huron Valley Ambulance - Mobility Transportation

Website: <http://hva.org/our-services/wheelchair-vans-mts>

Address: 1200 State Circle, Ann Arbor MI 48108

Phone: General Information (734) 971-4420

Toll Free: Mobility Transportation / Wheelchair van (888) 430-7517

Non-Emergency Ambulance Transportation (800) 872-1111

Fax: (734) 971-4385

Services: HVA Mobility Transportation service provides fully-equipped wheelchair vans for senior citizens and people with physical disabilities to medical appointments throughout Michigan.

Hours: 8 am - 5 pm Latest pickup time is 4:30 pm

Fees: Call for fees.

JFS CareVan Transportation Program

Website: www.jfsannarbor.org

Address: 2245 S. State Street, Ann Arbor MI 48104

Phone: (734) 769-0209 ext. 305

Fax: (734) 769-0224

Email: info@jfsannarbor.org

Services: Provides rides to locations within the Ann Arbor and Ypsilanti area. It can be used for transportation to medical appointments, shopping, grocery stores, work, errands, and special events. 62+, disabled or a Work First client. Must be a JFS client.

Hours: Office, Monday - Thursday; 9 am - 5 pm; Fridays 9 am - 3 pm

Fees: Call for rates. Fee may be adjusted by the JFS Fee Review Committee to accommodate those who are unable to pay the full fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



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Manchester Area Senior Citizens

Website: www.facebook.com/groups/manchesterseniors

Address: 410 City Road, Manchester MI 48158

Phone: (734) 385-6308

Services: Transportation is available to medical appointments and to meals (Meals available Tuesdays and Thursdays, September through June) for adults age 55+.

Fees: Call for rates.

MedSync Transportation & Services

Website: www.medsynctransportation.com

Address: 2035 Hogback Road, Suite 103, Ann Arbor MI 48105

Phone: (734) 646-8846

Fax: (877) 474-5065

Email: contact@medsts.com

Services: MedSync Transportation & Services works with each individual with day to day non-emergency transportation in Ann Arbor, Metro Detroit, and Ypsilanti for door to door services. Also provides accompaniment service.

Hours: Service provided 24 Hours, including federal holidays.

Office Hours: Monday – Sunday 8:30 am – 8:30 pm

Fee: Fees are flexible. Insurance accepted. Call for fares.

Michigan Transportation Services, Inc. (MTS)

Website: www.michigantransportation.com

Address: PO Box 1118, Novi MI 48375

Toll Free: (877) 777-7900

Fax: (517) 552-1194

Services: Provides statewide non-emergency transportation for ambulatory and non-ambulatory individuals. Local and long distance door-to-door services available.

Hours: Business hours Monday – Friday 8 am – 5 pm; Transportation services available 24 Hours throughout Michigan.

Fees: Accepts most major insurances and worker's compensation as well as private pay. Call for fees.

Milan Seniors for Healthy Living

Website: <http://www.milanseniors.org/transportation.html>

Address: 45 Neckel Court, Milan MI 48160

Phone: (734) 508-6229

Fax: (734) 439-4315

Email: mshl@milanseniors.org

Services: Transportation services for seniors 50+ in the 48160 zip code.

Hours: Monday - Friday 8 am - 3 pm

Fees: Visit the website for current fees.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



People's Express (PEX)

Website: www.peoplesexpressmi.com

Address: 10 Jennings Road, Whitmore Lake MI 48189

Phone: (877) 214-6073 Reservation Line

Fax: (734) 449-0840

Services: The People's Express will transport seniors or those with special needs door-to-door to locations within Washtenaw County that are not part of Ann Arbor Area Transit Authority (AAATA) fixed routes. Provides residents of greater Ann Arbor and Northern Washtenaw County with medical, work, educational, and personal rides. Grants are sometimes available for low income residents. Wheelchair accessible, aides ride free with the client. Must make reservations 3 days ahead. No weekend service. Call between the hours of 10 am - 2 pm for scheduling.

Hours: Monday – Friday 8 am - 5 pm; closed on select holidays.

Fees: Call for fees.

People's Express (PEX) - Saline

Website: www.peoplesexpressmi.com

Phone: (877) 214-6073 Reservation Line

Fax: (734) 449-0840

Services: The People's Express will transport low income and senior residents of Saline to locations within the City of Saline and to certain destinations in Ann Arbor and Ypsilanti. Must make reservations 30 hours ahead. No weekend service. Call between the hours of 10 am - 2 pm for scheduling.

Hours: Monday – Friday 8 am - 5 pm; closed on normal holidays.

Fees: The fare is \$2.00 for one-way trips within the City and to select nearby destinations. Fares for out of town trips vary with the destination but are \$6.00 or less for the most common trip destinations.

Reliable Home Care, LLC

Website: www.reliablecare2.com/

Address: 2723 S. State Street, Suite 150, Ann Arbor MI 48104

Phone: office (734) 794-4748 leave message cell (734) 395-7887

Fax: (734) 794-4701

Email: rhcareinyourhome@aol.com

Services: Call for information.

Hours: Call for information.

Fees: Call for information.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Western-Washtenaw Area Value Express (WAVE) Community Connector

Website: www.ridethewavebus.org

Phone: (734) 475-9494

Fax: (734) 475-9494

Email: wwavedispatch@comcaStreetnet

Services:

- Provides affordable transportation to everyone in need.
- Provides door-to-door services in the Chelsea area and the Dexter school district. Must call in advance for this service.
- Community Connector connects with AAATA at Meijer on Jackson/Zeeb Road in Ann Arbor. Wheelchair lifts or ramps are available.
- Lifeline Community Van Service is available to residents of Chelsea for medical appointments and many other locations in Washtenaw county.

Hours: Door to door services: Monday – Friday 8 am – 4:30 pm; Community Connector Bus Service: Monday - Friday 6 am – 6 pm; Saturdays 7 am - 7 pm; Sundays 8 am - 7 pm

Fees: Dependent upon distance and service. Personal care attendants ride free. Discounts are available for AAATA holders of Gold Ride, A Ride, or Fare Deal ID cards.

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Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353



MICHIGAN MEDICINE
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VOLUNTEER AND EMPLOYMENT OPPORTUNITIES - rev Dec 2018

Employment Training and Community Services Group (E.T.C.S.) - Michigan Works SE - Washtenaw Service Center

Website: Workshop Registration www.mwse.org

Address: 304 Harriet Street, Ypsilanti MI 48197

Phone: (734) 714-9814

Fax: (734) 481-2516

Services: Provides job search assistance, access to computers, copier, telephone and fax services. Website offers searchable jobs database, workshop registration, and links to educational information.

Hours: Mondays, Wednesdays, Thursdays and Friday: 8 am - 5 pm; Tuesdays 8 am- 7 pm

Fees: No fee.

Jewish Family Services of Washtenaw County

Website: jfsannarbor.org/programs-services-old/employment-economic-empowerment/

Address: 2245 S. State Street, Suite 200, Ann Arbor MI 48104

Phone: (734) 769-0209

Fax: (734) 769-0224

Email: info@jfsannarbor.org

Services: JFS assists individuals in Washtenaw County, both English and non-English speakers, with employment searches and help with job readiness and resume preparation.

Hours: Monday - Thursday 9 am - 5 pm; Fridays 9 am - 3 pm

Fees: Many services free, others based on ability to pay.

RSVP (Retired and Senior Volunteer Program) - Catholic Social Services of Washtenaw County

Website: csswashtenaw.org/seniors/rsvp-senior-volunteer-program/

Address: Senior Center, 5361 McAuley Drive, PO Box 995, Ann Arbor MI 48106

Phone: (734) 712-7775

Fax: (734) 712-7765

Services: Matches people 55+ with Washtenaw County non-profit agencies who need volunteers.

Hours: Monday - Thursday 8:30 am - 9 pm; Fridays 8:30 am - 5 pm; Saturdays 8:30 am - 3 pm

Fees: No fee. Donations are welcome.

Senior Community Service Employment Program (SCSEP) - AARP Foundation

Website: www.aarp.org/aarp-foundation/our-work/income/scsep/

Address: 15100 Northline, Suite 157, Southgate, MI 48195

Phone: (734) 281-2470

Fax: (734) 281-2471

Services: Program employs people 55+ who meet certain income guidelines to work at non-profit agencies. The jobs are part-time, paying minimum wage, with the goal of improving work skills and returning participants to the job market. Must be registered with Michigan Works, have a current resume, and not be employed.

Hours: Monday - Friday 8 am – 3:30 pm

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

Fees: No fee.

Senior Environmental Employment Program (SEEP) - Environmental Protection Agency

Website: www.epa.gov/careers/senior-environmental-employment-see-program

Address: 2000 Traverwood Drive, Ann Arbor MI 48105

Phone: N/A

Fax: N/A

Services: Provides paid temporary, part-time and full-time positions. These are clerical, technical and professional positions, with benefits, for seniors 55+. Jobs are accessed via organizations that administer the SEE program:

- **National Association for Hispanic Elderly (ANPPM)**
234 E. Colorado Blvd., Suite 300, Pasadena CA 91101
Phone: (626) 564-1988
Fax: (626) 564-2659
[ANPPM's SEE program page](#)
- **National Asian Pacific Center on Aging (NAPCA)**
1511 Third Avenue, Suite 914, Seattle WA 98101-1626
Phone: (206) 624-1221
Fax: (206) 624-1023
[NAPCA's SEE program page](#)
- **National Caucus and Center on Black Aging, Inc. (NCBA)**
1220 L Street, N.W., Suite 800, Washington DC 20005
Phone: (202) 637-8400
Fax: (202) 347-0895
[NCBA's SEE program page](#)
- **National Older Worker Career Center, Inc. (NOWCC)**
3811 North Fairfax Drive, Suite 900, Arlington VA 22203
Phone: (703) 558-4200
Email: info@nowcc.org
[NOWCC's SEE program page](#)
- **Senior Service America, Inc. (SSAI)**
8403 Colesville Rd, Suite 1200, Silver Spring MD 20910-3314
Phone: (301) 578-8900
Email: contact@ssa-i.org
[SSAI's SEE program page](#)

Hours: Vary by agency.

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353

United Way of Washtenaw County - Volunteer Center

Website: www.volunteerwashtenaw.org

Address: 2305 Platt Road, Ann Arbor MI 48104

Phone: (734) 971-8200

Fax: (734) 971-6230

Email: liveunited@uwwashtenaw.org

Services: Provides list of agencies that use volunteers. Potential volunteers can also browse listings or search by interest or specific words.

Hours: Website 24 Hours Office Monday - Friday 8 am - 4:30 pm

Fees: No fee.

VolunteerMatch

Website: <https://www.volunteermatch.org>

Services: Make free account, complete profile and search opportunities available locally or virtually.

Hours: 24 Hours

Fees: No fee.

Washtenaw County - Foster Grandparent Program

Website: www.washtenaw.org/782/Foster-Grandparent-Program

Address: 415 W. Michigan Ave, PO Box 915, Ypsilanti, MI 48197

Phone: (734) 544-6748

Fax: (734) 544-6749

Services: The program matches low-income adults 60+ with youth in various settings for 20 hours/week. The foster grandparent acts as role model, mentor and friend; s/he engages the youth in activities that develop literacy and provide emotional support. Volunteers receive a monthly stipend, transportation assistance, meals while on duty, and a free annual medical checkup.

Hours: Monday - Friday 8:30 am - 5 pm

Fees: No fee.

Contact Information:

Maire DeLand

E-mail: delandm@med.umich.edu

Phone: (734) 998-9353