

Kalkaska County

Senior Services Resource Guide

Presented by PACKS

(Partners And Collaboration for Kalkaska Seniors)



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ASSISTANCE AGENCIES

IN AN EMERGENCY, PLEASE CALL 9-1-1

Law Enforcement

Adult Protective Services

Phone: 855-444-3911 (Report Abuse & Neglect) or 231-258-1200 (Informational)

Primary Contact: Kristine Lagios, Director

Best time to call: 24/7

Hours of operation: 8 am -5 pm / Monday - Friday

Services: Adult Protective Services investigators protect vulnerable adults from abuse, neglect and exploitation by coordinating with mental health, public health, law enforcement, the probate courts, the aging network, community groups and the general public.

If you suspect abuse, neglect or exploitation, call 855-444-3911 any time day or night to make a report. Staff will investigate allegations within 24 hours after the report is received.

Kalkaska County Sheriff

Phone: 231-258-8686

Non-Emergency Dispatch: 231-258-3350

Primary Contact: Office

Administrative Hours: Monday through Friday 8:00AM-4:00PM

Email: contact@kalso.org

Services: The Kalkaska County Sheriff Office is committed to serving the community while protecting the rights of all persons. Consistent with this commitment, the Office Vision, Mission and Values, in concert with the Law Enforcement Code of Ethics and the Office Goals, reflect the guiding philosophy of the Kalkaska County Sheriff Office.

Michigan State Police - Houghton Lake Post

Phone: 989-422-5101

Primary Contact: Brian Koboldt (989) 324-1534

Best time to call: Monday-Friday 8AM-4PM

Hours of operation: Post hours are 8-4

Email: Kobolbtb@michigan.gov

Services: Participate in community events and give presentations, assist community organizations.

Council/Commission on Aging

Antrim County Commission on Aging

Phone: 231-533-8703

CONTACTS: Judy Parliament, Director
Amy Tate, Nutrition Program
Elizabeth Springer, In-Home Services
Doris Osaer, Snow Removal or Taxes
Shannon Buntjer, Medical Transportation or Loan Closet

Best time to call: 9:00 a.m. – 4:00 p.m.

Hours of operation: 8:30 a.m. – 4:30 p.m. / Monday - Friday

Email: coa@antrimcounty.org Website: www.antrimcounty.org/coa.asp

Services: Our mission is to improve the quality of life and maintain the highest level of independence for those persons age 60 and over who reside in Antrim County. Our programs are designed to assist and support seniors in maintaining independence and safety in their homes for as long as possible. Our nutrition programs (home delivered and congregate) are provided on a suggested donation basis and our in-home services, such as homemaker, personal care and respite, are provided using an income-based sliding fee scale (ranging from \$2 to \$25 per hour). To qualify for in-home services or home delivered meals, our clients must be 60 years of age or older, live in Antrim County and demonstrate need for assistance through a nurse assessment. Additionally, Antrim COA provides opportunities to enhance seniors' lives, such as activities, games, educational sessions and trips.

Area Agency on Aging of Northwest Michigan (AAANM)

Phone: 231-947-8920 (800-442-1713) Fax: 231-947-6401

Website: www.aaanm.org E-mail: info@aaanm.org

Hours of Operation: 8:00 am-4:30pm/ Monday – Friday

Services: The Mission of the **Area Agency on Aging of Northwest Michigan** is to serve older adults and certain persons with disabilities by coordinating services that address their needs and that support their independence, dignity and quality of life and strive to be an effective advocate for our community. Specific services include information assistance, counseling, Medicare/Medicaid assistance program (MMAP), caregiver support, care management, MI Choice Waiver Program, nursing facility transition program, long term care ombudsman, and healthy aging programs. AAANM serves Northwest Lower Michigan including the counties of Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford.

Commission on Aging – Kalkaska County

Phone: 231-258-5030

Fax: 231-258-1183

Website: kalkaskacounty.net/government/commission_on_aging

Hours of Operation: 8:00 am – 4:30 pm / Monday - Friday

Services: Kalkaska County Commission on Aging offers various programs for residents. Programs and services are listed throughout this guide including:

- Home Delivered Meals
- Congregate Meal Site Program
- Dining Out
- Medical and Other Transportation Services
- Friendly Visitor Companionship and Social Interaction Program
- Service With Love Volunteer Program
- Medicare/Medicaid Assistance
- In-Home Services (Housekeeping, Respite, Personal Care)
- Foot Care
- Medical Equipment Loan Closet
- Senior Center Daily Social Activities
- Weekly Exercise Programs
- Liquid Meal Supplements

Local, State, and Federal Services

American Red Cross of Northern Michigan

Phone: 231- 947-7286

Hours of operation: 8:30-5:00 M-F

Services: The American Red Cross exists to provide compassionate care to those in need. Our network of generous donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world, through five key service areas: Disaster Relief, Supporting America’s Military Families, Blood Donation, Health and Safety Services, and International Services.

Department of Health and Human Services

Phone: 844-464-3447

Local Kalkaska Office: 231-258-1200

Hours of operation: 8:00 am-5:00 pm / Monday - Friday

Email: scottk16@michigan.gov

Services: Food assistance program, Medicaid eligibility, Medicare Cost Share Program, State of Emergency Relief, Daycare assistance, Cash assistance for families or disabled or caretakers of a disabled family member, medical transportation, Adult Services and Child Protective Services.

Kalkaska Area Interfaith Resources (KAIR)

Phone: 231- 258-0060 x2

Primary Contact: Cathy Somes

Hours of Operation: 10am-2pm / Monday, Tuesday, Thursday, Friday

Email: kairkalkaska@gmail.com

Services: KAIR is an interfaith, community-based volunteer program that provides practical assistance to the qualified elderly, frail, isolated and needy of Kalkaska County. Our services include the Food Pantry, Utility Assistance and our Resale Store. KAIR provides heat and utility assistance to individuals residing in Kalkaska County who are in need (maximum distribution through KAIR is \$400 per year per family). In addition, KAIR provides services that include food pantry assistance (regular families 1x per month, seniors 2x per month), clothing as well as furniture vouchers to families who cannot afford to provide basic needs.

Kalkaska County Emergency Management

Phone: 231- 384-1362

Primary Contact: Mike Thompson

Hours of operation: 24/7/365

Email: mthompson@kalso.org

Services: Coordinate disaster response and/or crisis management activities, provide disaster preparedness training, and prepare emergency plans and procedures for natural (e.g., severe weather, wildland fire), wartime, or technological (e.g. hazardous materials spills) disasters or hostage situations.

Kalkaska Public Library

Phone: 231-258-9411

Hours of Operation: 9:00 am – 6:00 pm / Monday & Tuesday

9:00 am – 7:00 pm / Wednesday & Thursday

9:00 am – 6:00 pm / Friday

9:00 am – 2:00 pm / Saturday

Closed / Sunday

Email: john@kalkaskalibrary.org

Services:

•Tech Help Tuesdays program: Every Tuesday from 10:00am to 12:00pm library staff is available for free, drop-in technology assistance. No appointments necessary. Understanding how to access and use the Internet, help with a new smartphone or tablet computer, setting up email or social media accounts, are some common ways the library assists seniors in our community.

•Extensive large-print book and audiobook collections.

•Crafts programs: A variety of arts & crafts programs are held throughout the year, usually conducted by members of the Friends of the Library.

•Library of Congress national library service for the blind and physically handicapped (the Talking Book Library). Any library patron who is unable to read or use regular print materials as a result of a temporary or permanent visual or physical limitation is eligible to receive free home delivery of digital format books. This is a wonderful, federally funded program that we strongly encourage eligible seniors to take advantage of.

Meals on Wheels – Kalkaska Commission on Aging

Phone: 231-258-5030

Primary Contact: Commission on Aging - Kalkaska

Services: Provided by Kalkaska County Commission on Aging, Meals on Wheels Program is available to seniors (and spouses) 60 years or older who are eligible.

Northern Health Care Management

Phone: 231-933-4917

Primary Contact: Tiffany Seguin, BSN RN Program Director

Hours of operation: 8:00 am-5:00 pm / Monday - Friday

Email: tiffany.seguin@nlcmh.org

Services: Home and community based long term supports and services for elderly and disabled to allow living in the least restrictive environment of their choice. We help individuals who reside in the community, remain in the community as well as individuals who reside in an institutional setting return to a community setting.

Social Security Administration

Cadillac

Address: 1720 S MITCHELL ST, CADILLAC, MI 49601

Phone: 800-772-1213 (TTY 800-325-0778)

Hours of Operation: 9:00 am – 4:00 pm / Monday, Tuesday, Thursday, and Friday

9:00 am – 12:00 pm / Wednesday

Closed / Saturday and Sunday

Services:

- Retirement Benefits
- Survivor Benefits
- Disability Benefits: Social Security and Supplemental Security Income
- Medicare Entitlement
- Enumeration: Social Security Cards

Traverse City

Address: 1329 S DIVISION ST TRAVERSE CITY, MI 49684

Phone: 866-739-4802 (TTY 231-929-4143)

Hours of Operation: 9:00 am – 4:00 pm / Monday, Tuesday, Thursday, and Friday

9:00 am – 12:00 pm / Wednesday

Closed / Saturday and Sunday

Services:

- Retirement Benefits
- Survivor Benefits
- Disability Benefits: Social Security and Supplemental Security Income
- Medicare Entitlement
- Enumeration: Social Security Cards

Up North Prevention an Initiative of Catholic Human Services, Inc.

Phone: 231-883-6747

Primary Contact: Lisa M. Anderson

Hours of Operation: As needed

Email: landerson@catholichumanservices.org

Services: Substance abuse prevention including education, resources and early intervention.

Veteran Services

Grand Traverse VA Clinic

Phone: 231-932-9720 Fax: 231-995-9302

Address: 3271 Racquet Club Drive, Traverse City, MI 49684

Hours of operation: 8:00 a.m. until 4:00 p.m. / Monday - Thursday

Services:

- Primary care services for veterans in the Traverse City area.
- Handicapped Accessible: full and easy access for all veterans.
- Personal Care: Highly qualified primary care providers, specialty care referrals to the VA Medical Centers in Saginaw, Detroit and Ann Arbor.
- Mental Health services including medication management, individual and group counseling such as Post Traumatic Stress Disorder (PTSD).
- Laboratory: Blood drawing services available.
- Prescriptions: Routine prescriptions processed through the mail or My HealthVet.
- Physical Therapy services
- Home Based Primary Care
- Women's Health
- Health Promotion
- Disease Prevention

Kalkaska County Department of Veterans Affairs

Phone: 231-258-3370 Fax: 231-258-2828

Primary Contact: Melanie Pauch, Director

Hours of operation: 8:00 a.m. until 3:00 p.m. / Monday - Thursday

Email: mpauch@kalkaskacounty.org

Services: We assist all Veterans, their dependents and survivors in obtaining any and all Federal, State and County benefits they may be eligible for. These benefits include, but are not limited to: Pension, Compensation, Health Care Benefits, Burial Benefits, Survivor Benefits, and Financial Assistance.

FITNESS & RECREATION

Kaliseum

Phone: 231- 258-5913

Hours of operation: 5:30 am – 10:30 pm/ Monday-Friday

7:00 am -9:00 pm / Saturday

10:00 am – 8:00 pm/ Sunday (Closed on Sundays June-August)

Email: contact@kaliseum.org

Services: We offer something for everyone! The Kaliseum boasts both lap and leisure pools, a world-class gym full of new equipment as well as a cross training gym, ice rink, conference room, pickle ball courts, boxing ring and dance studio. Come visit the premier fun and fitness destination in Northern Michigan. Experience all we have to offer for yourself. See you at the Kaliseum!

HOUSING

Adult Foster Care

Williamsburg

Cherry Hill Haven of Kaskaskia

Phone: 231-258-5900

Address: 3412 American Way NW, Williamsburg

Hours of operation: 8:00 am-5:00 pm/ Monday – Friday (Office)

Assisted Living

Cadillac

Curry House Assisted Living and Memory Care

Phone: 231-876-0611

www.curryhousecadillac.com / marketing@curryhousecadillac.com

Primary Contact: Rae Berwald

Best time to call:

Hours of operation:

Services: Curry House is a state-of-the-art assisted living and memory care provider located in Cadillac, MI. Our senior living in Cadillac, Michigan, offers the perfect mix of personal care and hospitality tailored to meet the individual needs of residents. At Curry House, we believe in giving residents control over their lives and encouraging independence and socialization all while providing exceptional care.

Kalkaska

Kalkaska Memorial Assisted Living

Phone: 231-258-3033

Primary Contact: Barb Hulwick, Nurse Director or Mary Cunningham, Resident Services Coordinator

Best time to call: 8 am to 4:30pm / Monday - Friday

Hours of operation: 24 hours assisted living facility for residents

Email: bhulwick@mhc.net or mcunningham@mhc.net

Services: Consider the possibilities. Enjoy a warm cup of tea with friends. No more worries about doing the yard work when the grass grows high. You can enjoy the comforts of home and the companionship of others in a safe, supportive community at Kalkaska Memorial Assisted a Licensed Home for the Aged.

Living on Kalkaska Memorial Health Center's continuing care campus gives you easy access to hospital and physician services. And, someone else mows the lawn.

Housing Assistance

Options for Senior Living, LLC

Phone: 231-935-4735

Primary Contact: Kim Bauml, Senior Care Consultant/Owner

Michele Gentry, Senior Care Consultant

Hours of Operation: 9:00pm-5:00pm/ Monday – Friday / Evenings and Weekends by Appt

Email: kim@options4seniorliving.com

michele@options4seniorliving.com

Services: Options for Senior Living is a locally owned placement and referral service created to serve seniors and their families by educating them on their options for senior housing and resources. Our mission is to offer compassionate support and guidance through an often emotional and confusing time. Our service connects you with options for living that are specifically suited to meet your needs. We assist in locating: Independent Living, Assisted Living, Memory Care, Hospice and Respite Care.

Skilled Nursing Homes

Autumnwood of McBain

200 Hughston St.

McBain, MI 49657

Phone: 231-825-2990 or 231-667-0650

Hours of operation: Office: 8:00 am – 5:30 pm / Monday - Friday

Email: Mcbain_admissions@cienafacilities.com

Services: Autumnwood of McBain is a Medicare/Medicaid certified facility providing 24 hour skilled nursing care primarily to individuals in Missaukee, Wexford, Osceola and surrounding counties. Autumnwood of McBain is home to 95 memory care, short-term rehab patients, and long term residents.

- Long Term Skilled Nursing Care
- Specialized Memory Care – Alzheimer’s & Related Dementias
- Physical, Occupational, & Speech Therapies
- Dietary and Nutritional Services
- Infections Disease Management
- Wound Care Management/ Wound Vac
- Overnight Respite Care
- Post-Surgical Care
- Pharmacy, Laboratory, & Radiology Services
- Case Management, Discharge Planning, & Social Work

Kalkaska Memorial Health Center - Eden Center Long Term Care

Phone: 231-258-7530

Primary Contact: Julie Donahue, Department Assistant

Best time to call: 7:30am to 4:30pm / Monday - Friday

Hours of operation: 24 hours/7 days per week

Email: kmhc@mhc.net

Services: Skilled Nursing home care in a home-like environment using the Eden Concept.

HOME CARE

Intellicare Homecare

Phone: 231-421-5285

Primary Contact: Brandi Brown 231-884-9033

Hours of Operation: 24/7

Email: bbrown@intelicarehs.com

Services: Intellicare is a full service Homecare and Hospice healthcare company based out of Traverse City. Our team of professional colleagues include: PT. OT. RN. SLP. MSW. HHA. We take Medicare and Medicare Plus Blue. These services are 100% covered by both insurances. Our goal is to empower the patient so they can remain home and out of the hospital.

Central Michigan AdvisaCare Home Health Care

Phone: 231-229-2173

Primary Contact: Laura Hartson

Hours of Operation: 8 am – 5 pm

Email: lhartson@advisacare.com

Services: AdvisaCare always provides custom care. We work with our clients, their families, case managers and other medical providers to design an individualized plan of care. Ensuring our clients achieve their goals is our top priority. Services include: Personal & Attendant Care, Home & Workplace Modifications, Skilled Nursing, & Rehabilitation Services.

Munson Home Health – Home Care

Phone: 800-252-2065

Primary Contact: Annie Bodnar

Website: munsonhomehealth.org

Services: Munson Home Health is Northern Michigan's only full continuum care agency, offering a variety of care & service options to keep patients living independently, in the comfort of their own homes. Services include:

- Highly skilled post-operative nursing care after major surgery
- Comprehensive rehabilitation services
- Disease management and education
- Physical, speech, and occupational therapy
- Home infusion
- Medical social work
- Home health aide assistance
- Certified nursing

HOME MEDICAL EQUIPMENT

Munson Home Health – Medical Equipment

Phone: 800-252-2065

Primary Contact: Annie Bodnar

Website: munsonhomehealth.org

Services: Our dedicated professional staff works together to make sure you have supplies and equipment to help you recover, reach your health goals and/or keep you safe and comfortable at home. Having the right medical equipment and supplies can make all the difference. Munson Home Health is Northern Michigan’s only full continuum care agency, offering a variety of care & service options to keep patients living independently, in the comfort of their own homes.

HOSPICE

Heartland - Hospice Care

Phone: 877-329-1001

Primary Contact: Aubyn Herman

Hours of Operation: 24/7

Website: heartlandhospice.com/traversecity

Email: traversecity@heartlandhospice.com

Services: Heartland provides care for the body as well as for the mind and spirit. We encourage our patients to share their thoughts, hopes and concerns, which is vitally important to their overall well-being. We respect personal choices and warmly welcome families and loved ones to be active participants in the care of patients. Emotional support for patients and their families is

vital as they cope with challenges of advanced illness. Preserving the dignity of those we care for: That's what Heartland Hospice care is all about.

Heartland Hospice services include:

- Comforting care, provided by an interdisciplinary team
- Pain and symptom management
- Psychosocial and spiritual support
- Medications
- Equipment and supplies
- Patient and family education
- Comforting treatments
- Therapies
- Bereavement service

Hospice of Michigan

Phone: 888-247-5701

Primary Contact: Tonya Cook

Hours of Operation: 24/7

Email: tcook@hom.org

Services: Hospice of Michigan is the original hospice in the state serving patients in Michigan since 1984. Hospice is all we do. We are the experts in hospice care. Hospice of Michigan's non-profit mission ensures that ALL eligible patients and their families receive the care and support they need no matter their ability to pay. We provide hospice care wherever a patient calls home. You have the right to choose the care you deserve from a local team who live in and around the Kalkaska area. Call 24 hours a day/7 days a week: 888-247-5701.

Intelicare Hospice

Phone: 231-421-5285

Primary Contact: Ashley Pierson 231-218-7728

Hours of Operation: 24/7, RN On-Call 24 hours.

Email: apierson@intelicarehs.com

Website: www.intelicarehs.com

Services: Choosing hospice means choosing to live out your remaining days with the highest quality of life and dignity possible, while not seeking curative treatments. Hospice will supplement the care that is being provided to your loved one, and will bring on a team of skilled professionals to provide care. A nurse will provide medical care and ensure they are as pain free and comfortable as possible. A CNA will provide assistance with daily living needs, such as

bathing, dressing, feeding, transfers, and light housekeeping. We offer the following disciplines to provide social, emotional, and spiritual support:

- Social Work- provides emotional support, assistance with funeral planning, and assistance with local resources.
- Bereavement- provides grief/bereavement support for those facing loss, or having experienced loss.
- Chaplain- provides spiritual support to patient and their family. Provides a non-judgmental caring approach to ensure your preferences and spiritual needs are met.
- Volunteer- provides respite services for family members/caregivers, companionship to the patient, and much, much more!

Munson Home Health - Hospice

Phone: 800-252-2065

Primary Contact: Annie Bodnar

Hours of Operation: 24/7

Website: munsonhomehealth.org/hospice

Services: Munson Home Health Hospice helps patients and their families find comfort and peace during the final phase of life. Our dedicated care teams tailor each person's physical, emotional, and spiritual care to their individual quality-of-life goals. Accredited by the Community Health Accreditation Partner (CHAP), Munson Healthcare Hospice meets national standards for care quality, operational management, health outcomes, and more. The earlier hospice care begins, the more beneficial it is for both patient and their loved ones. Munson Healthcare Hospice can answer all of your questions about the services available and the benefits of hospice care. Offered in 24 northern Michigan counties, our services are available in Munson Healthcare's Hospice House in Traverse City or in any place you call home.

MEDICAL ALERT

Munson Home Health – Medical Alert

Phone: 800-252-2065

Primary Contact: Annie Bodnar

Website: munsonhomehealth.org/medicalalerts

Services: Munson Healthcare Home Health offers a variety of options that are contract-free and provide immediate response 24 hours a day, 7 days a week. You can maintain your independence and feel safe again at home. With an easy-to-use medical alert system, you and your family will enjoy peace of mind knowing you can obtain assistance if needed. Munson Home Health is Northern Michigan’s only full continuum care agency, offering a variety of care & service options to keep patients living independently, in the comfort of their own homes.

MEDICAL LOAN PANTRIES

Commission on Aging – Kalkaska County

Phone: 231-258-5030

Website: kalkaskacounty.net/government/commission_on_aging/programs_and_policies.php

Services: The Medical loan closet is available to all Kalkaska County senior citizens. We have a variety of medical equipment: wheelchairs, walkers, canes, bed rails, toilet seat risers, commodes, and more. We also have a limited amount of pullups, pads, and liners depending on donations from outside sources. We also accept donations of usable, clean equipment and continence supplies (open packaging is accepted).

PALLIATIVE CARE

Munson Home Health – Palliative Care

Phone: 800-252-2065

Primary Contact: Annie Bodnar

Hours of Operation: 24/7

Website: www.munsonhomehealth.org/palliativecare

Services: Our palliative care team consists of a physician, nurse practitioner, physician assistant, registered nurse, and a social worker. The team provides compassion and comfort while emphasizing treatment goals that continue to focus on the quality of life. We will work with your primary care physician to keep you comfortable. The service also assists patients and families with medical decisions, advanced care planning, and the continuum of care throughout advanced illness. Palliative care is a service that typically provides symptom management for a life limiting illness in collaboration with the patient’s primary care provider. Palliative care can encompass a “one-time” consultation or an “on-going” visitation schedule to address symptom management needs, provide information on treatment options, offer counseling, and provide supportive care.

Unlike hospice, Palliative Care is supportive during the time aggressive or curative treatment is being sought for the illness. Hospice is a Medicare regulated benefit for those patients who have a life expectancy of six months or less. The philosophy of hospice is comfort and quality of life acknowledging that end of life is near.

PRIVATE DUTY

Bright Star Care of Northwest Michigan

Phone: 231-929-7827

Primary Contact: Cindy McGarry

Email: cynthia.mcgarry@brighstarcare.com

Website: brighstarcare.com

Hours of operation: 24/7

Services: At BrightStar Care of Traverse City / Northwest Michigan, we believe that caring is more than just a job– it’s a way of life. BrightStar Care nurses, therapists, CNAs, and home health aides deliver professional and compassionate care in the comfort and familiarity of home. We are proud to provide a range of home care services to meet your loved one’s unique needs. From companionship, bathing, and hygiene assistance to in-home infusions and medication management, our professional care staff is available 24/7 to help when you need it most.

Munson Home Health – Private Duty

Phone: (800) 252-2065

Primary Contact: Annie Bodnar

Website: munsonhomehealth.org/privateduty

Services: Munson Home Health is Northern Michigan’s only full continuum care agency, offering a variety of care & service options to keep patients living independently, in the comfort of their own homes. Our Private Duty team can help you or someone you care about live independently in the surroundings they love. Services include:

- In-home nursing and specialty aide care
- Personal care (bathing, dressing, grooming)
- Medication management, lab draws, specimen collection, and other intermittent nursing needs
- Help with household chores included errands and meal preparation
- Companionship and respite care
- Home therapy: physical and occupational therapy/exercise
- Home Infusion

SENIOR CENTERS

Kalkaska Senior Center

Phone: 231-258-5030

Primary Contact: Jodi Willison

Website:

Hours of Operation: 8:00 am – 4:30pm/ Monday - Friday

Services: Kalkaska Senior Center offers an array of activities such as: Low Impact Exercise with Weights; Ladies Bible Study; Woodcarvers; Card BINGO; Line Dancing; Shuffleboard; Table Tennis; Jackpot Bingo!; Wii bowling; Pantry Bingo; Lunch. Contact the Kalkaska Commission on Aging or the Kalkaska Senior Center directly for more information and detail on current events.

STATE REPRESENTATIVES/GOVERNMENT

State Representative

Daire Rendon, District 103

S-1387 House Office Building

P.O. Box 30014

Lansing, MI 48909

Phone: 517-373-3817

Email: DaireRendon@house.mi.gov

US. House of Representatives

Jack Bergman, Traverse City Office

1396 Douglas Drive, Suite 22B

Traverse City, MI 49696

Phone: 231-944-7633

Governor

Rick Snyder, Lansing Mailing Address

P.O. Box 30013

Lansing, Michigan 48909

Phone: 517-373-3400

Email: governorsoffice@michigan.gov

SUPPORT & GRIEF SERVICES

Health and Healing Ministry

Phone: 231-620-0375

Primary Contact: Augusta Stratz, LMSW, RSM

Email: astratz@att.net

Services: Holistic approach to counseling and consultation services. Integrating mind, body, and spirit to empower and enhance quality of life for persons struggling with faith and life in general, at different stages of life.

- Grief and Loss
- Anxiety Depression
- Aging Process
- Spiritual Guidance Advocacy
- Transitional Events Conflicts

Heartland Hospice Grief Support Group

Phone: 877-329-1001

Hours of Operation: Varies

Website: heartlandhospice.com/grief-and-loss-support/

Services: Heartland Hospice is committed to supporting you during this journey of grief and loss. Whether a surviving loved one of a patient or a member of the community, our services are designed to address the unique needs of the bereaved.

Local Support Group: Kalkaska Commission on Aging. Every Wednesday at 10:30 am

Kalkaska Commission on Aging

Phone: 231-258-5030

Hours of Operation: Wednesday at 10:30 am

Services: This Grief Support Group is hosted by the Kalkaska COA at the Senior Center on Coral St. All ages are welcome. Please contact the above listed phone number with any questions.

Munson Hospice Grief Support Groups

Phone: 800-252-2065

Primary Contact: Bereavement Coordinator

Hours of Operation: Varies

Website: munsonhomehealth.org/griefservices

Services: You don't have to experience loss or go through grief alone. We are here to help you. From answering your most basic questions to providing ongoing emotional support, we have the experience, training, and heartfelt commitment to help as you navigate through your grief.

Munson Hospice is dedicated to helping individuals find the best way to work through grief by offering support. Since 1985, we have helped thousands of individuals and families transition to life beyond loss.

Local Support Group: Kalkaska Memorial Health Center, 419 S. Coral St. Conference Room. First Friday of Every Month at 11 am.

TAX PREPARATION

Commission on Aging – Kalkaska County

Phone: 231-258-5030

Website: kalkaskacounty.net/government/commission_on_aging/programs_and_policies.php

Services: February through April, AARP Volunteers will help Seniors and low income taxpayers with their yearly taxes.

TRANSPORTATION

Kalkaska Area Transit

Phone: 231-258-6808

Hours of Operation: 8:00 am – 4:00 pm/ Monday-Friday (Administrative Office)

7:00 am – 6:00 pm/ Monday – Friday (Dispatch Office)

Website: www.kalkaskatransit.com

Services:

- Door to Door/Demand-Response (Village Limits)
- Door to Door Schedule Routes (Countywide)
- Flex Scheduled Routes
- Regional Transportation to Traverse City
- Non-Emergency Transportation/ Biederman Cancer Treatment Center, Traverse City

Munson Home Health –Transportation

Phone: 800-252-2065

Primary Contact: Transportation Scheduler

Hours of Operation: 7 days a week

Website: munsonhomehealth.org/transportation

Services: Munson Home Health is Northern Michigan’s only full continuum care agency, offering a variety of care & service options to keep patients living independently, in the comfort of their own homes. Munson Healthcare Home Health provides wheelchair accessible transportation and a personal care aide to need a variety of needs. Examples of services include:

- Home from the hospital
- To and from routine medical and nonmedical appointments
- To and from outpatient procedures that require an adult to stay during the procedure
- For residents of skilled nursing facilities.

Sweet Rider Express

Phone: 231-942-2961

Primary Contact: Judy Sweet, RN

Hours of Operation: 7 days a week

Office Hours: 8 am to 5 pm

Email: sweetridersexpress@gmail.com

Services:

We are a non-emergent medical transportation company owned and operated by nurses. We can take you or your loved one to your doctor appointments and report back the outcome of the appointment. We can act as your responsible party if you have an outpatient procedure. We assist with personal care, if needed. We can take you shopping, to family outings, weddings and funerals.

UTILITY ASSISTANCE

Commission on Aging – Kalkaska County

Phone: 231-258-5030

Website: kalkaskacounty.net/government/commission_on_aging/programs_and_policies.php

Services: Please call the COA office to make an appointment for a free consultation for financial assistance for utilities assistance.

DHHS of Kalkaska County - SER (State Emergency Relief)

Phone: 231-258-5030

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

Services: SER provides limited help to households with low income that have an emergency that threatens their health or safety. Covered services include:

- Relocation payments to avoid or eliminate homelessness.
- Mortgage, insurance and/or property tax payment to stop forfeiture, foreclosure or tax sale.

- Limited home repairs.
- Home heating, electric and utility bills.
- Burial costs.

For energy related emergencies, the SER crisis season runs from Nov 1 through May 31. Requests for those services will be denied June 1 through Oct 31.

Kalkaska County Department of Veterans Affairs

Phone: 231-258-3370 Fax: 231-258-2828

Primary Contact: Melanie Pauch, Director

Hours of operation: 8:00 a.m. until 3:00 p.m. / Monday - Thursday

Email: mpauch@kalkaskacounty.org

Services: We assist all Veterans, their dependents, and survivors in obtaining any and all Federal, State, and County benefits they may be eligible for. These benefits include, but are not limited to: Pension, Compensation, Health Care Benefits, Burial Benefits, Survivor Benefits, and Financial Assistance.

Northwest Michigan Community Action Agency

Phone: 231-947-3780 or (800) 632-7334

Website: nmcaa.net/emergency_assist.asp

Services: The Emergency Energy Assistance is available in all ten of NMCAA's counties through the Michigan Energy Assistance Program. There is assistance available for deliverable fuels and metered utilities used for home heating. To be pre-screened for eligibility, community members should contact the NMCAA office in their area.

VOLUNTEER OPPORTUNITIES

Catholic Human Services- Foster Grandparent & Senior Companion Programs

Phone: 800-658-8554

Local Office: 231-929-7070

Hours of operation: 8:00 am-5:30 pm

Email: tkerry@catholichumanservices.org

Services: Connecting seniors 55 years or older with volunteer opportunities in their community. Foster Grandparents are role models, mentors, and friends to children with exceptional needs. Senior Companions serve helping an average of two to four adult clients live independently in their own homes. Volunteers receive pre-service orientation, training from, supplemental insurance while on duty, and may qualify to earn a tax-free hourly stipend. Ongoing training and fellowship with seniors from the communities of NWMI provided monthly. These programs provide a way for volunteers age 55 and over to stay active by serving children or seniors in their communities.

Commission on Aging – Kalkaska County

Phone: 231-258-5030

Primary Contact: Office

Website: kalkaskacounty.net/government/commission_on_aging/programs_and_policies.php

Services: There are currently two volunteer programs available by the COA – Kalkaska County:

Friendly Visitor

The friendly visitor will make regular contact either through telephone or in-home visits, with home bound or isolated older persons to assure their well-being and safety and to provide companionship and social interaction.

Service with Love

Volunteers call home bound seniors to see how they are doing and to give them peace of mind that someone is thinking of them that lives near them.

Heartland Hospice

Phone: 231-935-3089

Primary Contact: Office

Hours of Operation: Varies

Website: heartlandhospice.com/grief-and-loss-support/

Email: traversecity@heartlandhospice.com

Munson Hospice

Phone: 800-252-2065

Primary Contact: Volunteer Coordinator

Hours of Operation: Varies

Website: munsonhomehealth.org/griefservices