

## COMMUNITY RESOURCES

[www.211.org](http://www.211.org)

Community resource database for The United Way

[www.findhelp.org](http://www.findhelp.org)

Enter zip code for a variety of local resources including housing and housing services, food, transportation, care, legal, etc.

**Trinity Lutheran Church** – check out our community resources

### Michigan Community Resources

Community Resources for Michigan communities

<https://www.michigan.gov/helpinghand>

State resources for adults and seniors

<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services>

Catholic Charities of Southeast Michigan - Serving people of all faiths in times of need. Provides services and resources for adoption and foster care, adult day health services, food assistance, behavioral health, Hispanic outreach services, crisis intervention, and more. <https://ccsem.org/>

Gleaners Community Food Bank - Provides essential resources and access to food for those in need within Southeastern Michigan. You can also get help with food assistance in Michigan by dialing 2-1-1 or [www.211.org](http://www.211.org). <https://www.gcfb.org/>

Lighthouse of Southeast Michigan - Helps provide basic needs such as food and emergency shelter for those in need. Provides direct assistance in finding clothing, rental/assistance, shelter, and crisis referrals.

<https://www.lighthousemi.org/>

Transportation - MyRide2: Seniors and Adults with Disabilities

<https://www.myride2.com> (also check [www.211.org](http://www.211.org))

Community Healthcare Equipment – Michigan list, by county, of community medical equipment loan programs. <https://loanclosets.org/michigan>

## Macomb County Community Resources

### The Right Connection

<http://connection.misd.net/>

- Senior Citizen Services
- Mental Health Services
- Substance Abuse Services
- Suicide Prevention
- Veterans
- Transportation
- Utility Assistance
- Housing Assistance
- Food Assistance

### Macomb Community Action

<https://mca.macombgov.org/Mca-Home>

- Community Services
  - Chore Services
  - Home and Housing programs
  - Home Injury Prevention
  - Transportation
- Food Program & Meals on Wheels

**Macomb Community Action Loan Closet** – Macomb County medical equipment resources. <https://mca.macombgov.org/MCA-Seniors-Loan>

## Oakland County Community Resources

### Oakland County Health Department

<https://www.oakgov.com/health/information/covid-19/Pages/default.aspx>

- Children & Families, Nutrition
- Healthy Lifestyle, Dental

### Senior Resource Guide

<https://www.oakgov.com/health/partnerships/seniors/PublishingImages/Pages/senior-resource-directory/2019-2020%20Senior%20Resource%20Directory.pdf>

- Transportation
- Food, Clothing, Shelter

- Home Safety & Medical Equipment
- Housing
  - Assisted Living
  - Downsizing & Relocation
  - Independent Living

## **St. Clair County Community Resources**

### **St. Clair Council on Aging**

<http://www.thecouncilonaging.org>

- Starpath Adult Day – Dementia/Alzheimer’s
- Transportation
- Meals on Wheels
- Medical Supply Closet
- Personal Care & Homelessness
- Chore & Home Repair
- Senior Centers – Port Huron, Washington, Yale, Conrad
- Nutrition
- Health & Fitness
- Recreation

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### **SENIOR RESOURCES**

1. [Area Agency on Aging 1-B](#): Services and resources for seniors or those caring for older adults. Resources include information on: housing, transportation, Meals on Wheels, legal assistance, support groups for families of caregivers, bill paying assistance, government assistance eligibility, help for seniors with disabilities, and more.

<https://aaa1b.org/>

2. Aging in Place – Resources for all aspects of aging at home.

<https://aginginplace.org>

3. National Institute on Aging – Resources on many topics.

<https://www.nia.nih.gov>

4. Baby Boomer Lifeboat – Tips for retiring on a tight budget.

<http://www.babyboomerlifeboat.com/>

5. Senior Resources – Database of senior resources, variety of topics

<https://www.seniorresource.com/>

6. Savvy Senior – Senior newsletter providing a variety of resources and useful links.  
<https://savvysenior.org/>
7. Benefits Checkup -- A service of *The National Council on Aging*— a free, easy-to-use service that identifies federal and state assistance programs for older Americans.  
<https://benefitscheckup.org/>

## **Local senior activity centers**

Clinton Township

<https://www.clintontownship.com/162/Senior-Center>

Macomb Township

<https://www.macomb-mi.gov/370/Senior-Services>

Rochester, Rochester Hills and Oakland Township

<https://www.opcseniorcenter.org/>

Romeo, Washington Township and Bruce Township

<https://www.rwbparksrec.org/>

Shelby Township

<https://www.shelbytwp.org/government/departments/parks-and-recreation/parks-and-facilities/shelby-township-senior-center>

Sterling Heights

<https://www.sterling-heights.net/397/Senior-Center>

Troy

[https://rec.troymi.gov/programs\\_events/seniors/fifty\\_forward.php](https://rec.troymi.gov/programs_events/seniors/fifty_forward.php)

## **EMPLOYMENT ASSISTANCE**

Employment - Workforce Investment Act (WIA)

<https://www.careeronestop.org/localhelp/local-help.aspx>

This program is a "One-Stop" center that provides everyone access to employment services. You may get help from program if you need assistance finding a job or you need skills training (includes computer skills).

## **Employment - Senior Community Service Employment Program (SCSEP)**

Phone: 1(877)US2-JOBS

Phone: 1(877)872-5627

<https://www.dol.gov/agencies/eta/seniors>

This program provides training and work experience to help older adults get permanent employment. You may get help through training assignments or employment assistance. You may get help from this program if you are 55 years of age or older, have limited income, and be unemployed.

Participants must be at least 55, unemployed, and have a family income of no more than 125% of the federal poverty level. Enrollment priority is given to veterans and qualified spouses, then to individuals who are over 65, have a disability, have low literacy skills or limited English proficiency, reside in a rural area, are homeless or at risk of homelessness, have low employment prospects, or have failed to find employment after using services through the American Job Center system.

### **RetirementJobs.com**

[https://retirementjobs.com/index.php?action=advanced\\_search&page=search&city\\_state\\_zip=monroe%2C+mi&submit=Search](https://retirementjobs.com/index.php?action=advanced_search&page=search&city_state_zip=monroe%2C+mi&submit=Search)

RetirementJobs.com is the leading career site for people age 50 and over.

RetirementJobs.com identifies companies most-suited to older workers and matches them to your needs and lifestyle. You can use RetirementJobs.com if you are 50 years of age and older and need help finding a job or need career advice.

Southeast Michigan – Michigan Works!

<https://www.semcamiworks.org/>

Cancer and Careers

<http://www.cancerandcareers.org/en/looking-for-work>

Cancer and Careers empowers and educates people with cancer to thrive in their workplace, by providing expert advice, interactive tools and educational events.

## **MENTAL HEALTH RESOURCES**

**Macomb Community Mental Health**

<https://www.mccmh.net>

*(Accepts Medicaid, Medicare)*

- Crisis Mental Health Services
- Substance Use Services
- Adult & Children Mental Health Services

**Macomb County – Eastwood Community Clinics**

<http://www.mhweb.org/macomb/eastwood.htm>

*(Accepts Medicare, Commercial Ins. – Does Not Accept Medicaid)*

- Mental Health & Psychiatric Services – Adults, Families, Children
- Substance Abuse/Chemical Dependency