



U.P. Diabetes Outreach Network Resource Directory 2009

**220 W. Washington St. Suite 340
Marquette, MI 49855
Phone: (906) 228-9203
Fax: (906) 228-4421**

**www.diabetesinmichigan.org
ann@diabetesinmichigan.org**

Table of Contents

Organizations

Non-Profit and Government Agencies	1
State of Michigan Dept. of Community Health	3
State of Michigan Department of Human Services.....	4

Products for Diabetes Care

Blood Glucose Testing/Monitoring Supplies	5
Diabetes Medication Companies.....	6
Insulin Delivery Supplies.....	7
Ketone Self-Testing Supplies.....	8
Medical Identification Products	9

Services for People with Diabetes

Access to Care Programs.....	10
Michigan Aging Services Program.....	11
Alternative/Complimentary Therapies	12
Children and Diabetes.....	13
Dental Care.....	14
Diabetes Education Programs	15
Dietitian Resources – Outpatient.....	17
Eye Care Services/Resources.....	18
Health Literacy Resources	19
Information for School Personnel	20
Internet Resources for Patients	21
Legislative and Advocacy Organizations	22
Native American Resources/Organizations.....	23
Pharmaceutical Assistance Programs	24
Physical Activity.....	25
Publications.....	27
Rehab/Mobility/Amputations Services	28
Sexual Concerns/Erectile Dysfunction	29
Sharps Disposal	30
Smoking/Tobacco Cessation.....	31
Support Groups –Diabetes.....	32
U.P. State & National Resources for Seniors	35
United Way	36
Salvation Army & St. Vincent de Paul	37
Help for Wartime Veterans.....	38

Organizations

Non-Profit and Government Agencies

Organization	Address	Phone	Website/Email
Upper Peninsula Diabetes Outreach Network (UPDON)	220 W. Washington Suite 340 Marquette, MI 49855	(906) 228-9203 Fax:(906) 228-4421	www.diabetesinmichigan.org
American Association of Diabetes Educators	200 W. Madison St Suite 800 Chicago, IL 60606	(800) 338-3633 Fax: (312) 424-2427	www.diabeteseducator.org aade@aadenet.org
American Association of Clinical Endocrinologists	245 Riverside Ave, Suite 200 Jacksonville, FL 32202	(904) 353-7878	www.aace.com
American Diabetes Association (ADA)	Attn: National Call Center 1701 N. Beauregard Alexandria, VA 22311	(800)-DIABETES	www.diabetes.org AskADA@diabetes.org
Michigan ADA Affiliate, Inc	30300 Telegraph Rd. Suite 117 Bingham Farms, MI 48025	(888) 342-2383 Fax: (248) 433-1095	
Greater MI ADA Office	Brass Works Bldg. 648 Monroe Ave NW Suite 004 Grand Rapids, MI 49503	(616) 458-9341 Fax: (616) 458-0317	
American Dietetic Association	120 S. Riverside Plaza Suite 2000 Chicago, IL 60606-6995	(800) 877-1600	www.eatright.org
Canadian Diabetes Association	1400-522 University Ave. Toronto, Ontario M5G 2R5	(800) 226-8464	www.diabetes.ca info@diabetes.ca
Centers for Disease Control	CDC- Division of Diabetes Translation 4770 Buford Hwy. NE Mail Stop K-10 Atlanta, GA 30341-3717	(877) CDC-INFO (877) 232-4636 Fax: 301-562-1050	www.cdc.gov/diabetes cdcinfo@cdc.gov
International Diabetes Center, Inc.	3800 Park Nicollet Blvd. St. Louis Park, MN 55416	(888) 825-6315 Fax: 952-993-1302	www.idcdiabetes.org idcdiabetes@parknicollet.com
Joslin Diabetes Center	One Joslin Place Boston, MA 02215	(617) 732-2400	www.joslin.org diabetes@joslin.harvard.edu
Juvenile Diabetes Research Foundation International	120 Wall St. New York, NY 10005-4001	(800) 533-CURE Fax:(212) 785-9595	www.jdrf.org info@jdrf.org

Organization	Address	Phone	Website/Email
♦JDRF of Metro Detroit & Southeast Michigan	24359 Northwestern Hwy 225 Southfield, MI 48075	248-355-1133 Fax:248-355-1188	www.jdrfdetroit.org metrodetroit@jdrf.org
♦JDRF of West Michigan	5075 Cascade Rd. SE Suite F Grand Rapids, MI 49546	(616) 957-1838 Fax:(616) 957-1169	www.jdrf.org/westmichigan westmichigan@jdrf.org
Michigan Diabetes Research and Training Center	Room G 148I 400 N. Ingalls Ann Arbor, MI 48109-5488	(734) 763-5730	www.med.umich.edu/mdrtc ldpotter@umich.edu
National Diabetes Education Initiative	150 Meadowlands Pky Secaucus, NJ 07094-2304	(800) 471-7745 Fax: 201-430-1151	www.ndei.org
National Diabetes Education Program	One Diabetes Way Bethesda, MD 20814-9692	(888) 693-6337 (301) 496-3583	www.ndep.nih.gov ndep@mail.nih.gov
National Diabetes Information Clearinghouse	1 Information Way Bethesda, MD 20892 - 3560	(800) 860-8747 Fax:(301) 907-8906	www.diabetes.niddk.nih.gov ndic@info.niddk.nih.gov
National Kidney Foundation	30 East 33rd St. New York, NY 10016	(800) 622-9010 Fax:(212) 689-9261	www.kidney.org info@kidney.org
National Kidney Foundation - Michigan	1169 Oak Valley Dr. Ann Arbor, MI 48108	(800) 482-1455 Fax:(734) 222-9801	www.nkfm.org info@nkfm.org

Organizations

State of Michigan Department of Community Health

County	Address	Phone
Chippewa County Health Department http://chippewahd.com	508 Ashmun Street Suite 120 Sault Ste. Marie, MI 49783	(906) 635-1566 Fax: (906) 253-1466
Delta & Menominee County Public Health www.phdm.org	2920 College Avenue Escanaba, MI 49829-9597	(906) 786-4111 Fax: (906) 786-7004
Dickinson Iron District Health Department www.didhd.org	601 Washington Avenue Iron River, MI 49935	(906) 265-9913 Fax: (906) 265-2950
LMAS District Health Department (Alger, Luce, Mackinac, & Schoolcraft Counties) http://lmasdhd.org	14150 Hamilton Lake Road Newberry, MI 49868	(906) 293-5107 (800) 562-4832 Fax: (906) 293-5453
Marquette County Health Department www.mqthealth.org	184 US 41 East Negaunee, MI 49866	(906) 475-9977 Fax: (906) 475-9312
Western UP District Health Department (Baraga, Gogebic, Houghton, Keweenaw, & Ontonagon Counties) www.westernuphealth.org	540 Depot Hancock, MI 49930	(906) 482-7382 Fax: (906) 482-9410

Organizations

State of Michigan Department of Human Services
State-funded agency whose function is to connect clients to the
appropriate resources.

County	Address	Phone
Alger County	101 Court Street Munising, MI 49862	(906) 387-4440 Fax: (906) 387-4710
Baraga County	PO Box 10 108 Main Street Baraga, MI 49908	(906) 353-4700 Fax: (906) 353-8415
Chippewa County	463 East 3 Mile Road Sault Ste. Marie, MI 49783	(906) 635-4100 Fax: (906) 635-4173
Delta County	2940 College Avenue Escanaba, MI 49829	(906) 786-5394 Fax: (906) 786-5350
Dickinson County	1238 Carpenter Avenue Iron Mountain, MI 49801	(906) 774-1484 Fax: (906) 774-2775
Gogebic County	301 East Lead Street Bessemer, MI 49911	(906) 663-6200 Fax: (906) 663-6230
Houghton County Keewenaw County	PO Box 630 200 Quincy Street Hancock, MI 49930	(906) 482-0500 Fax: (906) 487-7726
Iron County	PO Box 250 337 Brady Avenue Caspian, MI 49915	(906) 265-9958 Fax: (906) 265-6390
Luce County	PO Box 27 500 W. McMillan Newberry, MI 49868	(906) 293-5144 Fax: (906) 293-3857
Mackinac County	199 Ferry Lane St. Ignace, MI 49781	(906) 643-9550 Fax: (906) 643-7467
Marquette County	Courthouse Annex 234 W. Baraga Marquette, MI 49855	(906) 228-9691 Fax: (906) 228-3393
Menominee County	2612 10 th Street Menominee, MI 49858	(906) 863-9965 Fax: (906) 863-7426
Ontonagon County	730 South 7 th Street Ontonagon, MI 49953	(906) 884-4951 Fax: (906) 884-6323
Schoolcraft County	300 Walnut Street Courthouse Room 175A Manistique, MI 49854	(906) 341-2114 Fax: (906) 341-2110

Products for Diabetes Care

Blood Glucose Testing/Monitoring Supplies

Organization	Contact Information	Products
Abbott Laboratories ♦ www.abbott.us	(888) 522-5226 support@medisense.com	Precision QID, Sof-tact, Optium meter, Precision Xtra, MediSense 3 Car
Bayer Corporation	(800) 348-8100 www.bayerdiabetes.com	Ascensia (Glucometer DEX2), Ascensia Glucometer Elite and Elite XL, Glucometer, Glucometer Encore test strips, DCA 2000 plus, Microlet, and Microlet Vaculance Automatic Lancing Devices
Becton Dickinson ♦ Consumer Products	(888) 232-2737 www.bddiabetes.com	BD Logic, BD Latitude, BD test strips & Ultra-fine 33™ Lancets
Can-Am Care www.canamcare.com	(866) 202-9067	Monolet Original and Thin Lancets, E-Z Ject Lancets, finger creams
Home Diagnostics, Inc.	(888)-777-7357 www.prestigesmartssystem.com	Prestige LX, Prestige IQ, Prestige Lite Touch Lancing Device and Lancets
LifeScan, Inc. ♦	(800) 227-8862 www.lifescan.com	One Touch Ultra, Induo, Basic, and Profile, Sure Step, and Fast Take Systems, Penlet II lancet device, Ultrasfort
Owen Mumford, Inc	(800) 421-6936 www.owenmumford.com	Autolet Mini, Autolet Lite, Quicklet and Autolet Clinisafe lancet devices, ComfortTouch lancets
Palco	(800) 346-4488 www.palcolabs.com	Auto-lancet, EZ-Let
Roche Diagnostics ♦	(800) 858-8072 www.accu-chek.com	Accu-Chek Advantage, Active, Compact, Complete, Simplicity and Instant Systems, Accu-Chek Voicemate System, Accu-Chek Softclix and Soft Touch Lancet Devices and Lancets
TheraSense, Inc.	(888) 522-5226 www.therasense.com	FreeStyle blood glucose meter, tracker system

♦ **Abbott Laboratories:**

Offers free blood glucose test strip assistance program for those with limited incomes.
Call 1-866-972-7863 for details.

♦ **Becton Dickinson:**

Free lancets and syringes are available for health care professionals.

♦ **Life Scan, Inc.:**

Offers 25 – 40% discount on LifeScan blood glucose test strips with Together Rx card.
Call 1-800-444-4106 for details or visit www.togetherrxaccess.com.

♦ **Roche Diagnostics:**

Offers free blood glucose test strip assistance for those who qualify.
Call 1-866-441-4090 for more information.

Products for Diabetes Care

Diabetes Medication Companies

Organization	Contact Information	Products
Bayer Corporation	(800) 348-8100 www.bayerdiabetes.com	Acarbose, Precose
Bristol-Myers Squibb Company	www.glucophage.com	Glucophage, Glucophage XR, Glucovance
Eli Lilly and Company	(800) 545-5979 www.lilly.com	Humulin, Humalog, Glucagon, Regular, NPH, Iletin
GlaxoSmithKline	(888)-825-5249 www.avandia.com	Avandia, Avandamet
Novartis Pharmaceuticals	www.starlix.com	Starlix
Novo Nordisk	(800) 727-6500 www.novonordisk-us.com	Novolin Insulin, Prandin
Pfizer Inc	(866) 706-2400 www.pfizer.com	Glucotrol, Glucotrol XL, Micronase, Glynase, Glyset, Tolinase
Sanofi-Aventis ♦	(800) 981-2491 www.sanofi-aventis.us www.lantus.com	Lantus
Takeda Pharmaceuticals America, Inc	(877) 825-3327 www.actos.com	Actos, Actosplus met, Duetact

♦ **Sanofi-Aventis:**

Offers a Patient Assistance Program for those who qualify.

Call 1-800-221-4025 Monday through Friday, 9:00 am – 5:00 pm (EST).

Fax 1-866-734-7372

Products for Diabetes Care

Insulin Delivery Supplies

Organization	Contact Information	Products
Abbott Laboratories	(888) 522-5226 www.abbott.com	Precision SureDose syringes
Activa Brand Products, Inc.	(800) 991-4464 www.advantajet.com	Advanta Jet, Extra Strength, Sensitive and Gentle Injectors
Animas	(877) YES-PUMP www.animascorp.com	Animas pumps and infusions sets
Becton Dickinson Consumer Products	(800) 237 4554 www.bddiabetes.com	Ultra-Fine, and Micro-Fine insulin syringes, BD Pen needles, Magni-Guide
Bioject, Inc.	www.starlix.com	Starlix
Can-Am Care	(800) 461-7448 (866) 202-9067	Monoject Ultra Comfort Syringes
Disetronic Medical Systems	800) 280-7801 www.disetronic-usa.com	Disetronic Pen, Penfine, D-Tron Plus and H-Tronplus pump, pump, Dahedi pump, H-Tronplus pump, Ultraflex Rapid, Tender, and Classic infusion sets
Eli Lilly and Company	(800) 545-5979 www.lilly.com	Humulin®, Humalog®, and Humalog 75/25® Pens
Equidyne Systems	(714)447-4474 www.injex.com	Injex Softshot and Jet Injector
Hypoguard	(952) 646-3200 www.hypoguard.com	Insuflon, Comfort, PureLine infusion sets
Medicool, Inc.	(800) 433-2469 www.medicool.com	Count-a-Dose, Instaject
Medi-ject Corp.	(800) 328-3074 www.antaespharma.com	Medi-jector Vision Needle Free Injector
Meditec, Inc.	(303) 758-6978	Insulgage, Holdease
MiniMed, Inc.	(866)948-6633 www.minimed.com	Minimed 508 pump, Minimed Paradigm pump, Sof-Serter, Sof-Set infusion set
NovoNordisk	(800) 727-6500 www.novonordisk-us.com	Product(s): Novolin Prefilled, NovoPen 3.0, Novolog Mix 70/30, NovoPen 3.100
Owen Mumford, Inc.	(800) 421-6936	Autoject 2 injectors, Autopen, Unifine Pen Needles

Products for Diabetes Care
Ketone Self-Testing Supplies

Organization	Contact Information	Products
Abbott Laboratories	(888) 522-5226 www.medisense.com	Precision Xtra monitor and strips
Bayer Corporation	(800) 348-8100 www.ascensia.com www.bayercaresdiabetes.com	Ketostix, Ketodiastix
Roche Diagnostics	(800) 858-8072 www.accu-chek.com	Chemstrip K or UGK

Products for Diabetes Care

Medical Identification Products

Organization	Contact Information	Products
Diabetes Research and Wellness Foundation	PO Box 96046 Washington DC 20090-6046 www.diabeteswellness.net (202) 298-9211	Free diabetes I.D. available to patients by sending a SASE to listed address. If desire forms for larger patient groups send request to listed address also.
Apothecary Products	(800) 328-2742 (888) 770-8767 (to place an order) www.apothecaryproducts.com	Necklaces, Bracelets
Goldware Medical ID Jewelry	(800) 669-7311 www.goldware-id.com	Pendants, Bracelets, Charms
I.D. Technology, Inc.	(877) IDBANDS (432-2637) www.id-technology.com	MediBand Watchband ID, Neck chains/tags, tennis shoe tags
MedicAlert Foundation	(888) 633-4298 www.medicalert.org	Emergency medical information service with 24 hour hotline for family and emergency medical personnel.
Medicool, Inc	(800) 433-2469 www.medicool.com	I.D. Bracelets, pendants
Miss Brooke's Company	(888) 417-7591 www.medic charms.com	MediCharms, Pendants, Necklaces, Custom Engraving
Oneida Nameplate Co.	(563) 925-2586 www.oneida-medical-jewelry.com	*Note: customers being referred here from Medichcek International Foundation, Inc.

Services for People with Diabetes
Access to Care Programs

Organization	Contact Information	Counties Served
Community Health Access Coalition www.upchac.org	1108 Kimball St Suite #2 Sault Ste Marie, MI 49783 906-635-0788 207 W. John St. Newberry, MI 49868 906-293-8355	Chippewa County Luce County Mackinaw County
Dickinson Medical Care Access Coalition www.dimcac.org	800 Crystal Lake Blvd #102 Iron Mountain, MI 49801 906-774-3980 601 Washington Ave., Suite 108 Iron River, MI 49935 906-265-4044	Dickinson County Iron County
Medical Access Coalition of Delta & Menominee Counties www.uphealthaccess.org	1101 Ludington St., Suite 210 Escanaba, MI 49829 906-789-1627 1101 11 th St., Suite 4 Menominee, MI 49858 906-863-4051	Delta County Menominee County
Medical Care Access Coalition www.upmcac.org	1414 W Fair Avenue Marquette, MI 49855 906-226-4400 1500 Sand Point Rd Munising MI 49862 906-387-4110 extension 124 (Munising hours are limited, please call.)	Marquette County Alger County
Menominee County (Twin City Clinic)	1301 Cheri Blvd Suite 116 Marinette, WI 54143 715-732-1349	Menominee County and Marinette County, WI
Schoolcraft Health Access www.uphealthaccess.org	330 Deer St Manistique, MI 49854 906-341-1312	Schoolcraft County
Western Upper Peninsula Health Care Coalition www.wuphac.org	540 Depot St Hancock, MI 49930 906-482-7122	Baraga County Gogebic County Houghton County Keweenaw County Ontonagon County

Services for People with Diabetes

Aging

State of Michigan Aging Services Program (MASS)

Provides information on area senior centers and on agencies providing information and referral services to senior citizens.

County	Contact Information	Services
All counties in the Upper Peninsula	UP Area Agency on Aging Central Office PO Box 606 2501 14 th Avenue South Escanaba, MI 49829 (800) 338-7227 www.upcapservices.com/upaging.shtml	Adult day care, foster care, protective services, meals, abuse prevention, health services, income assistance, support groups, and many others.
All counties in the Upper Peninsula	Commission on Aging 115 Hudson Street Ionia, MI 48846 (616) 527-5365	Supportive services to help elderly remain in their homes.
All counties in the Upper Peninsula	UPCAP (U.P. Area Agency On Aging) 6105 W. St. Joseph Suite 209 Lansing, MI 48917 (800) 803-7174 to make appointment	Provides help in understanding Medicare and Medicaid eligibility, enrollment, coverage, medical bills, and Medicare supplemental and long-term care insurance. No fee; will come to the home if needed.

Services for People with Diabetes

Alternative/Complimentary Therapies

*Discuss with physician before using these services

*Listing here does not indicate endorsement by UPDON

*See also local phone directory under Alternative Medicine, Holistic Practitioners, Hypnosis, and Acupuncture

Organization	Contact Information
American Botanical Council	(800) 373-7105 www.herbalgram.org abc@herbalgram.org
National Center for Complimentary and Alternative Medicine	(888) 644-6226 http://nccam.nih.gov info@nccam.nih.gov
The Herb Research Foundation	(303) 449-2265 (303) 449-7849 (Fax) www.herbs.org info@herbs.org
Office of Dietary Supplements, NIH	(301) 435-2920 http://dietary-supplements.info.nih.gov
Therapies and Treatments for Diabetes	(888) 321-8522 www.alternativediabetes.com

Services for People with Diabetes

Children and Diabetes

Organization	Service
American Diabetes Association	<p>www.diabetes.org/for-parents-and-kids/for-schools.jsp</p> <p>Designed to help school personnel understand how to care for a child with diabetes in the school setting.</p>
American Diabetes Association - PODs	<p>www.diabetes.org/for-parents-and-kids/pods.jsp</p> <p>Print on Demand – printable information for parents on topics ranging from toddlers with diabetes to teenagers, type 1 and type 2. Call 1-800-342-2383 if you would prefer to receive information by mail.</p>
American Diabetes Association – Youth Zone	<p>www.diabetes.org/youthzone/youth-zone.jsp</p> <p>Information to help youth manage diabetes. Site also has fun games and tips.</p>
<p>Camp Midicha</p> <p>American Diabetes Association 30600 Telegraph Road Suite 2255 Bingham Farms, MI 48025 (248) 433-3830 ext. 6698 (248) 433-1095 (fax)</p> <p>Camp: Camp Copheconic YMCA Fenton, MI 48430</p>	<p>◆Camp Midicha has a full-time medical staff composed of pediatric endocrinologists, physicians, nurses, and dietitians all trained in the care of children with diabetes.</p> <p>◆Two camp sessions are offered each summer at a location just south of Flint for children ages 8 to 14 who have diabetes. Fun activities are integrated with interactive educational sessions that teach campers about all aspects of diabetes management.</p> <p>◆For ages 14 and 15 Ranch Camp is also offered providing horseback riding, horse care/management and camp.</p> <p>◆A weeklong canoe trip is offered for ages 14 to 16 which begins at the camp and includes team building, canoeing, kayaking, and tubing. Trip ends at the Sleeping Bear Sand Dunes.</p>
Children Special Health Care Services	<p>www.michigan.gov/mdch Contact your local health department. See page 3 for U.P. listings or call 1-800 359-3722.</p> <p>Youth with type 1 diabetes may be eligible for additional help with medical care through this program until their 21st birthday.</p>
Diabetes Care in the School and Day Care Setting	<p>http://care.diabetesjournals.org/ http://care.diabetesjournals.org/cgi/content/full</p> <p>Position statement for the ADA June 2004.</p>
Helping the Student with Diabetes Succeed	<p>www.ndep.nih.gov/resources/school.htm Guide for type 1 diabetes and youth.</p>
National Diabetes Education Program	<p>www.ndep.nih.gov 1-888-693-NDEP (6337) Includes free resources for children and teens with diabetes.</p>
U.P. Diabetes Camp Camp UPeninsulin	<p>Visit www.diabetesinmichigan.org and click on the U.P. for information. A weeklong camp in the U.P. for youth with diabetes ages 9 to 14. 906-225-3473</p>

Services for People with Diabetes

Dental Care

Organization	Contact Info.	Information
County Health Departments	Marquette County Health Department 184 US 41 East Negaunee, MI 49866 (906) 475-9977 Fax: (906) 475-9312	Call for more information
UP Association of Rural Health Services	Dickinson-Iron Dental Center 211 South Front Street, Suite B Crystal Falls, MI 49920 (906) 875-6133 Ewen Medical-Dental Clinic PO Box 260 644 Pine Street Ewen, MI 49925 (906) 988-2210 Fax: (906) 988-2388 Northern Menominee Health Center PO Box 159 Spalding, MI 49886 (906) 497-5623 Fax: (906) 497-4033 Northern Menominee Health Center South 805 First Street Menominee, MI 49858 (906) 863-2315 Sawyer Dental Center 301 Explorer Suite B Gwinn, MI 49841 (906) 372-9267 West Mackinac Dental Clinic W14034 Melville Rd Engadine, MI 49827 (906) 477-6090	Monday 11:00 am - 7:00pm (Central) Tues-Friday 8:00 am – 5:00 pm (Central) Mon., Tues., Thurs., Fri. 8:30am-5:00pm Wednesday 11:30am-7:30 pm Every other Saturday 8:30am-12:30 pm Monday 7:00 am – 8:00 pm Tuesday - Friday 7:00 am – 3:00 pm Saturday 7:00 am – 12:00 pm Monday - Friday 9:00 am – 5:00pm Monday – Friday 8:30 am – 5:00 pm Thursday 10:30 am – 4:00 pm Friday 8:00 am – 4:00 pm
Donated Dental Services	34505 W. 12 Mile Rd. Farmington Hills, MI 1-866-263-4067	Connects people who are at least 62 years of age or disabled or have a chronic medical condition with financial concerns to volunteer dentists.

Services for People With Diabetes

Diabetes Education Programs

The American Diabetes Association (ADA) & the Michigan Department of Community Health (MDCH), upon request, review outpatient Diabetes Education Programs.

Organization/County	Contact Information
Alger County +* Munising Memorial Hospital	906-387-4110, ext 134
Alger County Sault Tribe of Chippewa Indians	906-387-4614
Baraga County Baraga County Memorial Hospital	906-524-3414
Baraga County Keweenaw Bay Indian Community	906-353-4519
Chippewa County War Memorial Hospital	906-635-7854
Chippewa County Sault Tribe of Chippewa Indians	906-632-5210
Chippewa County Bay Mills Tribal Health Center	906-248-3204
Delta County OSF St. Francis Hospital	906-786-5707
Delta County +* Marquette General Hospital	906-786-4628
Dickinson County +* Dickinson County Health System	906-776-5470
Gogebic County +* Grand View Health Systems	906-932-2525 ext. 6247
Gogebic County Lac Vieux Desert Tribal Health Center	906-358-4587
Houghton County +* Portage Health System	906-483-1562
Houghton County +* Aspirus Keweenaw Hospital	906-337-6598
Iron County +* Iron County Community Hospital	906-265-2153
Luce County +* Helen Newberry Joy Hospital	906-293-9286

Luce County Sault Tribe of Chippewa Indians	906-293-8181
Mackinac County +* Mackinac Straits Hospital	906-643-8585
Mackinac County Sault Tribe of Chippewa Indians	906-643-8689
Marquette County +* Marquette General Health System	906-225-3473
Marquette County +* Bell Memorial Hospital	906-485-2118
Marquette County KI Sawyer Clinic	Appointment 906-346-4924 Questions 906-225-3473
Menominee County + Hannahville Indian Health Center	906-466-9208
Menominee County + Bay Area Medical Center, Marinette, WI	888-788-2070 ext. 3351
Ontonagon County +* Aspirus Ontonagon Hospital	906-884-4134
Schoolcraft County +* Schoolcraft Memorial Hospital	906-341-3210
Schoolcraft County Sault Tribe of Chippewa Indians	906-341-8469

+ ADA recognized

* State certified

Services for People with Diabetes
Dietitian Resources – Outpatient

	Contact Information	Service
American Dietetic Association	Headquarters, Chicago: (800) 877-1600 Washington D.C. Office: (202) 775-8277 www.eatright.org	Provides toll free phone service to speak with a dietitian, help in finding a local dietitian, or to order free literature.
Upper Peninsula Registered Dietitians	<p>Alger County: Paula Ackerman, RD, CDE; Munising Memorial Hospital; 387-4110 x134 Cassie Britton, RD; 387-4614 (Sault Tribe)</p> <p>Baraga County: Dale Schmeisser, PhD, RD; Donald LaPointe Clinic; 338-4522 (KBIC)</p> <p>Chippewa County: Teresa Besler, RD; War Memorial Hospital; 906-635-4375</p> <p>Delta County: Linda Klope, RD, CDE; OSF St. Francis; 786-3311 x5451</p> <p>Dickinson County: Carol Lehto, RD, CDE & Claudia Borntraeger, RD; 774-1313</p> <p>Gogebic County: Marilyn Smollar, RD; Grandview Hospital; 932-2525 Dale Schmeisser, PhD, RD; Lac Vieux Desert Health Center; 358-4587</p> <p>Houghton County: Katie Rukkila, RD; Portage Health System; 483-1562</p> <p>Iron County: Sylvia Lindwall, RD; Northstar Health; 265-6121x409 Dale Schmeisser, PhD, RD; Northstar Health; 265-2153</p> <p>Keweenaw County: Dale Schmeisser, PhD, RD; Aspirus Keweenaw Hospital; 337-6598</p> <p>Luce County Marli Carlson, RD, CDE; Helen Newberry Joy Hospital; 293-9286 Gail Sulander, MS, RD, CDE; (866) 401-0043 (Sault Tribe)</p> <p>Mackinac County: Sherri Rule, RD, Mackinac Straits Hospital videoconferencing; 643-8585</p> <p>Marquette County Sarah Balko, RD & Sherri Rule, RD; MGHS; 225-3221 Marli Carlson, RD, CDE; Bell Hospital; 475-4605</p> <p>Menominee County: Denette Kirschner, CN; Northern Menominee Health Center; 497-5263 Erin Davis, MS, RD, CDE; 466-9208; (Sault Tribe)</p> <p>Schoolcraft County: Julie Richey, RD; 341-3210 Gail Sulander, MS, RD, CDE; (866) 401-0043 (Sault Tribe)</p>	If you have diabetes and have Medicare Part B Coverage a Registered Dietitian can help set up a meal plan that works to control blood sugar, cholesterol and blood pressure. Learn how to read food labels, shop for foods, eat out and maintain blood sugar control, include your favorite foods in your meal plan, and eat at special occasions and during holiday seasons. People with Medicare Part B coverage can also meet with diabetes educators and receive help paying for blood sugar testing supplies.

Services for People with Diabetes

Eye Care Services/Resources

Organization	Contact Info.	Service
Captek	(800) 888-7400 www.captek.net info@captek.net	Sells adaptive technology for blind, visually impaired or those with dyslexia. Device is available that plugs into glucose meter's data port and provides audio readouts.
Commission for the Blind	(906) 786-8602 (800)-323-2535 (Lansing Central Office)	Services for the blind or low vision clients in the Upper Peninsula of Michigan.
Eye Care America	(800) 222-3937 www.eyecareamerica.org	Program through American Academy of Ophthalmology which provides eye exam and up to one year of medical eye treatments if needed. For those over 65 years old who have not seen an ophthalmologist in the past 3 years.
Lighthouse International	(800) 829-0500 www.lighthouse.org	Offers resources for people with impaired vision. GREAT financial aid resource list on website.
Lions Club International Lions Eye Health Program	(800) 982-0356 www.lionsclubs.org	Many local Lions Clubs help pay for eye exams or equipment for visually impaired persons. Call or visit website to find a Lions Club in your area.
National Association for Visually Handicapped (NAVH)	(212) 889-3141	Their mission is to ensure that impaired vision does not mean impaired life. Maintains a free large print loan library (by mail). Visual aid counseling/referral services also.
Sight for Students	Delta County: *Head Start; 786-7080 Gogebic County: *Head Start; 932-1605 Houghton County: BHK Child Development Ctr. 487-6600 CLK Schools; 337-0311 Marquette County: U.P. Association of Rural Health Services; 228-3613	This is a voucher program that provides yearly, comprehensive eye exams with participating optometrists and glasses if needed for children up to 18 years of age who are still students. * Please note that Head Start programs can serve only Head Start students, siblings or a student in a school where a Head Start program is located.
Upper Peninsula Library for the Blind	(800) 562-8985 or 228-7697 1615 Presque Isle Avenue Marquette, MI 49855	Recreational reading materials in large print and talking books for people with impaired vision.
Vision USA	(800) 766-4466 www.visionusa@aoa.org	Program through American Optometric Association to provide eye exams to individuals in families who have at least one working member, no vision insurance and meet certain income guidelines.

Services for People with Diabetes

Health Literacy Resources

Organization	Information
Hamilton Health Sciences-Education-Patient Education www.hamiltonhealthsciences.ca	This website includes both easy-to-read material and information on health literacy. A large selection of plain language reading material is available on a variety of topics.
Healthy Facts http://familydoctor.org	Provides easy-to-read materials on a variety of health topics. Material is available to view on-line and can be ordered in bulk.
Mayo Clinic www.mayoclinic.com	Provides health information on diseases and conditions from A to Z and includes tools and ideas to help manage these health concerns.
Medline Plus www.nlm.nih.gov/medlineplus/easytoread	Provides links to many easy-to-read health and medical sites.
National Institutes of Health http://health.nih.gov/	Provides health information by alphabetical health topic or by a variety of categories such as body systems, common conditions/diseases, health and wellness, clinical studies, drug information and more.
NIDDK National Institute of Diabetes & Digestive & Kidney Diseases www.niddk.nih.gov/health	Provides easy-to-read information on diabetes, digestive diseases, kidney disease and urologic diseases.
USFDA Easy to Read Publications www.fda.gov	Offers a variety of handouts on various health related topics which can be printed directly from the website.
Virtual Hospital www.vh.org	Website sponsored by the University of Iowa provides medical information on adult and pediatric conditions. Booklets and brochures are printable from the site.

Services for People with Diabetes
Information for School Personnel

Organization	Contact Information	Information
American Diabetes Association	www.diabetes.org/for-parents-and-kids/for-schools.jsp	Designed to help school personnel understand how to care for a child with diabetes in the school setting.
Helping the Student with Diabetes Succeed	www.ndep.nih.gov/resources/school.htm	Guide for type 1 diabetes and youth
Diabetes Care in the School and Day Care Setting	http://care.diabetesjournals.org/ http://care.diabetesjournals.org/cgi/content/full	Position statement for the ADA June 2004
Diabetes: School and the Law	www.diabetes.org/uedocuments/diabetesschoollaw.pdf	
State of Michigan Office of Special Education	1-888-320-8384	Can answer question about 504 plans
U.P. Diabetes Outreach Network (UPDON)	220 West Washington, Suite 340 Marquette, MI 49855 (906) 228-9203 (800) 369-9522 (from anywhere in the U.P.) Fax: (906) 228-4421 www.diabetesinmichigan.org	

Services for People with Diabetes

Internet Resources for Patients

Organization	Information
American Diabetes Association www.diabetes.org	The ADA's online headquarters, this site describes new developments in diabetes including recent research and offers access to ADA's information center and links to state affiliates. Provides listing of ADA-recognized patient education programs, ADA events, general background on diabetes, patient and professional publications, selected articles from Diabetes Care, links to other sites, and more.
American Dietetic Association www.eatright.org	Provides tips on healthy eating and a listing to help locate an RD.
Diabetes.com www.diabetes.com	This web site seeks to provide information to support well-informed self-care. It also offers an optional pharmaceutical supply service.
Diabetes Self-Management Magazine www.diabetes-self-mgmt.com/	Features various articles from current and past issues of this bimonthly magazine for reading on the web and/or for purchase.
Georgetown University Health Policy Institute www.healthinsuranceinfo.net	Provides a consumer guide to getting and keeping health insurance with listings for each state.
Joslin Diabetes Center www.joslin.org/	Home page of the Joslin Diabetes Center in Boston. Provides contact information for Joslin satellite sites and affiliated centers, lists research studies needing volunteers, and offers discussion groups. Special feature is a "Beginner's Guide" for those newly diagnosed with diabetes.
Juvenile Diabetes Foundation International (JDF) www.jdfcure.org	Offers information about the agency's activities, research, and publications. An online version of Countdown, JDF's magazine, is also available. The web site specifically focuses on information related to children with diabetes.
Diabetes in Michigan Resources www.diabetesinmichigan.org	Website features resources in different regions of Michigan, recipes, education materials, professional and education programs, and links to other sources. Individuals are asked to email updates to: updon@diabetesinmichigan.org

Services for People with Diabetes

Legislative and Advocacy Resources

Organization	Information
<p>Michigan Protection & Advocacy Services 129 W. Baraga Ave Suite A Marquette MI 49855 (906) 228-5910 (866) 928-5910 www.mpos.org</p>	<p>MPAS promotes and protects human and legal rights of people with disabilities by providing information and advocacy. Will answer questions or provide direction for dealing with disabilities and discrimination.</p>
<p>State of Michigan Office of Special Education 1-888-320-8384</p>	<p>Can answer questions about 504 plans.</p>
<p>UPDON 220 West Washington Suite 340 Marquette, MI 49855 (906) 228-9203 Fax: (906) 228-4421 www.diabetesinmichigan.org/</p>	<p>Can provide update on legislation as well as name, address, and phone number of legislator.</p>

Services for People with Diabetes

Native American Resources

Organization	Contact Info.	Service
Bureau of Indian Affairs – Michigan Agency	2901.5 I-75 Business Spur Sault Ste. Marie, MI 49783 (906) 632-6809	Provides information and referral to appropriate agencies.
Native American Community Services	State office (877) 482-3601 Kent County office - (616) 458-1641 671 Davis NW Ste. 103 Grand Rapids, MI 49504	Provides counseling, substance abuse prevention, education, support groups, mental health services, and short-term assistance with basic needs.
Inter-Tribal Council of Michigan	2956 Ashmun Street Sault Ste. Marie, MI 49783 (906) 632-6896, (800) 562-4957 (877) 482-3601	See www.itcmi.org for information.
Indian Health Service: National Diabetes Program	http://www.ihs.gov/medicalprograms/diabetes	Variety of resources for Native Americans with Diabetes.
Awakening the Spirit: Pathways to Prevention & Control	http://www.diabetes.org	Found on the ADA website, this program was created to help share important messages about diabetes.
Aberdeen Area Indian Health Services	Warren Geffre, Diabetes Program Asst. (605) 226-7544 warren.geffre@ihsabr.his.gov	Designed for health care professionals and diabetes care team members.
American Association of Indian Physicians Diabetes Program	http://www.aaip.com	A variety of diabetes related resources are available through this website.
Michigan Diabetes Outreach Network	http://www.diabetesinmichigan.org	Information about local community events and support groups.
Hannahville Tribal Health System	N15091 Hannahville B-1 Road Wilson, MI 49896	906-466-9208 Fax: 906-466-7454
Keweenaw Bay Indian Tribal Center	102 Superior Avenue Baraga, MI 49908	906-353-4519 Fax: 906-353-8799
Lac Vieux Desert Health Center	PO Box 249 Watersmeet, MI A49969	906-358-4587 Fax: 906-358-4118
Bay Mills Health Clinic	12124 W Lake Shore Drive Brimley, MI 49715	906-248-3204 Fax: 906-248-5765
Sault Tribe Chippewa County	2864 Ashmun Sault Ste. Marie, MI 49783	906-632-5210 Fax: 632-5202
Sault Tribe Alger County	622 W. Superior St. Munising, MI 49862	906-387-4614 Fax: 906-387-4727
Sault Tribe Luce County	RR 4 Box 1195 Newberry, MI 49868	906-293-8181
Sault Tribe Schoolcraft County	6569 W. US2 Manistique, MI 49854	906-341-8442 Fax: 906-341-8470

Services for People with Diabetes

Pharmaceutical Assistance Programs*

Organization	Contact Information	Service
Escanaba Senior Center	225 N 21st Street Escanaba, MI 49829 906-786-8850	Offers help in obtaining and filling out forms. Must set up an appointment. Help available 1 day/week.
Indigent Patient Drug Acquisition Programs	1100 15 th Street NW Washington D.C. 20004 (800) 477-2669 http://www.helpingpatients.org	Directory of companies providing medications, through physician offices, to patients lacking financial resources to afford them.
Nonprofit Warehouse's Prescription Drug Program	http://www.nonprofitwarehouse.com	Offers drug discount card to any individual regardless of age or income. Free card allows holder to receive discounts on prescriptions at any one of the 50,000 participating pharmacies or through Mail Order Program.
Novo Nordisk Pharmaceuticals Inc. Indigent Patient Program	Attn: Indigent Program Administrator 100 College Road West Princeton, NJ 08540-9828 (800) 727-6500 #4 Fax: (609) 987-3092	Human and pork insulin in vials, human insulin in cartridges, and pen delivery systems and needles.
Partnership for Prescription Assistance In Michigan	(888) 4PPA-NOW (888) 477-2669 http://www.pparxmi.org	Partnership that connects qualified low-income people with discount prescription drugs. Also offers a single point of access to public & private assistance programs.
Pfizer Prescription Assistance	(866) 776-3700	Several Programs available. Call for more information.
Volunteers In Health Care	(800) 712-5000 www.rxassist.org/default.cfm	Designed to help provide access to medication for those with limited incomes.

*Many other pharmaceutical companies offer patient assistance programs. This is only a partial listing.

Service for People with Diabetes
Physical Activity *

County/Area	Program/Agency	Contact Information
Alger County	Alger Parks and Recreation	Elm Avenue Munising, MI 49862 387-5636
Baraga County	BCMh Rehab and Fitness Center Baraga County Memorial Hospital	770 N. Main Street L'Anse, MI 49946 524-3300
	Walking and Loving It	Baragaland Senior Citizens Center 6 N. Main Street L'Anse, MI 49946 524-6711
Delta County	YMCA	2001 North Lincoln Road Escanaba, MI 49829 789-0005
	Gladstone Fitness Center	116 N Ninth Gladstone, MI 49837 428-3004
Houghton County	Finlandia University	601 Quincy Street Hancock, MI 49930 487-7274
	Fresh Start, Mall Walker & Wellness Connection Programs Portage Health System	500 Campus Drive Hancock, MI 49930 483-1000 www.portagehealth.org/education
	Keweenaw Memorial Fitness Center Keweenaw Memorial Medical Center	700 Sharon Avenue Houghton MI 49931 482-8201 www.kmmc.org/fitnessh
	Student Development Complex Michigan Technological University	1400 Townsend Drive Houghton, MI 49931 487-2975 www.aux.mtu.edu/rec/
Keweenaw County	Keweenaw Memorial Fitness Center Keweenaw Memorial Medical Center	342 Hecla Street Laurium, MI 49913 337-7000 www.kmmc.org/fitnessh
Luce County	Wellness Center - Curtis Helen Newberry Joy Hospital	M9246 Saw-Wa-Qioto Street Curtis, MI 49820 586-9840
	Wellness Center - Curtis Helen Newberry Joy Hospital	502 W Harrie Street Newberry MI 49868 293-9182 www.hnjh.org/wellness

Luce County	Norris Center Physical Education Center Lake Superior State University	650 W Easterday Sault Ste Marie, MI 49783 632-6841 www.lssu.edu/facilities
Marquette County	Bell Sports Health Bell Memorial Hospital	901 Lakeshore Dr. Ishpeming, MI 49849 486-4431
	Marquette General Health System Weight Management	580 W College Avenue Marquette, MI 49855 225-6955
	PEIF, Superior Dome Northern Michigan University	1401 Presque Isle Avenue Marquette, MI 49855 906-227-2850 or 227-2110 www.nmu.edu/recreation
	YMCA of Marquette County	1420 Pine Street Marquette, MI 49855 906-227-9622
	YMCA West	205 Iron Street Negaunee, MI 49866 475-5229
Menominee County	Greater Marinette-Menominee YMCA	1600 West Drive Menominee, MI 49858 863-9938
Ontonagon County	Fitness Center Ontonagon Memorial Hospital	601 S 7 th Street Ontonagon, MI 49953 884-6054 www.omh.org
Schoolcraft County	Fitness Center Schoolcraft Memorial Hospital	500 Main Street Manistique, MI 49854 341-3276 scmh.org/fitness_center

*Many communities offer opportunities for free indoor walking or other physical activity programs. Check with the public school, local mall, senior center, community or township office, ice arena, or National Guard Amory in your area.

Services for People with Diabetes

Publications

Publication	Contact Information	Description
"Countdown" Juvenile Diabetes Foundation International	(800) 533-CURE (2873)	Quarterly magazine focusing on diabetes research. \$25*/year or free subscription with membership to local JDF chapter.
"Diabetes Forecast" American Diabetes Association, Inc.	(800) DIABETES (342-2383) www.diabetes.org	Monthly magazine.
"Diabetes Health"	(800) 488-8468 (800) 234-1218 www.diabetesworld.com	Monthly newspaper.
"Diabetes Self Management"	(800) 234-0923 www.diabetes-self-mgmt.com	Bimonthly magazine. \$15.97* per year, at times offer special introductory rates.

*Prices subject to change

Services for People with Diabetes

Rehabilitation/Mobility/Amputations

Organization	Contact Information	Program Information
Adult Home Help Services Department of Human Services	See listing by county on page 4.	Assistance may be available to help remodel homes or walkways for family with disabled member. Medicaid eligibility may be required.
Arthritis Foundation	(800) 283-7800	Support groups, self-help, exercise programs, information and referral services.
Michigan Department of Labor & Economic Growth Michigan Rehabilitation Services	U.P. Office 1498 O'Dovero Drive, Suite A Marquette, MI 49855 (906) 226-6578 (906) 226-6458 (TTY) (800) 562-7860 State Office (517) 373-3391	Michigan Rehabilitation Services is a statewide program that may be able to provide help for people having difficulty working at a current job because of a medical condition like diabetes. For other service locations throughout Michigan call the state office.
National Amputation Foundation	(516) 887-3600	Local services organization; provides assistance in building ramps.

Services for People with Diabetes

Sexual Concerns/Erectile Dysfunction

Organization	Contact Information	Program Information
American Association of Sex Educators, Counselors & Therapists	AASECT PO Box 1960 Richmond, VA 23005-1960 (804) 752-0026 www.aasect.org	Provides information about finding a certified sexuality educator, counselor, or therapist in your area.
American Diabetes Association	ADA National Office 1701 N Beauregard St Alexandria, VA 22311 (800)-342-2383 www.diabetes.org	Can help find a physician in your area who specialized in diabetes care.
American Urological Association	AUA 1000 Corporate Boulevard Linthicum, MD 21090 866-746-4282 or 410-689-3700 www.auanet.org e-mail: aua@auanet.org	AUA refers you to a urologist in your area.
National Kidney & Urologic Diseases Information Clearinghouse	www.kidney.niddk.nih.gov/kudiseases	Provides information on erectile dysfunction.
Sexual Function Health Council	American Foundation for Urologic Disease 1000 Corporate Boulevard Suite 410 Linthicum, MD 21090 410-689-3990 www.impotence.org e-mail: impotence@afud.org	Provides help finding a health care provider or counselor.

UPDON does not endorse or favor any specific commercial product or company. Trade, proprietary, or company names appearing in the document are used only because they are considered necessary in the context of the information provided. If a product is not mentioned, the omission does not mean or imply that the product is unsatisfactory.

Services for People with Diabetes

Sharps Disposal

Agency/Area	Information
Chippewa County: War Memorial Hospital Sharps Collection	(906) 635-4460 Properly contained sharps (sharps containers and laundry detergent bottles) are collected and incinerated. Free for Chippewa County residents. Call first.
Coalition for Safe Community Needle Disposal	www.safeneedledisposal.org Provides general information, federal regulations, disposal centers, disposal solutions including mail back programs and more.
Delta County Landfill	(906) 786-9056 www.dswma.org Properly contained sharps (in sharps container or laundry detergent bottle with "sharps" written on it) from county residents are accepted. Free service, bring to landfill.
Luce County: Helen Newberry Joy Hospital	(906) 293-9189 Laboratory gives Luce County residents free sharps containers. When full, they are returned for a new container.
Marquette County Solid Waste Management Authority	(906) 249-4108 www.mcswma.com Includes insulin syringes, IV needles, lancets, etc. Seal in leak-proof and puncture-resistant containers, such as plastic milk containers, bleach, detergent, and 2-liter soda bottles (PETE plastic). Label as to the type of waste and volume disposed. Waste will be placed directly into the sharps barrel by the citizen.
Michigan Department of Environmental Quality	www.michigan.gov/deq Information for U.P. counties and latest regulations for medical waste disposal.
Schoolcraft Memorial Hospital	(906) 341-3232 Hospital provides sharps containers. When full, they are returned for a new container. Hospital also accepts properly contained sharps.
Western U.P. District Health Department (Baraga, Gogebic, Houghton, Keweenaw, Ontonagon Counties)	(906) 482-7382 www.westernuphealth.org WUPDHD takes sharps from individuals at all offices (Hancock, L'Anse, Bessemer, Ontonagon). Sharps must be in proper, puncture-proof containers (coffee cans, detergent bottles, etc.). Office locations and contact numbers can be obtained by visiting the website.

Services for People with Diabetes

Smoking/Tobacco Cessation Services

Organization	Information
American Cancer Society (800) ACS-2345 www.cancer.org	Offers information about cessation and coupons for pharmacological products.
American Legacy Foundation (202) 454-5555	Offers cessation information for women. Great Start offers a quitline for expectant mothers.
American Lung Association (800) 586-4872 www.ffsonline.org	Provides smoking cessation program for adults and teens, and literature regarding effects of smoking/smoke in the environment. Also offers free online cessation support by a trained Freedom From Smoking facilitator.
Blue Cross Blue Shield of Michigan (800) 775-2583	Offers a free smoking cessation quitline for Blue Cross members.
County Public Health Departments	Contact local health department for programs offered.
ICanQuit (800) 480-7848	A free quit smoking coaching hotline offered by the Michigan Department of Community Health. Eligible callers receive 5 phone sessions with a personal health coach.
“I’d Rather Cope than Smoke” Michigan Public Health Institute (800) 377-8255	Offers a “coping” packet available by mail. Free phone counseling session to individuals receiving Medicaid.
Marquette County Tobacco Prevention Coalition (906) 315-2614 www.smokefreeup.org	Offers free smoking cessation materials.
The Smoker’s Helpline of Michigan (800) 537-5666	A free telephone service funded by the Michigan Department of Public Health. Self-help information and “quit kits” are available.
YMCA Quit & Get Fit – (906) 789-0005 Delta County (906) 227-9622 Marquette County (906) 863-9983 Menominee Co.	Offers an opportunity to quit smoking and get in shape with the help of a trained facilitator.
www.cdc.gov/tobacco	Centers for Disease Control and Prevention tobacco information and prevention source
www.quitsmoking.com	Quit smoking company home page. Provides information and products to help quit.
www.quitnet.org	The Quit Net is a free online resource and support center for smokers struggling to quit.

Services for People with Diabetes

Support Groups

Organization	Meeting Place	Phone/Information
Alger County Support Group	Munising Memorial Hospital 1500 W. Sand Point Rd. Munising	Paula Ackerman, RD, CDE (906) 387-5882 Meets monthly in the Hospital Conference Room. Please call for information.
Alger County Sault Tribe Support Group		(906) 387-4614 Please call if interested in meeting.
Baraga County Support Group	Baraga County Memorial Hospital	Todd Peltola, RN (906) 524-3414 Meeting dates vary. Please call for more information.
Chippewa County SSM Support Group	War Memorial Hospital	Teresa Jensen, RN, BSN (906) 635-7854 Please call for more information.
Chippewa County Sault Tribe Support Group	Nokomis Mishomis Place 2076 Shunk Road Sault Ste. Marie	Charla Gordon, RD (906) 632-5210 An adult Native American group that meets the 2 nd Monday of the month from 6-8 p.m. Please call to confirm.
Delta County Support Group	Joseph Heirman Center Bay College Escanaba	Linda Klope, RN, CDE (906) 786-5707 Please call for more information.
Delta County Insulin Pump Support Group	Escanaba	Joan Paul, RN, CDE (906)-428-4457 Please call for more information.
Dickinson County DCHS Support Group	Dickinson County Hospital 1721 Stephenson Avenue Iron Mountain	Carol Lehto, RD, CDE (906) 776-5470 Meets on the 1 st Monday of the month at 7 p.m. CST. Please call to confirm.
Dickinson County Juvenile Support Group	Dickinson County Hospital 1721 S. Stephenson Avenue Iron Mountain	Dickinson Diabetes Clinic – Jody Martin (906) 776-5470 Please call for more information.
Gogebic County Diabetes Support Group	Grandview Health System N 10561 Grand View Lane Ironwood	Jean Peterson, RN (906) 932-5330 Please call for more information.

Houghton County Keweenaw Diabetes Support Group	Aspirus Keweenaw Hospital 205 Osceola Laurium	Elaine Parks, BSN, CDE (906) 337-6598 Meets the 1 st Wednesday of the month September - June. Please call to confirm.
Houghton County Portage Health System Support Group	Conference Center 500 Campus Drive Hancock	(906) 483-1562 Meets quarterly. Please call for more information.
Iron County Support Group	West Iron County Library Genesse Street Iron River	Jeanette Snowdie (906) 875-4658 Meets the 2 nd Wednesday of the month, 1-3 p.m. CST. Please call for more information.
Luce County Support Group	Helen Newberry Joy Hospital Huron Conference Room Newberry	Lynn Kihm, RN, CDE (906) 293-9286 Meets the 4 th Thursday of the month from 12 – 2 p.m.; lunch served
Luce County Support Group	Tribal Health Center Newberry	Kathy Manville, CHN (906) 293-8181 Meets the 4 th Wednesday of the month from 10a.m.-12 p.m. Please call to confirm.
Mackinac County Support Group	Zion Lutheran Church St. Ignace	Carol Elmlad, RN (906) 643-8585 Meets 1 st Tuesday of the month. Please call for more information.
Marquette County Gwinn Diabetes Support Group	Senior Center Gwinn	Sandra Gordon (906) 346-7535 Meets monthly. Please call for more information
Marquette County Ishpeming Diabetes Support Group	Ishpeming Senior Center	Marli Carlson, RD, CDE (906) 475-4605 Please call for more information.
Marquette County UP Kids with Diabetes Family Network	Locations vary	Dana Stine (906) 235-5481 Meeting times vary. Please call for more information.
Menominee County Support Group	Menominee	Erin Davis, MS, RD, CDE (906) 466-9208 Native American specific, but others are welcome to attend. Please call for more information.
Menominee County Support Group	Bay Area Medical Center 3100 Shore Drive Marinette, WI	Katie Meyers, RN, CDE (888) 788-2070 ext. 3351 or (715) 735-6621 ext. 3351 Please call for more information.

Ontonagon County Adult Support Group	Aspirus Ontonagon Hospital Conference Room	Winnie Huron, RN, CDE (906) 884-8131 Meets the 4 th Tuesday of the month at 3:30 p.m. Please call for more information.
Schoolcraft County Sault Tribe Support Group	Manistique Tribal Community Center 5698 W. US 2	Kellie Lakosky (906) 341-8469 An adult Native American group that meets the 4 th Friday of the month from 10 a.m.-12 p.m. Please call for more information.
Schoolcraft County Memorial Hospital Diabetic Support Group	Schoolcraft Memorial 500 Main Street Manistique	Anne Richey, RN, CDE (906) 341-3210 Meets monthly. Please call for more information.

Services for People With Diabetes
UP Wide, State & National Resources for Senior Citizens

Topic	Contact Information	Program Information
Administration on Aging	www.aoa.gov (800) 677-1116	Provides information for finding local aging agencies.
Area Agencies on Aging Association of Michigan	www.mi-seniors.net (517) 886-1029	Provides information on Area Agencies on Aging in Michigan & information on the Michigan Senior Advocates Council.
Ask Medicare	www.medicare.gov/caregivers 800-633-4227	Provides information on Medicare basics, billing, care options, local support and more.
Health Insurance & Long Term Care	800-803-7174	Helps understand and obtain information on Medicare, nursing home insurance, Medicare drug benefits and Medicaid.
MPRO Medicare Quality Improvement Organization	800-365-5899	Reviews complaints about health care given to Medicare patients.
Michigan Office of Services to the Aging	517-373-8230 www.michigan.gov/miseniors	Provides information on senior related news, events, programs and senior-related services across Michigan.
National Association of Area Agencies on Aging	202-872-0888 www.N4A.org	Provides information on aging issues across the U.S.
Nursing Home Ombudsman	866-485-9393	Helps nursing home residents and relatives file complaints as well as with other nursing home care issues.
UPCAP Services	800-338-7227 or 906-786-4701 www.upcap.org	Offers a variety of programs and information.
Vulnerable Adult Helpline for the Elderly & Disabled	800-996-6228	Adult abuse information (elder abuse, neglect, financial fraud) and adult protective services reporting (file complaints).
*211 – U.P. only	Dial 2-1-1 in the U.P. Pay phone or rotary phone users call 1-800-305-8137. The phone call is free to all U.P. residents & operates 24 hours a day, 7 days a week, 365 days a year.	Provides information and referral for long-term care options; disability resources, employment, rent/utility assistance, senior services, home care, housing, volunteer opportunities, transportation and more.

***The 2-1-1 program is not limited to seniors.**

Services for People With Diabetes

United Way

United Way connects people and resources, helping create solutions regarding health and human service issues.

County	Contact Information
United Way of Chippewa County	511 Ashmun Street Sault Ste. Marie, MI 49783 (906) 632-3700 unitedwaycc@30below.com
Copper Country United Way	604 Sheldon Houghton, MI 49931 (906) 482-3276
United Way of Delta County	1100 Ludington Street #300 Escanaba, MI 49829 (906) 786-3736 unitedway@chartermi.net
United Way of Dickinson County	N-3307 Woodland Dr. Iron Mountain, MI 49801 (906) 774-3089
Gogebic Range United Way	PO Box 248 Ironwood, MI 49938 (906) 932-2420
United Way of Marquette County	PO Box 73 401 E. Fair Avenue Marquette, MI 49855 (906) 226-8171 Fax: (906) 226-7050 unitedway@uwmqt.org
Tri-City United Way Menominee/Marinette	1812 Hall Avenue Marinette, WI 54143 (715) 735-7785 unitedwaytricity@cybrz.com

Services for People with Diabetes

Salvation Army & St. Vincent de Paul

Agency & Services	County	Contact Information	
<u>Salvation Army</u> Provides material assistance, such as shelter, clothing, groceries, emergency transportation & travel vouchers; help with utilities, rent, & medical bills.	Chippewa	132 W. Spruce St; Sault Ste. Marie	632-6521
	Delta	3001 5 th Avenue South; Escanaba	786-0590
	Dickinson	103 N. Case St; Bessemer	663-4436
	Houghton	408 Ravine St; Hancock	482-3420
	Marquette	1009 W. Baraga; Marquette	226-2241
<u>St. Vincent de Paul</u> Provides emergency relief, food, clothing, furniture, hospital equipment, & fuel to anyone in need.	Alger	107 Elm Ave; Munising	387-3496
	Baraga	14 S. Main St; L'Anse	524-7001
	Chippewa	101 E. Portage Ave; Sault Ste. Marie	632-4789
	Delta	1014 Ludington St Escanaba 786-2808	816 Delta Ave Gladstone 428-1234
	Dickinson	117 W. A St Iron Mountain 428-1234	728 Main St Norway 563-7302
	Gogebic	103 N. Case St Bessemer 663-4436	212 E. McCleod Ave Ironwood 932-4325
	Houghton	205 Quincy Hancock 482-7705	220 Sheldon Ave Houghton 482-8344
	Iron	211 W. Maple St Iron River 265-6271	136 Superior Ave Crystal Falls 875-4251
	Marquette	322 Cleveland Ave Ishpeming 486-4237	111 N. Pine Gwinn 346-5610
		2119 Presque Isle Ave Marquette 226-3721	E. Kloman Ave Republic 376-2400
	Ontonagon	205 Quartz St Ontonagon 884-4977	
Schoolcraft	333 Oak St Manistique 341-8181		

Help for Wartime Veterans

1. **Vietnam Veterans:** Veterans who have served in Vietnam may be eligible for free health care through the VA and due disability payments if they are having health complications linked to exposure to Agent Orange. Health conditions like leukemia, diabetes, Parkinson's disease and ischemic heart disease have been linked to this herbicide.

More details are available at: www.publichealth.va.gov/exposures

2. **Non-Service Connected Pension:** Veterans who served during wartime may be eligible if:
 - a. He or she was discharged from service under conditions other than dishonorable, **AND**
 - b. He or she served at least 90 days of active military service 1 day of which was during a wartime period. If the person entered active duty after Sept 7, 1980, generally he/she must have served at least 24 months or the full period which called or ordered to active duty. There are exceptions to this rule. **AND**
 - c. The countable family income is below a yearly limit set by law. Currently it is \$985/month for single vets or \$1291 for married vets. **AND**
 - d. He or she is age 65 or older, **OR**, permanently and totally disabled, not due to own willful misconduct.

More details are available at: www.vba.va.gov/bln/21/pension/vetpen.htm

3. **Veteran's Death Benefit**
 - a. The deceased veteran was discharged from service under other than dishonorable conditions **AND**
 - b. The deceased veteran served at least 90 days active military service **1 day** of which was during a war time period. If he or she entered active duty after September 7, 1980, generally he or she must have served at least 24 months or the full period for which called or ordered to active duty. (There are exceptions to this rule.) **AND**
 - c. You are the surviving spouse or unmarried child of the deceased veteran, **AND**
 - d. The spouse or child has a countable income that is below the yearly limit set by law.

More details are available at:
www.vba.va.gov/bln/21/pension/spousepen.htm - 4

- 4. Aid and Attendance:** Veteran must meet eligibility and income requirements listed under Non-Service Connected Pension (# 2) and may be eligible for Aid and Attendance if:
- a. The veteran requires the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, attending to the wants of nature, adjusting prosthetic devices, or protecting himself/herself from the hazards of his/her daily environment, **OR**,
 - b. The veteran is bedridden, in that his/her disability or disabilities requires that he/she remain in bed apart from any prescribed course of convalescence or treatment, **OR**,
 - c. The veteran is a patient in a nursing home due to mental or physical incapacity, **OR**,
 - d. The veteran is blind, or so nearly blind as to have corrected visual acuity of 5/200 or less in both eyes.

More details are available at: www.vba.va.gov/bln/21/pension

- 5. Housebound Benefits:** A veteran may be eligible for Housebound Benefits in addition to the Non-Service Connected Pension (# 2) if:
- a. The veteran has a single permanent disability evaluated as 100-percent disabling, **AND**,
 - b. Due to such disability, he/she is permanently and substantially confined to his/her immediate premises, **BUT**,
 - c. A veteran cannot receive both Aid and Attendance and Housebound Benefits at the same time.

For more information about VA benefits call the local county veterans counselor. Contact information can be found at: www.macvc.net/forum

OR

Contact the State U.P. Service Officers:

Pat Holcomb: (906) 226-3576 extension 318
 Shirley Rentschler: (906) 774-3300 extension 34442

***The information listed may change at any time.
 Please check with your local veterans benefit counselor for more details.***