

Health Resources

The following resources are currently available in our community to address the significant community health needs discussed in this report. Despite our efforts, we recognize that this list may not be all-inclusive and welcome any information to add available resources and increase its usefulness. Such information can be sent to anewland@aspirerhs.org.

County Health Departments and the Human Development Commission provide many support services to Thumb area residents. For full lists of all of their services, we recommend visiting their offices and/or websites:

- Huron County Health Department – 1142 S. Van Dyke Rd., Bad Axe, MI 48413 – 989-269-9721 – <https://www.hchd.us/>
- Lapeer County Health Department – 1800 Imlay City Rd., Lapeer, MI 48446 – 810-667-0448 – <https://www.lapeercountymi.gov/departments/health/index.php>
- Sanilac County Health Department – 171 N. Dawson St., Suite 123, Sandusky, MI 48471 – 810-648-4098 – <https://www.sanilachealth.com/>
- Tuscola County Health Department – 1309 Cleaver Rd., Ste B, Caro, MI 48723 – 989-673-8114 – <https://www.tchd.us/>

- Human Development Commission
 - Bad Axe – 856 N. Van Dyke, Bad Axe, MI 48413 – 989-269-9502 – <https://hdc-caro.org/huron-county-services-1>
 - Caro – 429 Montague Ave., Caro, MI 48723 – 989-673-4121 – <https://hdc-caro.org/tuscola-county-services>
 - Lapeer – 1947 N. Lapeer Rd., Lapeer, MI 48446 – 810-969-4107 – <https://hdc-caro.org/lapeer-county-services>
 - Sandusky – 215 N. Elk St., Sandusky, MI 48471 – 810-648-4497 – <https://hdc-caro.org/sanilac-county-services>

Hospitals

- Deckerville Community Hospital – 3559 Pine St., Deckerville, MI 484, 810-376-2835
- Hills and Dales Healthcare – 4675 Hill St., Cass City, MI 48726, 989-912-6319
- Marlette Regional Hospital – 2770 Main St., Marlette, MI 48453, 989-635-4525

Clinics and Specialty Practices

- Aspire Marlette Pain Clinic – 2750 Main St., Suite 5, Marlette, MI 48453
- Aspire Neurology Clinic – 4674 Hill St., Cass City, MI, 48726
- Aspire Spine Clinic – 2770 Main St., Marlette, MI 48453
- Bad Axe Family Practice & Pediatric Clinic – 684 N. Port Crescent St., Bad Axe, MI 48413
- Bad Axe Outpatient Services – 684 N. Port Crescent St., Bad Axe, MI 48413

- Bad Axe Rapid Care – 684 N. Port Crescent St., Bad Axe, MI 48413
- Caro Center for Rehabilitation – 1186 Cleaver Rd., Caro, MI 48723
- Caro Family Practice – 1048 E. Caro Rd., Caro, MI 48723
- Caro Outpatient Services Building – Laboratory – 1186 Cleaver Rd., Caro, MI 48723
- Caro Outpatient Services Building – Radiology – 1186 Cleaver Rd., Caro, MI 48723
- Caro Primary Care – 1514 W. Caro Rd., Caro, MI 48723
- Caro Rapid Care – 1048 E. Caro Rd., Caro, MI 47723
- Cass City Center for Rehabilitation – 6190 Hospital Dr., Suite 101, Cass City, MI 48726
- Cass City Family Practice – 6190 Hospital Dr., Suite 106, Cass City, MI 48726
- Cass City General Surgery – 4675 Hill St., Cass City, MI 48726
- Cass City Medical Practice – 4672 Hill St., Suite 1, Cass City, MI 48726
- Deckerville Healthcare Services – 3559 Pine St., Deckerville, MI 48428
- Deckerville Healthcare Services Clinic – 2433 Black River St., Deckerville, MI 48427
- Deckerville Main Street Clinic – 3532 Main St., Deckerville, MI 48427
- Deckerville Pharmacy – 2046 Black River St., Deckerville, MI 4827
- Deckerville Physical Therapy – 2030 Black River Street, Deckerville, MI 48427
- Family HealthCare of Brown City – 4472 Main St., Brown City, MI 48416
- Family Healthcare of Cass City – 6230 Hospital Dr., Cass City, MI 48726
- Hills & Dales Cardiology Clinic – 4675 Hill St., Cass City, MI 48726
- Hills & Dales Caro Specialty Clinic – 1514 W. Caro Rd, Caro, MI 48723
- Hills & Dales ENT – 4675 Hill St., Suite B, Cass City, MI 48726
- Hills & Dales Family Medicine – 4675 Hill St., Suite A, Cass City, MI 48726
- Hills & Dales Gynecology Clinic – 6230 Hospital Dr., Cass City, MI 48726
- Hills & Dales Oncology Clinic – 4675 Hill St., Cass City, MI 48726
- Hills & Dales Orthopedic Clinic – 6190 Hospital Dr., Suite 104, Cass City, MI 48726
- Hills & Dales Pain Clinic – 4675 Hill St., Suite C, Cass City, MI 48726
- Hills & Dales Podiatry Clinic – 4675 Hill St., Suite A, Cass City, MI 48726
- Hills & Dales Pulmonology Clinic – 1514 W. Caro Rd., Caro, MI 48723
- Hills & Dales Specialty Clinic – 4675 Hill St., Suite B, Cass City, MI 48726
- Hills & Dales Urgent Care – 4675 Hills St., Suite A, Cass City, MI 48726
- Hills & Dales Urology Clinic – 4672 Hills St., Suite 2, Cass City, MI 48726
- Hills & Dales Wound Care Clinic – 6230 Hospital Dr., Suite B, Cass City, MI 48726
- Kingston Family Practice – 5854 State St., Kingston, MI 48741
- Marlette Family HealthCare – 2750 Main St., Suite 2, Marlette, MI 48453
- Marlette General Surgery Clinic – 2770 Main St., Marlette, MI 48453
- Marlette Orthopedic Clinic – 2770 Main St., Marlette, MI 48453
- Marlette Regional Hospital Health Services – 3006 Main St, Marlette, MI 48453
- Marlette Specialty Clinic – 2734 Main St., Marlette, MI 48453
- Marlette Surgical Services Clinic – 2750 Main St. Suite 7/8, Marlette, MI 48453
- Marlette Therapy Services – 2770 Main St., Marlette, MI 48453

- Marlette Wound Care Clinic – 2750 Main St., Suite 4, Marlette, MI 48423
- Mayville Family Healthcare – 2180 Ohmer Rd., Mayville, MI 48744
- Millwood Street Primary Care – 130 Millwood St., Caro, MI 48723
- North Branch Family HealthCare – 4000 Huron St., P.O. Box 180, North Branch, MI 48461
- Port Sanilac HealthCare – 245 S. Ridge St., MI 48469
- Quick Care – 2771 Angle St., Marlette, MI 48453
- Thumb Pediatrics – 6190 Hospital Dr., Suite 105, Cass City, MI 48726
- Ubly Medical Clinic – 2254 Main St., Ubly, MI 48475
- United Pediatrics & Internal Medicine – 2750 Main St., Suite 6, Marlette, MI 48453

Pharmacies and Medical Equipment

- Aspire Deckerville Pharmacy – 2046 Black River St., Deckerville, MI 48427
- Hospital Drive Pharmacy – 6190 Hospital Dr., Cass City, MI 48726
- Ehardt’s Pharmacy & Medical Supply – 6541 Plaza Dr., Suite 1, Marlette, MI 48453
- Walmart Pharmacy – 655 Sanilac Rd., Sandusky, MI 48471
- Ehardt’s Pharmacy – Sandusky, 78 S. Elk St., Sandusky, MI 48471
- State Street Pharmacy – 192 N. State St., Caro, MI 48723
- Walgreens Pharmacy – 830 N. Van Dyke Rd., Bad Axe, MI 48413
- Walmart Pharmacy – 1121 E. Caro Rd., Caro, MI 48723
- Caro Drugs – 604 S. State St., Caro, MI 48723
- Harbor Drug – 114 S. Huron Ave., Harbor Beach, MI 48441
- Ally Pharmacy – 1800 W. Caro Rd., Suite 1, Caro, MI 48723
- Ubly Pharmacy – 2031 E. Main St., Ubly, MI 48475
- Ehardt’s Pharmacy & Medical Supply – 6233 Church St., Cass City, MI 48726
- Meijer Pharmacy – 100 Pigeon Rd., Bad Axe, MI 48413
- Walmart Pharmacy – 901 N. Van Dyke Rd., Bad Axe, MI 48413

Skilled Nursing, Assisted Living, Nursing Care, Retirement Homes and Elderly Services

- Beechwood Senior Apartments – 6086 Beechwood Dr., Cass City, MI 48726
- Region VII Area Agency on Aging – 800-858-1637
- United Hospice Service Residence – 2700 Main St., Marlette, MI 48453
- The Heartlands – 6305 Bluewater Court, Marlette, MI 48453
- United Hospice Service Office, MRH Health Services – 3006 Main St., Marlette, MI 48453
- Marlette Regional Hospital Skilled Nursing Facility/Long-Term Care – 2770 Main St., Marlette, MI 48453
- Stonegate Village Assisted Living & Memory Care – 70 W. Argle St., Sandusky, MI 48471
- Heritage Hill Assisted Living & Memory Care – 1430 Cleaver Rd., Caro, MI 48723

- Medilodge of Cass City – 4782 Hospital Dr., Cass City, MI 48726
- Meadow Lane Assisted Living & Memory Care – 150 Meadow Ln, Bad Axe, MI 48413
- Autumnwood of Deckerville – 3387 Ella, Deckerville, MI 48427
- Tuscola County Medical Care Community – 1285 Cleaver Rd., Caro, MI 48723
- A Place of Grace Assisted Living – 110 N. Elk St., Sandusky, MI 4871
- Courtney Manor Nursing & Rehabilitation – 1167 E. Hopson St., Bad Axe, MI 48413
- Huron County Medical Care Facility – 1116 S. Van Dyke Rd., Bad Axe, MI 48413
- Sanilac County Medical Care Facility – 137 N Elk St, Sandusky, MI 48471
- Tuscola County Medical Care Community – 1285 Cleaver Rd, Caro, MI 48723

Dental Health Services

- James D. Thomas, DDS, PC – 1 6240 Hill St., Cass City, MI 48726
- Nicholas E. Nahernak, D.D.S. – 6506 Church St., Cass City, MI 48726
- Heart Of The Thumb Dentistry – 2621 Main St., Marlette, MI 48453
- Caro Dental Associates – 147 W. Lincoln St., Caro, MI 48723
- Bad Axe Family Dentistry – 1011 S. Van Dyke Rd., Bad Axe, MI 48413
- Thumbs Up Dental – Caro, 130 W. Burnside St., Caro, MI 48723
- Sanilac Smiles Dental Care – 749 N. Sandusky Rd., Sandusky, MI 48471
- Thumbs Up Dental – North Branch, 6668 Bernie Kohler Dr., North Branch, MI 48461
- Family Dentistry of Sandusky – 595 S. Sandusky Rd., Sandusky, MI 48471
- Marlette Family Dentistry – 3149 Main St., Suite 5, Marlette, MI 48453
- My Community Dental Centers – Sandusky, 135 Sanilac Rd., Sandusky, MI 48471
- Caro Family Dentistry – 206 Montague Ave., Caro, MI 48723
- Upright Dental – 2621 Main St., Marlette, MI 48453
- Tru Family Dental – Lapeer, 456 S. Main St., Lapeer, MI 48446
- Hilltop Dentists – 12265 N. State Rd., Otisville, MI 48463
- Dr. Straight Family Dentistry – 223 E. Huron Ave., Bad Axe, MI 48413
- First Class Family Dentistry – 30 N. Dawson St., Sandusky, MI 48471
- Matheson Ross R DDS – 527 S. State St., Caro, MI 48723
- VanDeVelde and Matheson, DDS PC – 124 N. Hanselman St., Bad Axe, MI 48413
- Scott M. Behnan, DDS, MS – Bad Axe Orthodontics
- David P Fucinari PC – 2228 E. Main St., Ubyly, MI 48475
- Dr. Joseph N. Valentin, DDS – 6417 W. Marlette Rd., Marlette, MI 48453
- Blue Water Orthodontics – 90 N Morse St., Sandusky, MI 48471
- Resler Orthodontics – Caro – 146 W. Sherman St., Caro, MI 48723

Mental Health and Counseling Services

- Sanilac County Community Mental Health – 217 Sanilac Rd., Sandusky, MI 48471
- Lapeer County Community Mental Health – 1570 Suncrest Dr., Lapeer, MI 48446 – 810-667-0500

- Tuscola Behavioral Health – 1332 Prospect Ave., Caro, MI 48723 – 989-673-6191
- Terri A. Scott, PhD (Psychologist) – 3090 Main St., #4, Marlette, MI 48453 – 810-441-4239
- P.L. Zylanoff, MD (Psychiatrist) – 3149 Main St., Ste 5, Marlette, MI 48453 – 810-886-2238
- Lakeshore Therapy – 51 Austin St., Sandusky, MI – 810-689-4846
- Thumb Area Psychological Services – 6627 Rose St., Cass City, MI – 989-872-1800
- Senior Life Solutions – McLaren Caro Region – 310 N. Hooper St., Caro, MI – 989-672-5757
- United Hospice Service Grief Support Group
- United Hospice Service Grief Lunch and Dinner Support Groups
- Human Development Commission Caregiver Support Groups
- GriefShare, www.griefshare.org

Vision and Eye Care

- Opticare Vision Center – 119 N. Hanselman St., Bad Axe, MI 48413
- Keith J. Messing, OD – 1226 Sand Beach Rd, Bad Axe, MI 48413
- Rita Messing M OD – 1226 Sand Beach Rd, Bad Axe, MI 48413
- Walmart Vision & Glasses – 901 N. Van Dyke Rd., Bad Axe, MI 48413
- Thumb Family Vision – 6867 Cass City Rd., Ste 2, Cass City, MI 48726
- Envision Eye Care – 4515 Nestle St., Cass City, MI 48726
- Huron Eye Care – 411 State St., Caro, MI 48723
- Opticare Vision Center – 810 S. State St., Caro, MI 48723
- Star Vision Center – 170 N. State St., Caro, MI 48723
- Walmart Vision & Glasses – 1121 E. Caro Rd., Caro, MI 48723
- Kapteyn Optometry – Walmart Vision Center – Sandusky – 655 Sanilac Rd., Sandusky, MI 48471
- Family Eye Care of Sandusky – 454 Sanilac Rd., Sandusky, MI 48471
- Huron Eyecare PC – 444 Sanilac Rd., Sandusky, MI 48471
- Ronald R. Watson, OD – 43 Kristian St., Sandusky, MI 48471
- Jankowski Stephan OD – 93 S. Morse St., Sandusky, MI 48471

Chronic Disease Management

- Cardiac Rehabilitation Program
 - Deckerville Community Hospital – 3559 Pine St., Deckerville, MI 48427
 - Hills & Dales Healthcare – 4675 Hill St., Cass City, MI 48726
- Diabetes Self-Management Education Program
 - Hills & Dales Regional Education Center – 6667 Main St., Cass City, MI 48726
 - MRH Health Services Building – 3006 Main St., Marlette, MI 48453
- Nutrition Education & Counseling

- Hills & Dales Healthcare – 4675 Hill St., Cass City, MI 48726
- MRH Health Services Building – 3006 Main St., Marlette, MI 48453
- Pulmonary Rehabilitation Program
 - Deckerville Community Hospital – 3559 Pine St., Deckerville, MI 48427
 - Hills & Dales Healthcare – 4675 Hill St., Cass City, MI 48726

Fitness Centers

- Summit 24/7 Fitness + Wellness – 6444 Morris St., Marlette, MI 48453
- Get Serious Fitness – 4217 Main St., Brown City, MI 48416
- Clifford Fitness Center – 4548 Madison St., Clifford, MI 48727
- Thumb Health & Fitness – 37 Austin St., Sandusky, MI 48471
- Push Your Limit Fitness & Nutrition – 4290 Huron St., North Branch, MI 48461
- Pure Fitness – 1152 Cleaver Rd., Caro, MI 48723
- Body Industry Gym – 6069 Fulton St., Mayville, MI 48744
- American Tough Fitness – 218 W. Main St., Mayville, MI 48744
- Ligrow’s 24hr Fitness and Athletic Performance Center – 6447 Main St., Cass City, MI 48726
- Foundry Barbell Social – 560 Oak St., Lapeer, MI 48446
- State Street Fitness LLC – 616 E. Frank St., Caro, MI 48723
- Anytime Fitness – 1847 S. Van Dyke Rd., Imaly City, MI 48444
- Bad Axe Club Fitness – 123 N. Port Crescent St., Bad Axe, MI 48413
- Maximum Effort Training Compound – 1148 N. Van Dyke Rd., Bad Axe, MI 48413
- Thumb Pilates – 111 N. Hanselman St., Bad Axe, MI 48413
- Lamb & Lily Yoga – 2166 E. Main St. Ubly, MI 48475

Case Management

- Aspire Rural Health System, Transitions Community Program – 989-635-4142

Health Insurance/Prescription Assistance

- Sanilac County Health Department – 171 Dawson St., Suite 123, Sandusky, MI 48471
- Huron County Health Department – 1142 S. Van Dyke Rd., Bad Axe, MI 48413
- Tuscola County Health Department – 1309 Cleaver Rd., Suite B, Caro, MI 48723
- Hills and Dales Healthcare – 989-912-6800 or 989-912-6327

Food/Clothing Resources

- Bad Axe First United Methodist Church – Bad Axe, MI 48413 – 989-269-7671
- Countryside Free Methodist Church, Sandusky – 810-648-2164
- Project Blessing – Deckerville, MI – 810-376-3020
- Snover Food Pantry – Snover – 1494 Ubly Rd., Snover, MI 48471 – 810-672-9101
- Food Bank of Eastern Michigan – 2300 Lapeer Rd., Flint, MI 48503 – 810-239-4441

- Croswell/Lexington Food Pantry – 810-359-2045
- Trinity Episcopal Church – 5646 Main St., Lexington, MI 48450 – 810-359-2045
- Heaven Sent Ministries – Marlette, MI 48453 – 989-635-0077
- Marlette First Church – 3155 Main St., Marlette, MI 48453 – 989-635-2075
- Sandusky HELP – 810-648-1988
- The Outpost/Sportsman Ministry – Sandusky, MI 48471 – 810-648-2164
- Project Blessing – Brown City, MI – 810-346-3681
- Trinity Lutheran Church – 8744 Burnside Rd., Brown City, MI – 810-346-3127
- Project Blessing – Carsonville, MI – 910-657-8831
- Bethel Missionary Church – Yale, MI – 810-387-2625
- Revive Ministries – 6400 S. Main St., Cass City, MI 48726 – 989-551-7803
- Revive Ministries Common Grounds Café – 6414 Main St., Cass City, MI 48726 – 989-912-2144

Women, Infants, and Children (WIC) Assistance

- Sanilac County Health Department – 171 Dawson St., Suite 123, Sandusky, MI 48471
- Huron County Health Department – 1142 S. Van Dyke Rd., Bad Axe, MI 48413
- Tuscola County Health Department – 1309 Cleaver Rd., Suite B, Caro, MI 48723

Transportation Services

- Thumb Area Transportation – Bad Axe, MI – 800-322-1125 or 989-269-2121
- Sanilac Transportation – Sandusky, MI – 810-648-9766
- Mid Valley Transportation – Lapeer, MI – 810-664-9100
- Human Development Commission
 - Bad Axe – 856 N. Van Dyke, Bad Axe, MI 48413 – 989-269-9502
 - Caro – 429 Montague Ave., Caro, MI 48723 – 989-673-4121
 - Lapeer – 1947 N. Lapeer Rd., Lapeer, MI 48446 – 810-969-4107
 - Sandusky – 215 N. Elk St., Sandusky, MI 48471 – 810-648-4497

Housing

- Blue Water Center for Independent Living – 100 W. Argyle St., Suite 1, Sandusky, MI 48471 – 810-648-2555
- Eva’s Place – Sandusky, MI 48471 – 810-672-9467
- Family Promise of Tuscola County – 102 Joy St., Caro, MI 48723 – 989-589-5509
- The Refuge – 1009 N. Saginaw St. – Lapeer, MI 48446
- Sanilac House of Hope – 262 Margaret St., Sandusky, MI 48471 – 800-393-4322 Ext. 2
- United Way – 211