

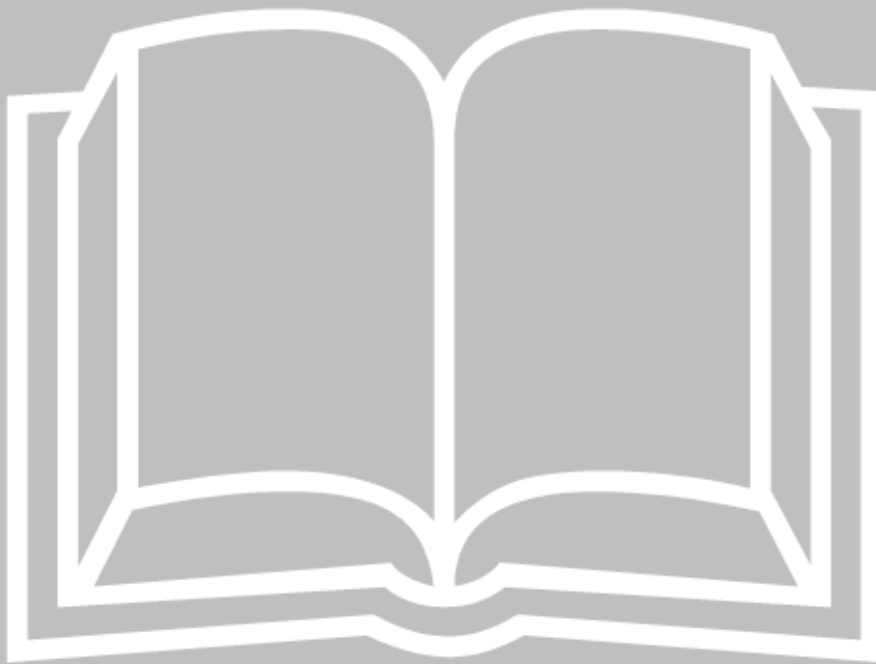
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OAKLAND COUNTY HEALTH DIVISION  
COMMUNITY NUTRITION RESOURCE GUIDE

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UPDATED

2007-08



*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability.  
State and federal eligibility requirements apply for certain programs.*

*This information is being provided to you as a service of Oakland County Health Division. Inclusion in this directory does not constitute  
endorsement by Oakland County Health Division.*

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# Anorexia Nervosa and Bulimia

## BEAUMONT HOSPITAL

3601 W. 13 Mile Rd (248) 898-9200  
 Royal Oak, MI (outpatient) or  
 (248) 898-9700  
 (inpatient)

### SERVICES OFFERED

Inpatient and Outpatient Support Groups

### CRITERIA FOR REFERRAL

Inpatient Health Professional Referral

Outpatient Self-referral

### CHARGE

Eating disorders

Support group-no charge

### COMMENTS

All located on 10th floor of Central Tower

Mon. 7:00-8:30 p.m.

2nd & 4th Weds. 7-8:30 p.m.

Mon – Eating disorders only

Wed – Anyone can attend families, friends, etc.

2nd Tues. Adolescent Eating Disorder

Group

7-8:30 p.m.

## THE CENTER FOR EATING DISORDERS

111 N 1st Street Suite 2 (734) 668-8585

Ann Arbor, MI 48104

### SERVICES OFFERED

Individual & Support Groups, Drop in, Helpline, Counseling, Speakers Bureau, Workshops, Professional training and supervision Call for days & times

### COMMENTS

Eating Disorder: M 6-7 p.m.

Compulsive Over Eating:

Th 5:30-6:30 p.m.

\$5

## EATING DISORDERS PROGRAM

48302 South Telegraph (248) 647-0050  
 Bloomfield Hills, MI 48302 ext. 0905

Eileen Freedland, MSW, ACSW

### SERVICES OFFERED

Outpatient treatment for Anorexia, Bulimia and Binge Eating Disorder

Individual, family and group psychotherapy

### CRITERIA FOR REFERRAL

Self referral – family/friend referral, or health

professional referral

### CHARGE

Sliding Fee Scale available Call for fees

## ORCHARD HILLS PSYCHIATRIC CENTER, PC

4000 Grand River Ste 306 (248) 426-9900

Novi, MI 48375 ext. 105

Delores Wreath Therapist

### SERVICES OFFERED

Outpatient

### CRITERIA FOR REFERRAL

Self referral

Not necessary for health professional to refer

### CHARGE

Initial visit \$145-175

## ORGANIZATIONS

ANOREXIA NERVOSA AND RELATED EATING DISORDERS, INC. (ANRED)

P.O. Box 5102 (800) 931-2237

Eugene, Oregon 97405

[www.anred.com](http://www.anred.com)

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED

DISORDERS,

INC. (ANAD)

P.O. Box 7 (847) 831-3438

Highland Park, Illinois 60035

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

NATIONAL EATING DISORDERS

ASSOCIATION (206) 382-3587

603 Stewart Street (800) 931-2237

Suite 803 (206) 829-8501

Seattle, Washington 98101 Sponsors of

Eating Disorders Awareness Week

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

# Breastfeeding Support Service

## WILLIAM BEAUMONT HOSPITAL

3601 W. 13 Mile Road (248) 898-0599

Royal Oak, MI 48073

### CONTACT PERSON

Physician Referral Department

(800) 633-7377

### PRIOR TO DELIVERY

Prenatal Breastfeeding Class

to register

(800) 633-7377

Childbirth Education & Infant CPR classes also available

Preparing for Breastfeeding-If you are interested in breastfeeding, you and your spouse or support person may attend. You will learn the benefits of breastfeeding, nutritional value of mother's milk, how to continue breastfeeding after returning to work, Dad's role and how to wean.

## AT DELIVERY

Request Lactation Services Breastfeeding

Support Service-This service assists you

while you are in the hospital, provides

consultation with a breastfeeding educator

while you are breastfeeding, and has

consultants available by phone for your

questions and concerns once you go home.

Breast feeding pumps, kits, supplies, breast

shells, all available for rent or purchase.

Royal Oak

248-898-0599

Troy

248-964-6455

### SERVICES OFFERED

Parenting Program

For the first-time mothers who delivered at

Beaumont

Royal Oak

(248) 551-1455

Troy

(248) 964-5822

Rent & sell breast pumps

## HURON VALLEY HOSPITAL

1 William Carls Dr. (248) 937-3300

Commerce Township, MI 48382

### CONTACT PERSON

Cindy Willer

(248) 937-3619

### PRIOR TO DELIVERY

Breast-Feeding Education

1-session class.

7 p.m. – 9:30 p.m.

\$25 2nd Mon. of month

### SERVICES OFFERED

Breast pumps available to patients after

delivery.

Support Person and Certified Lactation

Consultant available.

**NEW MOM'S SUPPORT SERVICES**

**OAKLAND COUNTY HEALTH  
DIVISION**

1200 N. Telegraph (248) 858-1280  
Pontiac, MI 48341 (888) 350-0900  
27725 Greenfield (248) 424-7000  
Southfield, MI 48076  
1010 E West Maple (248) 926-3300  
Walled Lake, MI 48390-3588

**CONTACT PERSON**

Nurse-On-Call (248) 858-1406  
(800) 848-5533

Breastfeeding Classes  
Nursing and nutrition home visits to address  
breastfeeding and infant feeding. Call nurse  
on call for assistance (248) 858-1406  
WIC office at (248) 858-1272

**PROVIDENCE HOSPITAL**

16001 W. 9 Mile Rd (248) 849-2799

P.O. Box 2043  
Southfield, MI 48037  
(Breast Feeding Assistant Program)  
PRIOR TO DELIVERY

Breastfeeding Assist. Program Appoint  
available with Lactation consultants to help  
nursing mothers with concerns & questions  
about breastfeeding their newborn after  
they

leave the hospital. Breast pump rentals,  
supplies, prenatal consults & support are  
also

available. Free telephone consults provided

Breastfeeding Preparation – This class  
provides info & encouragement to  
expectant

mothers as they prepare to breastfeed.

1 –3 hr. class

\$20.00 fee

AT DELIVERY

Lactation Consultation available -Outpatient  
Consultation (prices vary)

(877) 345-5500

**SERVICES OFFERED**

Lactation consultants/nurses available  
during

hospital stay and available by telephone 5  
days a week.

Breast pumps and Medela supplies  
available  
for rental.

# DIETITIANS – R.D.’S IN PRIVATE PRACTICE

Julie Beyer, RD  
4540 Sedona Drive (248) 961-3613  
Clarkston, MI 48348  
[JulieABeyerRD@aol.com](mailto:JulieABeyerRD@aol.com)

Sports Nutrition, weight management, cardiovascular nutrition, preventive nutrition counseling, Nutrition and wellness coachin for individuals and groups, corporate and wellness presentations and workshops, specializes in Interstitial Cystitis

Carmen Bongiovanni, RD, MS CNSD. CDE  
20905 Laurelwood (248) 477-5214  
Farmington MI 48336-5051  
Diabetes, weight management

Patrizia Jesue, RD  
Nutrition For Life  
1750 S. Telegraph Rd. (248) 320-1469  
Suite 101 Fax (248) 451-9089  
Bloomfield Hills, MI 48302

[JesueRD@yahoo.com](mailto:JesueRD@yahoo.com)  
Website: [www.geocities.com/JesueRD](http://www.geocities.com/JesueRD)  
Eating Disorders, prenatal nutrition, preventive nutrition counseling, weight management Program cost \$110 for initial consultation and \$70 for follow-up, initial consult 1 hour and 15 minutes/ follow-up 45 minutes, insurance is not accepted, Monday-Saturday- hours vary.

Kathleen Kinney, MSA, RD  
P.O. Box 796 (248) 541-6004  
Royal Oak, MI 48068

[KathleenKinney@prodigy.net](mailto:KathleenKinney@prodigy.net)  
Allergies/food intolerance, stress, IBS diabetes, preventive nutrition counseling, substance abuse recovery nutrition, cholesterol, triglycerides, hypertension, pregnancy, CHF, weight control, weight gain, sports nutrition education. Open to the public. \$60 per session with a minimum of 2 sessions (initial/ follow-up). Sessions are located in client's homes.

Melissa Knudson, RD  
31100 Telegraph Ste. 110 (248) 647-1706  
Bingham Farms, MI 48025 Fax (248) 646-3182  
[MKnudsonrd@comcast.net](mailto:MKnudsonrd@comcast.net)

Eating disorders, preventive nutrition counseling, sports nutrition, weight management

Nafisa Latif, RD  
1130 W. South Blvd. (248) 852-0024  
Rochester Hills, MI 48309

Cardiovascular nutrition, Diabetes nutrition, prenatal nutrition, weight management

Gail Posner RD, MS  
Healthy Ways Nutrition Counseling  
6960 Orchard Lake Rd, Suite 310  
West Bloomfield, MI 48322 (248) 855-4558  
Fax (248) 855-0099

[GFPosner@aol.com](mailto:GFPosner@aol.com)  
Cardiovascular nutrition, diabetes nutrition, preventive nutrition counseling, weight management. 1st visit \$160/ 80 minutes. 2nd visit \$80/ 40 minutes. Additional sessions \$40/ 20 minutes. Morning sessions 8am-3pm, evening sessions 5pm-8pm. Sessions based on individual scheduling. Sessions are located at the clinic.

Bethany Thayer MS, RD  
[BethanyRD@comcast.net](mailto:BethanyRD@comcast.net) (248) 224-1113  
Presentations, resource/ consultant on projects.

Dorothy Vaughn MS, RD  
2929 Linwood (248) 288-4346  
Royal Oak, MI 48073 Fax (248) 288-4346  
[TDV31@aol.com](mailto:TDV31@aol.com)  
Celiac disease

Muriel Wagner Ph.D., MS, RD, FADA  
4000 Town Center, Ste. 8 (248) 350-1190  
Southfield, MI 48075 Fax (248) 223-5657  
Allergies/Food intolerance's, cardiovascular nutrition, sports nutrition, preventive nutrition counseling. \$95/ 1 hour sessions. No insurance coverage. Sessions scheduled 1-6 pm Monday – Friday. Sessions located at the clinic

Darlene Zimmerman MS, RD  
Eat Right for Life Wellness Seminars  
P.O. Box 5319 (248) 347-4285  
Northville, MI 48167  
[Eatrightforlife@ameritech.net](mailto:Eatrightforlife@ameritech.net)  
ADA National Referral Service:  
(800) 877-1600 ext. 5000  
8:00 – 5:00 Central Time

# Feeding Training Resources

## BEAUMONT HEALTH CENTER

4949 Coolidge Highway (248) 655-5695  
Royal Oak, MI 48073  
(Monday – Friday)  
Criteria for Referral:  
Physician referral, Some type of medical insurance  
Charge:  
Medicaid accepted  
Ages Served and Services Provided:  
Ages: usually from birth – 14 years, outpatient services, transition from tube to oral feeding, other issues addressed include swallowing, chewing, texture, oral sensitivity, reflux

## CHILDREN'S HOSPITAL PEDIATRIC NEUROLOGY DEPARTMENT

3901 Beaubien (313) 745-5788  
Detroit, MI 48201 Fax (313) 745-0955  
Contact: Rebecca Mitchell, RD  
Criteria for Referral:  
Physician referral  
Charge:  
Medicaid accepted, Outpatient evaluation costs per session: Payment varies w/insurance  
Ages Served and Services Provided:  
Ages: up to 16 years, Outpatient and inpatient services, basic feeding problems, including those related to oral sensitivity, texture, chewing and reflux. Dysphasia team includes O. T. R, S. L. P. and RD, Transition from tube to oral feeding.

## CHILDREN'S HOSPITAL OF MICHIGAN MACOMB REHABILITATION CENTER

28755 Schoenherr (586) 558-1072  
Suite 100  
Warren, MI 48093  
Contact Francesca Wagner, O.T.R.  
Criteria for Referral:  
Physician referral (prescription)  
Charge:  
Medicaid accepted, Charge is associated with the diagnosis  
Ages Served and Services Provided:  
Ages: birth – 17 years, Address feeding problems associated with prematurity and developmental disabilities.

## DETROIT INSTITUTE FOR CHILDREN

5447 Woodward (313) 832-1100  
Detroit, MI 48202  
Criteria for Referral:  
Self referral, physician referral  
Charge:  
Medicaid accepted, HMO  
Ages Served and Services Provided:  
Ages: Up to 18, Address feeding problems that include or relate to: swallowing, chewing, texture, oral sensitivity, reflux, re-feeding training after prolonged tube feeding. Team Approach: O.T.R., S.L.P., caregiver.

## MOTT CHILDREN'S HOSPITAL U OF M MEDICAL CENTER

1500 E. Medical Center Dr (734) 763-2554  
Ann Arbor, MI 48109  
Contacts: Beverly Boyd-Wolfe  
Dale VanDeinse, MS, C.C.C.-S.L.P.  
Criteria for Referral:  
Physician referral  
Charge:  
Medicaid accepted, No sliding scale,  
Outpatient: \$55 per 15 minutes  
Ages Served and Services Provided:  
Ages: Up to young adulthood, outpatient and inpatient services, feeding and swallowing program that addresses most feeding problems. Team approach made up of O.T.R, S.L.P., RD, psychologist.

## ST. JOSEPH MERCY OUTPATIENT SERVICES

2721 University Drive (248) 377-3648  
Auburn Hills, MI  
Criteria for Referral:  
Physician referral  
Charge:  
Medicaid accepted, Cost varies  
Ages Served and Services Provided:  
Ages: No age limits. Outpatient and inpatient services. Addresses problems relating to swallowing, chewing, texture, oral sensitivity, reflux, modified barium swallow, training program for parents re: reflux, re-feeding training after prolonged tube feeding.

## ST. JOHN HOSPITAL AND MEDICAL CENTER

22101 Moross Road (313) 343-3481  
Detroit, MI 48236-2172  
Criteria for Referral:  
Physician referral  
Charge:  
Medicaid accepted  
Ages Served and Services Provided:  
Ages: birth – 18 yrs Failure to Thrive or Poor Weight Gain Poor Appetite followed by Poor Growth, Prematurity, Sensory Motor Impairments, Gastroesophageal Reflux, Developmental Delays, Neuromuscular Disorders, Transitioning from Normal to Oral Feedings

# Food – Emergency And Other Programs

## COMMUNITY SHARING

1500 S. Milford Rd (248) 889-0347  
Highland, MI 48357  
Supplies: Food, Cleaning Supplies,  
Seasonal Clothing, K-12 Tutoring, Cash  
Assistance

## LIGHTHOUSE CLARKSTON

6330 Sashabaw (248) 620-6116  
Clarkston, MI 48346 Fax (248) 620-6337  
SERVICE OFFERED:  
Food, housing, personal items.  
HOURS: M-F 10:00-3:30

## SALVATION ARMY, SOUTHFIELD

27500 Shiawassee (248) 477-1153  
Farmington Hills, MI 48336  
SERVICES OFFERED:  
Emergency assistance for Southfield  
residents: Food, utilities, rent, and  
medication. Food certificates. (When  
available) Holiday Programs, Family Camp,  
Blind & Visually Impaired (VIP) Camp and  
Referrals.  
HOURS:  
Monday – Friday 8:30 – 4:30 p.m. BY  
APPOINTMENT  
CONTACT:  
Pat Tatum Audrey Hendricks, Caseworker

## COMMUNITY SERVICE OF OAKLAND

345 East Nine Mile Road (248) 542-5860  
Ferndale, MI 48220  
M-F 9-12; 1-5

## COMMUNITY FOOD DEPOT #5

1562 East Evelyn (248) 547-2816  
Hazel Park, MI 48030  
Irene Pawlak- manager  
SERVICE OFFERED:  
Emergency Food  
NEED:  
Picture ID  
Referral from agency or church  
Proof of income or lack of income  
Each person over 18 years old needs a  
referral.  
Spouses and children can be on the same  
referral.  
HOURS: 10:00 a.m. – 1:45 p.m. M,TH,F

## FISH OF OXFORD/ORION

Lake Orion, MI 48361 (248) 693-0638  
P.O. Box 732  
SERVICE OFFERED:  
They will supply emergency food for up to 3  
days. Baskets are given at Thanksgiving  
and Christmas. (Some) Provide free  
transportation to doctor's office or hospital,  
and provide furniture and appliances (from  
donations). Gives food, baby clothing,  
money and refers to shelter locations in  
emergency situations. Appointment  
necessary for the food closet, minor repairs,  
emergency medicine, emergency fuel and  
rent, gas and electric bill paid with shutoff  
notice.  
ELIGIBILITY:  
Resident of Lake Orion or Oxford  
Referral service – supply food on  
emergency.  
clothing centers. No transportation.  
ELIGIBILITY:  
No eligibility requirement. Services based  
on need.  
(24 hours a day)

## FISH OF PONTIAC

(248) 334-5555

## GLEANERS COMMUNITY FOOD

### BANK OF OAKLAND COUNTY

120 East Columbia (866) 453-2637  
P.O. Box 431385 Fax (248) 332-7135  
Pontiac, MI 48343  
SERVICE OFFERED:  
Services agencies only (emergency food  
providers, shelters, etc.). Supply food  
pantries.  
[www.gcfb.org/](http://www.gcfb.org/)  
Executive Director: Agostinho Fernandez  
HOURS:  
Monday – Friday  
8:30 a.m. – 4:30 p.m.  
Volunteers 9-12 on Saturdays

## GRACE CENTERS OF HOPE

35 East Huron (248) 334-2187  
Pontiac, MI 48342 Fax (248) 334-7939  
SERVICE OFFERED:  
Emergency housing, shelter, food, clothing,  
limited biblical counseling – 7 days/week.  
For men, women & children. (First come,  
first serve.)  
ELIGIBILITY:  
Men – Register between 4:30-5:15 for 7:30  
p.m. meal and shelter.  
Women – Register between 2:00-4:30 p.m.  
for 7:30 p.m. meal.  
Must have ID  
Register by 11:30 for 12:00 lunch meal.  
Register by 7:00 for 7:15 breakfast meal.  
Must be residing in shelter to receive  
breakfast.  
Must go to biblical counseling prior to  
meals.

**EMERGENCY FOOD (ALSO SEE FOCUS HOPE, OLHSA AND WIC)**

**LIGHTHOUSE**

46156 Woodward Avenue (248) 920-6000  
 Pontiac, MI 48342 Fax (248) 335-1031  
 Sarah Ware – Supervisor

Website: lighthouseoakland.com

**SERVICE OFFERED:**

Low-income mothers may receive diapers, baby food, and formula. Supply emergency food-may also give referrals; caregiver program-volunteers provide in-home visits for senior, disabled and medical transportation, and transportation to work; housing information, emergency financial assistance; SAFE (self-sufficiency and family empowerment); group and individual support; utility assistance, children's after school program (nutritionally based); delivers Focus Hope fruits and vegetable to low-income seniors, prescription and I.D. assistance.

**ELIGIBILITY:**

Services North Oakland County

**HOURS:**

M-TH 9:00-4:00 p.m. (lunch 12-1)

F 9:00 – 3:30 p.m. (Lunch 12-1)

**OAKLAND LIVINGSTON**

**HUMAN SERVICE AGENCY**

**(OLHSA)**

TEFAP Emergency Food Program – 4 times a

year (800) 482-9250

196 Oakland Avenue (248) 209-2655

Pontiac, MI 48342

**SALVATION ARMY, PONTIAC**

34 Oakland Avenue (248) 334-2407  
 Pontiac, MI 48342 ext. 18

**SERVICES OFFERED:**

Supply food in emergency situations. May provide clothing, utilities, medication, shelter, referrals in certain situations, crisis intervention and family advocacy.

**ELIGIBILITY:**

Any one in need.

Appointment not necessary for food.

Provide once every 90 days. No appointment necessary for other services, but call first if at all possible.

First come, first serve. Assessed by needs only.

Student psychologist on staff from Oakland University

**HOURS:**

9:00 a.m. – 11:30 a.m. M-F

1:00 p.m. – 3:30 p.m. M-F.

**CONTACT:**

Caseworkers: Dee Preston & Major Noel Mason

**SALVATION ARMY, ROYAL**

**OAK**

3015 N. Main Street (248) 585-5600  
 Royal Oak, MI 48068 Fax (248) 585-6997

**SERVICES OFFER**

Supply canned foods and baby formula when available. Provides utilities for Southeastern Oakland County and in emergency situations. Please make an appointment for utilities. appointment necessary for food. Will give referrals for shelter. Will provide minimum one bag of groceries. Will provide more if needed.

**CONTACT:**

Renee Wojciechowski, Director of Social Services

**HOURS:**

Monday – Friday

9:00 -11:30 and 1:00 - 3:30.

**TROY PEOPLE CONCERNED**

**(TROY AREA ONLY)**

930 John R (248) 589-9199  
 Suite 2123

Troy, MI 48083

**SERVICE OFFERED:**

Emergency food from food pantryTroy residents

**HOURS:**

M-F 9:00 a.m. – 1:00 p.m.

May-August 9:00-12:00 p.m.

**OTHER SERVICES:**

Information and referrals, transportation for seniors to medical dental appointments, holiday baskets, clothing closet, limited financial assistance.

**OPEN DOOR AT UNION LAKE**

7170 Cooley Lake Rd. (248) 360-2930

Waterford, MI 48327

T, W, Th, F 10-4 p.m.

**SERVICE OFFERED:9**

Emergency food, clothes, car & home repair. Residents of Waterford, White Lake, Commerce, West Bloomfield, parts of Milford and Wixom and from referrals.

**WATERFORD EMERGENCY**

**FOOD CLOSET**

3621 Pontiac Lake Rd (248) 682-9450

Waterford, MI 48328

(Waterford Senior Citizens Center)

**SERVICE OFFERED:**

Counseling and Outreach Program

**ELIGIBILITY:**

Age 55 and up and/or retired

Call Marilyn for more information.

**HOURS:**

Monday – Friday 8:30 a.m. – 4:00 p.m.

**OTHER SERVICES:**

Orthopedic loan closet, adult day care, noon lunches (congregate meals), health education classes (call first for schedules), home delivered meals, exercise programs, nutrition programs, blood glucose testing, weekly health screenings (blood pressure, pulse & weight), Medicare/Medicaid counseling, Widow/Widowers support group, Caregivers/Alzheimer's support group, emergency food supply.

**SOUP KITCHENS IN OAKLAND COUNTY**

**BALDWIN CENTER INC.**

212 Baldwin  
PO Box 427420700 (248) 332-6101  
Pontiac, MI 48342  
Kara Rainer  
M-F Breakfast at 7:00 AM  
Lunch: 1 meal/day; Monday, Wednesday,  
Friday, Saturday, (11:00 a.m.-1:00 p.m.)  
Sunday 12:00 p.m. - 1:30 p.m.

**GRACE CENTERS OF HOPE**

35 East Huron (248) 334-2187  
Pontiac, MI 48342  
Doug Leflar  
Provide 3 meals/day, 7 days a week

**SOCIETY OF ST. VINCENT**

**DEPAUL – PONTIAC**  
46408 Woodward Ave. (248) 332-0283  
Pontiac, MI 48342  
Provide 1 meal on Tuesdays and  
Thursdays

**ROBERT MATCHAN CENTER**

46408 Woodward Ave. (248) 647-0767  
Pontiac, MI 48342  
Frank Schmit  
Tues & Thurs 9:00 – 2:00

**FOOD PANTRIES OF OAKLAND COUNTY**

**LIBERTY GENERAL BAPTIST**

3545 Joslyn Rd. (248) 335-7862  
 Auburn Hills, MI 48326  
 Pam Sweeten  
 Tuesday 4:00- 6:00 PM and emergencies

**OUR LADY LA SALLETTE**

2219 Coolidge Hwy. (248) 541-3762  
 Berkley, MI 48072  
 Michael Arquero  
 By appointment only

**YAD EZRA**

2850 W. 11 Mile Rd. (248) 548-3663  
 Berkley, MI 48072  
 Elaine Ryke  
 M, W 10-12; T, TH 6:30-8 p.m.,  
 Sun. 12-2

**LIGHTHOUSE NORTH**

6330 Sashabaw Rd. (248) 620-6116  
 Clarkston, MI 48346  
 Connie Stapleton  
 M-F 10-3:30

**ANDERSONVILLE CHURCH**

10310 Andersonville Rd. (248) 625-5831  
 Davisburg, MI 48350  
 Ken Simmons  
 Wed 8-12 p.m.

**ST. ALEXANDER**

27835 Shiawassee (248) 474-5748  
 Farmington Hills MI 48336 Fax (248) 427-0883  
 Eileen Haesner  
 T, W, F 9:30 – 10:30

**SALVATION ARMY**

**FARMINGTON**  
 27500 Shiawassee (248) 477-1153  
 Farmington Hills, MI 48336  
 Audrey Hendricks  
 M-F by appt.

**MERCY SERVICES FOR AGING**

**SENIORS**  
 28650 11 Mile Rd. Ste. 221 (248) 473-1812  
 Farmington, MI 48336  
 Helen Siudara  
 M-F 8:30-4:30 p.m.

**COMMUNITY SERVICES OF OAKLAND**

345 E. Nine Mile (248) 542-5860  
 Ferndale, MI 48220  
 Susan Erich  
 M-F, 12-1 p.m., prefer by appt.

**FIRST BAPTIST OF FERNDALE**

1841 Pinecrest (248) 545-4664  
 Ferndale, MI 48220  
 Marlene Shewfelt  
 M-F by appt.  
 Denise Godin  
 M, W 2-5, and by appt.

**FIRST BAPTIST HOLLY**

15030 N. Holly Rd. (248) 634-8772  
 Holly, MI 48442  
 Kim Lacey  
 M-F, 9-2

**ST. RITA**

309 E. Maple (248) 634-4841  
 Holly, MI 48442  
 Barbara Renush  
 T 9-12

**FAITH TEMPLE CHURCH OF GOD**

1529 E. Twelve Mile (248) 547-3555  
 Madison Heights, MI 48071  
 Doris Schermerhorn W, 6:30-8 p.m.

**TEN MILE FREE WILL**

**BAPTIST CHURCH**  
 74 W. Ten Mile Rd. (248) 541-5152  
 Madison Heights, MI 48071  
 Pastor Steven Thrasher  
 By Appt.  
 June Quillen  
 2nd and last Tue. 10:00- 1:00

**COMMUNITY SHARING**

1500 S. Milford Rd. (248) 889-0347  
 Highland, MI 48357  
 Karen Manan  
 10 a.m.-1 p.m. every Tuesday and every  
 2<sup>nd</sup> and 4<sup>th</sup> Saturday  
 6:30 p.m. to 8:00 p.m. every 1<sup>st</sup> and 3<sup>rd</sup>  
 Tuesday

**OUR DAILY BREAD**

1360 Hickory Ridge Trail (248) 685-3520  
 Milford, MI 48380 Fax(248) 685-0704  
 Rich LaBelle  
 M, W, TH 9-1

**NORTHVILLE CIVIC CONCERN**

215 W. Cady  
 Northville, MI 48167  
 Marleen Konz  
 2nd & 4th Friday 10:30 – 1:30

**ST. ANNE CHURCH**

825 Ortonville Rd. (248) 627-3965  
 Ortonville, MI 48462 Fax (248) 627-5153  
 Judy Henly  
 T, F 10-12 p.m.

**TRIBUTE TO THE LORD**

Jan Knox (248) 628-5221  
 M-F 8-5, by appt. only, emergencies  
 anytime

**BALDWIN CENTER**

212 Baldwin (248) 332-6101  
 Pontiac, MI 48342  
 Sylvia Wheeling  
 M-F 7 a.m., M, W, F, Sat, Sun. 11 a.m.-1  
 p.m.

**EASTSIDE CHURCH OF CHRIST**

149 Martin Luther King 335-933  
 Pontiac, MI 48342 Fax (248) 335-9072  
 Shannon Collins  
 3rd Saturday 9-12 p.m.

**FOOD PANTRIES OF OAKLAND COUNTY.**

**FIRST UNITED METHODIST CHURCH**

14 Judson (248) 334-3856  
Pontiac, MI 48342  
Thomas Taylor  
3rd Saturday, 11-2

**LIGHTHOUSE**

46156 Woodward (248) 920-6100  
Pontiac, MI 48341 Fax (248) 335-1031  
Crystal Durant  
M-TH 9-12 and 1-4, F 9-12 and 1-3:30

**MOUNT HOPE LUTHERAN**

517 W. Walton (248) 335-9881  
Pontiac, MI 48340  
Norman Kinnison  
2nd & 4th Saturday  
8 – 10 a.m.

**NEW BETHEL**

175 Branch St. (248) 334-3253  
Pontiac, MI 48341  
Clem Winfield  
2nd Wednesday 9-12

**NEW GREATERWAY**

511 S. Sanford (248) 335-4656  
Pontiac, MI 48341  
Earl Crump  
Mon. & Tues.- call for an appt. 11:00-12:00

**NEW LIFE CHRISTIAN OUTREACH**

53 North Oakland Ave. (248) 334-1552  
Pontiac, MI 48342  
Kenneth Hutchons  
T 12-2

**NEW SPRINGFIELD M.B. CHURCH**

124 Prospect (248) 332-8242  
Pontiac, MI 48341  
Mary Sanders  
2nd Saturday 9-12 noon, and emergencies

**NEWMAN AME**

233 Bagley St. (248) 332-2800  
Pontiac, MI 48341  
Valeria Bates  
M-F 9:00- 5:00, call for an appt.

**OPEN ARMS FOR SENIORS**

451 W. Kennett (248) 334-3280  
Pontiac, MI 48340  
Carole Myre  
1st & 3rd Mon 9-3 p.m.

**GRACE CENTERS OF HOPE**

35 E. Huron (248) 334-2187  
Pontiac, MI 48342  
Rebecca Rogers  
Sun-Sat., 24 hrs

**SALVATION ARMY PONTIAC**

34 Oakland Ave. (248) 334-2407  
Pontiac, MI 48342 ext. 14  
Shirley Turner  
M-F 9-11:30, 1- 3

**PROVIDENCE MISSIONARY**

299 Bagly (248) 334-3262  
Pontiac, MI 48341  
Rebecca Johnson  
12-3 p.m. 3rd Monday

**R.A.T.A.**

1334 University (248) 627-9337  
Pontiac, MI 48342  
Robin Devereaux  
Wed. 12-2 p.m., Sun. 12-1:30, by appt.

**ROBERT MATCHAN CENTER**

46408 Woodward Ave. (248) 332-0283  
Pontiac, MI 48342  
Frank Schmit  
T and TH 8:30- 2:00.

**ST. MICHAEL'S**

120 Lewis St. (248) 332-9167  
Pontiac, MI 48342 Fax (248) 332-3901  
Deanna Cauley M-F 8-4:30

**GOD'S HELPING HANDS**

2240 Star Court (248) 852-7400  
Rochester Hills, MI 48309 Fax (248) 852-0270  
Lisa Cain  
T-W 10-2, TH 4-8, 3rd Sat 2-6  
Wed. & Thurs. summer only

**OLDER PERSONS COMMISSION**

312 Woodward (248) 656-1403  
Rochester MI 48307  
Mary Miller  
M-F 8-4 p.m., S-Sun 8-12 noon

**ROCHESTER AREA NEIGHBORHOOD HOUSE, INC.**

1234 Inglewood (248) 651-5836  
Rochester, MI 48308  
Susan Vidican  
M-F 8:30-3:30 p.m.

**OPEN HANDS**

26998 Woodward (248) 546-1255  
Royal Oak, MI 48067 Fax (248) 546-5878  
Tom Jones  
M 1-4, Sat. 9:30 – 12:30

**ST. DENNIS**

2200 E. 12 Mile Rd. (248) 544-2181  
Royal Oak, MI 48067  
Jim McBride  
By Appointment

**SALVATION ARMY ROYAL OAK**

3015 N. Main (248) 585-5600  
P.O. Box 1 Fax (248) 585-6997  
Royal Oak, MI 48068  
Renee Wojciechowski  
Katherine Bailey  
M-F 9:00 –11:30, 1:00-3:30.

**FOOD PANTRIES OF OAKLAND COUNTY**

**FAMILY LIFE COMMUNITY CHURCH**

62345 W. 8 Mile Rd. (248) 437-1472  
 South Lyon, MI 48178  
 Kelly Jarrell  
 W-TH 9-1

**ST. IVES**

29350 Lahser Rd. (248) 353-3410  
 Southfield, MI 48034  
 Ron Rohlman  
 M-TH 10-4, F 10-2, call in advance

**ST. MICHAEL'S FRIARY**

25225 Code Rd. (248) 356-6350  
 Southfield, MI 48034  
 Luke Simon  
 9:30 – 12:30 M,W,F

**WORD OF FAITH**

20000 W. 9 Mile Rd. (248) 353-3476  
 Southfield, MI 48075  
 Joyce Burton  
 M-F 9-4

**ZION CHRISTIAN CHURCH**

3668 Livernois (248) 524-2400  
 Troy, MI 48085  
 Denise Laethem  
 M-F 8-12, 1-4:30

**UNITED WE SERVE**

**HOSPITALITY HOUSE**  
 1600 W. Maple, Suite C (248) 960-9975  
 PO Box 284  
 Walled Lake, MI 48390  
 Pam Janson  
 M 5-8 p.m., TH 10-2 p.m., Sat. 11-2 p.m.

**FAITH BAPTIST CHURCH**

3411 Airport Rd. (248) 623-7330  
 Waterford, MI 48329  
 Pastor Bob Harding Jr.  
 Sat. 9-10 a.m.

**LAKECREST BAPTIST**

35 Airport Rd. (248) 681-3214  
 Waterford, MI 48327 Fax (248) 681-8672  
 John Day  
 M-F 8-5

**OPEN DOOR**

7170 Cooley Lake Rd. (248) 360-2930  
 Waterford, MI 48327  
 Stephanie Sommer  
 T-F 10-4

**WATERFORD SENIOR CENTER**

6455 Harper (248) 682-9450  
 Waterford, MI 48329 Fax (248) 623-3073  
 Marilyn Hanger  
 M-F 8:30 – 4:00 p.m.

**OXBOW LAKE BAPTIST**

1070 Elizabeth Lake Rd. (248) 698-3040  
 White Lake, MI 48386  
 Don Coolson  
 By appt.

**FOOD CO-OPS**

**LAUREL LEVINE**

Avon Hills BC (248) 852-1734  
 Auburn Hills, MI 48326-3615

**MICHAELENE HEARN**

Michaelene's Inc (manufacturer)  
 7415 Deer Forest Ct. (248) 625-0156  
 Clarkston, MI 48348-2734

**SURPLUS FOOD PROGRAMS**

**OLHSA**

Oakland Livingston Human Service Agency. – a  
 Community Action Agency (CAA)

Services Offered:

Advocacy, chore service, commodity foods,  
 employment, referral, energy assistance  
 program during the winter, housing & energy  
 weatherize, senior citizens, transportation,  
 education services. Housing information for all  
 age groups.

Eligibility:

Oakland and Livingston County Residence,  
 Senior Citizens, Handicapped, Low income

Contact:

Oakland County (248) 209-2600  
 196 Cesar E. Chavez Avenue  
 P. O. Box 430598  
 Pontiac, MI 48343-0598

**SUPPLEMENTAL FOOD PROGRAMS**

**FOCUS: HOPE**

Supply a supplemental food package.

**ELIGIBILITY:**

Provides free monthly food to children less than six years of age and mother while they are pregnant and for one year after giving birth. Your family income must meet Federal guidelines, based on unemployment, low wage earnings, or eligibility for public assistance programs like low wage earnings, or eligibility for public assistance programs like AFDC, Medicaid or Food Stamps. You must live in Wayne, Oakland or Macomb counties. You do not have to be unemployed or receiving public assistance to qualify for this program. \*Also supply a senior citizen package – see attached sheet.

**FIVE FOCUS: HOPE CENTERS:**

Food Center Open Monday through Friday during the following times (except holidays):

**EAST** – 9151 Chalmers (near Harper); 10:00-6:00 p.m.

**WEST** – 1300 Oakman Boulevard (at 14th St); 10:00-6:00 p.m.

**SOUTH** – 6353 W. Vernor (at Livernois); 10:00 – 6:00 p.m.

**Inkster** – 759 Inkster Rd. (at N. Michigan Ave.); 10:00 – 6:00 p.m.

Satellite Centers are available for Wayne, Oakland, Macomb and Washtenaw Counties.

On your first visit to Focus: HOPE be sure to bring something that indicates dates of birth of your children and a picture I.D., or two other documents with your current address, and proof of income or Medicaid card.

Free home delivery of food packages provided for eligible seniors who are homebound, without a car or unable to get a ride – call (313) 365-5440 at least two weeks before the end of the month.

Phone: (313) 494-4600 (Detroit & Wayne County) – Main Office No. for all sites.

COMPARISON OF SUPPLEMENTAL FEEDING PROGRAMS IN OAKLAND COUNTY

**WIC (WOMEN, INFANTS & CHILDREN)  
SUPPLEMENTAL FOOD PROGRAM**

Who Is Eligible:  
 Low income (185% of poverty)  
 Age:  
 Pregnant women, breastfeeding or up to 1 year postpartum, and children to age 5 with a medical or nutritional risk.  
 Pregnant women need:  
 Verification from doctor with due date.  
 All women need:  
 If on ADC – Medicaid card  
 No ADC – three recent pay stubs, Social Security Number, Picture I.D.  
 Priority Clients:  
 Pregnant women, high-risk infants with medical-nutritional risks, live in Oakland County  
 Services:  
**Health** – Height, weight, blood check, blood pressure; referrals to other health or social services, if desired.  
**Nutrition** – Nutrition education, nutrition handouts, nutrition counseling available from college-trained dietitians/nutritionists.  
 Food Supplement:  
 Grocery store coupons (3-month pickup)  
 Service Sites For Coupon Pickup Or Food Pickup  
 3 in Oakland County  
 (Pontiac, Southfield, Walled Lake)  
 Clients seen by appointment only

Pontiac  
 Oakland Pointe (248) 858-1272  
 250 Elizabeth Lake Road  
 Suite 1520 (888) 350-0900 Ext. 8-1272  
 Pontiac, MI 48341  
 HOURS: 8:30 a.m. – 4:00 p.m.  
 Monday through Friday

Southfield  
 Oakland County Health Division (888) 350-0900 Ext. 8-1272  
 Southfield, MI 48076  
 HOURS: 8:30 a.m. – 4:00 p.m.  
 Monday through Friday

Walled Lake  
 Oakland County Health Division (888) 350-0900 Ext. 8-1272  
 1010 E. West Maple  
 Walled Lake, MI 48390  
 HOURS: 8:30 a.m. – 4:00 p.m.  
 Monday through Friday

**FOCUS: HOPE – FOOD PRESCRIPTION PROGRAM**

1300 Oakman Blvd. (313) 494-4600  
 Detroit, MI 48238  
 Who Is Eligible:  
 Low income (185% of poverty)  
 Age:  
 Pregnant women, breastfeeding or 1 year postpartum, and children up to age 6, at nutritional risk, based on low income.  
 Pregnant women need:  
 Verification from doctor with due date.  
 Women need:  
 Child's birth certificate Or  
 If on ADC – Medicaid card  
 No ADC – three recent pay stubs, Social Security Number, picture I.D.  
 Priority Clients:  
 No waiting  
 Services:  
 Referrals to health facilities based on need.  
 Information provided as follows: Nutrition Newsletter, monthly videotape, food demonstrations. Health and nutrition information brochures available. Canned/Packaged food (monthly pickup) Detroit Centers – 10a.m. – 6 p.m.  
 Service Sites For Coupon Pickup Or Food Pickup

Dublin Community Center (248) 698-2394  
 685 Union Lake Road  
 White Lake, MI 48386  
 HOURS: 11:00 a.m. – 1:30 p.m. Second Tuesday of month  
 55 Elizabeth Street  
 Lake Orion, MI 48362  
 Second Wednesdays  
 HOURS: 11 a.m. – 2:00 p.m.

Lighthouse Emergency (248) 920-6100  
 46156 Woodward & Cottage  
 Pontiac, MI 48343  
 HOURS: 9:00 a.m. – 3:30 p.m. Open to Mothers and Seniors  
 Every Wednesday

Grace & Peace (248) 334-3280  
 451 W. Kennett Rd.  
 Pontiac, MI 48343  
 HOURS: 9:00 a.m. -3:00 p.m.  
 Open to Mothers & Seniors  
 1st and 3rd Monday

Holly (Department of Public Works)- Olhsa Office (248) 634-7236  
 201 Elm Street  
 Holly, MI 48442  
 HOURS: 11:00 a.m. – 2:00 p.m.  
 Open to Mothers & Seniors  
 2nd Thursday of each month

# WIC<sup>5.04</sup> Standard Food Package

**DEFINITION:** A standard food package contains fixed amounts and types of food. Standard food packages are available for:

- breastfeeding infants (0-5 months, 6-8 months and 9-11 months)
- non-breastfeeding infants (0-5 months, 6-8 months and 9-11 months)
- children (1 - 3 years, and 4 years)
- pregnant women
- breastfeeding women (deluxe and regular)
- postpartum non-breastfeeding women

TABLE A: Standard Monthly Food Package for Breastfeeding Infants

### 5.04 TABLE A: STANDARD MONTHLY FOOD PACKAGE FOR BREASTFEEDING INFANTS

Code in Breastfeeding-Now Box (field #40)	FOOD	UNIT	Number of Units For Age Group		
			0-5 months	6-8 months	9-11 months
<b>4= Full Time Breastfed Infant Not Receiving Formula from WIC</b>	<b>No Formula</b>		<b>0</b>	<b>0</b>	<b>0</b>
<b>3= ¾ Time to FT Breastfed Infant Receiving Formula</b>	<b>Iron Fortified Formula</b>	<b>14-15 oz. Can powdered</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>2= ½ Time Breastfed Infant</b>	<b>Iron Fortified Formula</b>	<b>14-15 oz. Can powdered</b>	<b>4</b>	<b>4</b>	<b>3</b>
<b>1= One Feeding Per Day to ¼ Time Breastfed Infant</b>	<b>Iron Fortified Formula</b>	<b>14-15 oz. Can powdered</b>	<b>7</b>	<b>7</b>	<b>6</b>
<b>All Infants</b>	<b>Infant Cereal</b>	<b>8 oz. Box</b>	<b>0</b>	<b>2</b>	<b>3</b>
	<b>Infant Juice</b>	<b>3.8 – 4 oz.</b>	<b>0</b>	<b>15</b>	<b>15</b>

<sup>a</sup>The contract brand iron-fortified infant formula will be supplied with an infant standard food package.

**WIC 5.04 TABLE B: STANDARD MONTHLY FOOD PACKAGE  
FOR NON-BREASTFEEDING INFANTS**

NUMBER OF UNITS FOR AGE GROUP			
FOOD	UNIT	0-3 Months	4-12 Months
Iron-Fortified Formula*	13 fl. Oz. Concentrate	31	31
Infant Cereal	8 oz. Box	0	3
Infant Juice	4.0 oz.	0	24

\*Similac with Iron

**5.04 TABLE C: STANDARD MONTHLY FOOD PACKAGE FOR CHILDREN**

NUMBER OF UNITS FOR AGE GROUP		
FOOD	UNIT	1-5 YEAR OLD
Milk	Quarts	24
Cheese	Pounds	0
Juice	46 fl. Oz. Single Strength and/or 12 oz. Concentrate (frozen or pourable)	6 single strength/24 reconstituted
Eggs	Dozen	2-2.5
Cereal	Ounces (oz.)	36
Peanut Butter or Dry Beans or Peas	Ounces (oz.)	16 or 18 oz.

**5.04 TABLE D: STANDARD MONTHLY FOOD PACKAGE FOR PREGNANT AND  
NON-LACTATING POST PARTUM WOMEN**

FOOD	UNIT	NUMBER OF UNIT FOR PARTICIPANT GROUP	
		PREGNANT	POSTPARTUM
Milk	Quarts	28	24
Cheese	Pounds	0	0
Juice	46 fl. Oz. Single Strength and/or 12 oz. Concentrate (frozen or pourable)	6 single strength/ 12 concentrated	4 single strength/ 16 concentrated
Eggs	Dozen	2 - 2.5	2 - 2.5
Cereal	Ounces (oz.)	36	36
Peanut Butter or Dry Beans or Peas	Ounces (oz.)	16 or 18	Not authorized for Status

# WIC

If the breastfeeding woman delivered two or more infants or has more than one infant under one year of age, the CPA shall tailor the woman's food package. (Refer to Policy 5.05 Food Package Tailoring.)

The food items and quantities in the standard food packages listed below are according to whether or not a breastfeeding woman's infant is receiving supplemental formula from WIC.

**Deluxe Package:** For a breastfeeding woman not receiving supplemental formula from WIC for her fulltime breastfed infant.

**Regular Package:** For a breastfeeding woman receiving supplemental formula from WIC for her infant.

## 5.04 Standard Food Package

FINAL

**TABLE E: STANDARD MONTHLY FOOD PACKAGE FOR BREASTFEEDING WOMEN**

FOOD	UNITS	NUMBER OF UNITS FOR PARTICIPANT GROUP	
		Breastfeeding-DELUXE Package (Full-Time Breastfed Infant Not Receiving Formula from WIC) (Breastfeeding Now = 4)	Breastfeeding-Regular Package (Breastfed Infant Receiving Formula from WIC) (Breastfeeding Now = 1, 2 or 3)
Milk	Quarts	28	28
Cheese	Pounds	1	0
Juice	46 fl. oz. Single Strength and/or 11.5-12 fl. oz. Concentrate (frozen or pourable)	7 single strength/ 28 concentrated	6 single strength/ 12 concentrated
Cereal	Ounces	36	36
Eggs	Dozen	2 – 2.5	2 – 2.5
Peanut Butter or Dry Beans/Peas	Ounces	16 or 18	16 or 18
Dry Beans/Peas	Ounces	16	Not Authorized for Status
Tuna	6 oz. Can	4	Not Authorized for Status
Carrots	Pounds fresh or 16-20 oz. Cans sliced	2	Not Authorized for Status

**EMERGENCY FOOD ( SEE ALSO SURPLUS FOOD OR SUPPLEMENTAL FEEDING)**

**WOMEN, INFANT AND CHILDREN SUPPLEMENTAL  
FOOD PROGRAM, OAKLAND CO. HEALTH DIVISION (WIC)**

**SERVICE OFFERED:**

Provides brief health and a nutrition check-up, coupons for healthy foods, nutrition education for low income (185% poverty). Serves pregnant women through six (6) months postpartum or (1) year if breastfeeding, children through age five (5) years with medical-nutritional risk. Offers juices, peanut butter, milk, eggs, cheese, cereal, formulas and cereals.

**PHONE NUMBER: (248) 858-1272**

Ask for extensions from these toll free numbers:

**(888) 350-0900 ext. 8-1272 North Oakland**

**(888) 350-0900 ext. 8-1272 West Oakland**

**(888) 350-0900 ext. 8-1272 South Oakland**

**HOURS:**

Monday – Friday

8:30 a.m. – 5:00 p.m. (by appointment only)

May offer Saturday or evening appointments – call for information.

**WOMEN, INFANT AND CHILDREN SUPPLEMENTAL  
FOOD PROGRAM, OAKLAND , LIVINGSTON HUMAN SERVICE AGENCY**

**SERVICE OFFERED:**

Provides brief health and a nutrition check-up, coupons for healthy foods, nutrition education for low income (185% poverty). Serves pregnant women through six (6) months postpartum or (1) year if breastfeeding, children through age five (5) years with medical-nutritional risk. Offers juices, peanut butter, milk, eggs, cheese, formulas and cereals.

**PHONE NUMBER: (877) 526-2438**

# WHERE TO GO IN OAKLAND COUNTY FOR ACCURATE NUTRITION INFORMATION

## GENERAL NUTRITION

Oakland County MSU Extension Service and Expanded Food and Nutrition Education Program Pontiac (EFNEP) (248) 858-0897  
Home Economists and aids provide food and nutrition education. EFNEP offers nutrition services for low-income families.

Oakland County Health Division  
Pontiac Toll Free (888) 350-0900 Ext. 82583  
Southfield Toll Free (800) 758-9925 Ext. 47056  
Registered Dietitians answer nutrition questions.  
Consumer Nutrition Hotline of the American Dietetic Association.

800-366-1655  
(800) 241-MILK  
United Dairy Council of Michigan  
United Dairy Industries of Michigan  
2163 Jolly Rd (517) 349-8923  
Okemos MI, 48864  
[www.UDIM.org](http://www.UDIM.org)

Nutrition in-service resources and teaching techniques for school teachers, health professionals and consumers.  
Michigan Dietetic Association (248) 374-9375

## SPECIAL DIETS

Oakland County Health Division  
Pontiac Toll Free (888) 350-0900 Ext. 82583  
Southfield Toll Free (800) 758-9925 Ext. 47056  
Registered Dietitians answer diet questions.  
American Diabetes Association serving Michigan (800) DIABETES  
Bingham Farms, MI (248) 433-3830  
Fax (248) 433-1095

Education programs, printed information, camps for children & answers to questions.  
Juvenile Diabetes Research Foundation  
24359 Northwestern Highway Suite 225 (248) 355-1133  
Southfield, MI 48075  
Michele Lynch- Volunteer Coordinator  
Supplies the "Bag of Hope" for children

## FOOD PRESERVATION, PREPARATION, AND SAFETY

Nutrition Consumer Hot Line Pontiac (248) 858-0904  
Oakland County Cooperative Extension Service  
Program that answers food preservation, preparation and safety questions.

## Pediatric Dietitians

### CHILDREN'S HOSPITAL OF MICHIGAN

3901 Beaubien  
Detroit, MI 48201  
Nancy Fassinger, RD  
(313) 745-2034  
Nutrition Education

Diane Trippett, RD, MS  
(313) 745-5623  
Clinical Nutrition Manager

Jennifer Jillian, RD  
(313) 745-0228

Rebecca Mitchell, RD  
(313) 993-7102  
Neurology/Weight Management

Anne Nalett, RD  
(313) 745-5655  
Gastroenterology

Letitia Warren, RD  
(313) 745-5861  
Failure to Thrive/NICU

Kelly Popa, RD  
(313) 966-8898  
ICU/TPN  
Nephrology

Michelle Gwyn  
(313) 745-5793  
Endocrinology  
Diabetes

Christine Bowen  
(313) 745-5513  
Endocrinology/Diabetes

Call CHM general number (below) and ask for the dietitian on-call. She will answer diet questions. (313) 745-5331.

### UNIVERSITY OF MICHIGAN

Anna Maria Schaefer, RD  
Danielle Karsies  
(734) 763-4697  
PKU, Galactesmia, MSUD, Biotinidase Deficiency, MCAD

# SENIOR CENTERS/HOMEBOUND MEALS/SENIOR RESOURCES AND CENTER MANAGERS

**SERVICE KEY:**

A = Congregate Meal  
B = Home Delivered Meal  
C = Information/Referral  
D = Shopping Assistance  
E = Outreach  
F = Socialization/Rec.

G = Telephone Reassurance  
H = Counseling  
I = Transportation  
J = Legal Services  
K = Health Screening  
L = Education Activities  
M = Volunteer Opportunity

N = Home Care Services  
O = Tax Assistance  
P = Home Repair  
Q = Chore Assistance  
R = Loan Closet/Food Bank  
S = Employment  
T = Day Care (Adult)

U = ID Discount  
V = Medicare Assistance  
W = Exercise Program  
X = Friendly Visiting  
Y = Day Trips  
Z = Extended Trips  
AA = Alzheimer's Support Group

**ADDISON SENIOR CENTER**

1440 Rochester Road  
Leonard, MI 48367  
(248) 628-3388  
Fax (248) 628-7651  
Hours of Operation  
9:00 to 2:00  
M-F  
Services Available  
A,B,C,E,F,G,J,K,Y

**BIRMINGHAM AREA SEN.  
COORDINATED. COUNCIL.**

2121 Midvale  
Birmingham, MI 48009  
(248) 203-5270 – Senior Site  
Hours of Operation  
9:00 to 4:00  
M-F  
Services Available  
A,B,C,E,F,G,H,I,K,L,M,Q,R,V,W,Y,Z, vision  
support group

**CLAWSON SENIOR CENTER**

509 Fisher Court  
Clawson, MI 48017  
(248) 583-6700  
Fax (248) 291-0125  
Hours of Operation  
9:00 to 4:00  
M-F  
Services Available  
A, B, C, F, K, M, I, O, Y, Z

**AUBURN HILLS DEPARTMENT  
OF SENIOR SERVICES**

1827 N. Squirrel  
Auburn Hills, MI 48326  
(248) 370-9353  
Fax (248) 370-9357  
Hours of Operation  
8:00 to 10:00  
M-F  
10:00 to 10:00  
Sat.  
Services Available  
A,B,C,D,F,I,J,K,M,O,P,Q,W,Y,Z

**BOWEN SENIOR CENTER**

52 Bagley Street  
Pontiac, MI 48341  
(248) 857-5723  
Fax (248) 758-3242  
Hours of Operation  
9:00 to 9:00  
M-F  
Services Available  
A, B, E, F, I, K, L, M, O, Q, R, S, W, Y, Z

**BERKLEY RECREATION  
DEPARTMENT**

2400 Robina  
Berkley, MI 48072  
(248) 546-2450  
Fax (248) 546-2414  
Hours of Operation  
8:30 to 5:00  
M-F  
Services Available  
C,D,E,F,I,K,L,M,O,W,X,Z

**CARRIAGE CIRCLE SENIOR  
CENTER**

255 Carriage Circle Drive  
Pontiac, MI 48342  
(248) 338-3409  
Hours of Operation  
8:00 to 5:00  
M-F  
Services Available  
C, E, F, L, W, Y

**SENIOR CENTERS/HOMEBOUND MEALS/SENIOR RESOURCES AND CENTER MANAGERS**

**SERVICE KEY:**

A = Congregate Meal  
 B = Home Delivered Meal  
 C = Information/Referral  
 D = Shopping Assistance  
 E = Outreach

F = Socialization/Rec.  
 G = Telephone Reassurance  
 H = Counseling  
 I = Transportation  
 J = Legal Services  
 K = Health Screening  
 L = Education Activities  
 M = Volunteer Opportunity

N = Home Care Services  
 O = Tax Assistance  
 P = Home Repair  
 Q = Chore Assistance  
 R = Loan Closet/Food Bank  
 S = Employment  
 T = Day Care (Adult)  
 U = ID Discount

V = Medicare Assistance  
 W = Exercise Program  
 X = Friendly Visiting  
 Y = Day Trips  
 Z = Extended Trips  
 AA = Alzheimer's Support Group

**FARMINGTON HILLS SENIOR CENTER**

28600 Eleven Mile Road  
 Farmington Hills, MI 48336  
 (248) 473-1830 – Senior Site  
 (248) 473-1825 – Nutrition Site  
 (248) 473-1801 -- Fax  
 Hours of Operation  
 9:30 to 3:30  
 M-F  
 Services Available  
 A, B, C, E, F, G, I, J, L, M, O, Q, W, X, Y, Z  
 (Adult Respite 9:30 – 3:30, support groups, prescription assistance)

**FERNDALE SENIOR CENTER**

1201 Livernois  
 Ferndale, MI 48220  
 (248) 544-6767  
 Hours of Operation  
 8:00 to 4:00  
 M-F  
 Services Available  
 A, B, C, D, F, I, J, K, L, M, O, W, Y, Z

**HAMBURG SENIOR CENTER**

10407 Merrill Road  
 P.O. Box 157  
 Hamburg, MI 48139  
 Center Manager: Jamie James  
 (810) 231-1000 ext. 225  
 FAX (810) 231-3877  
 Hours of Operation  
 9:00-3:00 p.m.  
 M-F  
 Services Available  
 A, B, C, F, K, L, M, O, R, W, Y, Z

**HAZEL PARK SENIOR CENTER**

620 W. Woodward Hts. Blvd.  
 Hazel Park, MI 48030  
 (248) 546-4093  
 Fax (248) 414-5956  
 Hours of Operation  
 8:30 to 5:00  
 M-F  
 Services Available  
 A, B, C, D, F, K, M, I, Y

**HIGHLAND SENIOR CENTER**

209 N. John Street  
 Highland, MI 48357  
 (248) 887-1707 – Senior Site  
 Director: Barbara  
 (248) 887-4694 – Nutrition site  
 (248) 889-9404 – Fax  
 Hours of Operation  
 9:00 to 3:00  
 M-F  
 Services Available  
 A, B, C, E, F, H, I, L, M, Q, Y, Z

**HUNTINGTON WOODS COMMUNITY CENTER**

26325 Scotia  
 Huntington Woods, MI 48070  
 (248) 541-3030  
 (248) 541-7750 – Fax  
 Hours of Operation  
 8:30 – 9 M-TH  
 8:30 – 6 F  
 8:30 – 3:30 Sat.  
 1:00 – 3:00 Sun.  
 Services Available  
 A, B, C, E, F, G, H, I, K, M, O, W, X, Y

**SENIOR CENTERS/HOMEBOUND MEALS/SENIOR RESOURCES AND CENTER MANAGERS**

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 S = Employment  
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U = ID Discount  
 V = Medicare Assistance  
 W = Exercise Program  
 X = Friendly Visiting  
 Y = Day Trips  
 Z = Extended Trips  
 AA = Alzheimer's Support Group

**MILFORD SENIOR CENTER**

1050 Atlantic  
 Milford, MI 48381  
 (248) 685-9008  
 Fax (248) 685-3447  
 Hours of Operation  
 9:00 to 3:00  
 M-F  
 Services Available  
 A, B, C, F, I, J, K, L, M, O, W, Y, Z, hearing testing

**INDEPENDENCE TWP. SENIOR CENTER**

6000 Clarkston Rd  
 Clarkston, MI 48348  
 (248) 625-8231  
 Fax (248) 922-3189  
 Hours of Operation  
 8:00 to 5:00  
 M-F  
 Services Available  
 A, B, C, F, H, I, K, L, M, Q, W, Y, Z

**JEWISH COMMUNITY CENTER**

15110 W 10 Mile Rd  
 Oak Park MI 48237  
 (248) 967-4030  
 Fax (248) 967-0060  
 Hours of Operation  
 9:00 a.m. to 5:00 p.m.  
 M-F  
 Services Available  
 A, C, E, F, I, K, L, M, O, V, W, Y, Z

**LAAMISTAD SENIOR CENTER**

990 Joslyn  
 Pontiac, MI 48340  
 (248) 858-2307  
 Raquel Casillas  
 Hours of Operation  
 9:00 to 5:00  
 M-F  
 Services Available  
 A, C, E, F, H, K, L, M, O, W, Y  
 -emergency food 3 months

**MADISON HEIGHTS SENIOR DROP-IN CENTER**

29448 John R  
 Madison Heights, MI 48071  
 (248) 545-3464  
 Fax (248) 545-5857  
 Hours of Operation  
 8:00 – 4:30 M, W, Th, F  
 Services Available  
 A, B, C, F, I, K, L, M, W, Y, Z

**NORTHVILLE SENIOR CITIZEN CENTER**

303 W. Main Street  
 Northville, MI 48167  
 (248) 349-4140  
 Fax (248) 348-5275  
 Hours of Operation  
 8:00 to 4:30  
 M-F  
 Services Available  
 C, D, E, F, G, H, I, J, K, M, L, N, O, P, Q, R, S, W, Y, Z

**NOVI SENIOR CENTER**

25075 Meadowbrook  
 Novi, MI 48375  
 (248) 347-0414  
 Fax (248) 347-0490  
 Jan McAlpine  
 Hours of Operation  
 8:00 to 4:30  
 M-F  
 Services Available  
 A, B, C, F, G, H, I, J, K, L, M, N, P, Q, R, S, U, W, Y, Z

**SENIOR CENTERS/HOMEBOUND MEALS/SENIOR RESOURCES AND CENTER MANAGERS**

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**OAKLAND PARK TOWER I**

920 John R  
 Troy, MI 48083  
 (248) 588-7611  
 Hours of Operation  
 8:30 to 5:00  
 M-F  
 Services Available  
 A, B, D, E, F, P

**OAKLAND TOWERS II**

930 John R  
 Troy, MI 48083  
 (248) 585-9340  
 Hours of Operation  
 8:30 to 5:00  
 M-F  
 Services Available  
 A, B, C, D, E, F, I, O, P, Y

**OAK PARK COMMUNITY CENTER**

14300 Oak Park Blvd.  
 Oak Park, MI 48237  
 (248) 691-7577  
 Fax (248) 691-2356  
 Hours of Operation  
 8:00 to 5:00  
 M-F  
 Services Available  
 B, C, D, E, F, I, K, P, W, Y, Z

**OLDER PERSON'S COMMISSION**

650 Letica Dr.  
 Rochester, MI 48307  
 (248) 656-1403  
 Fax (248) 656-3153  
 Hours of Operation  
 8:00 to 4:00  
 M-F  
 Services Available  
 A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, Q,  
 R, S, T, U, V, W, X, Y, Z, home delivered  
 meals 7 days/wk

**ORION SR. CENTER**

21 E. Church  
 Lake Orion, MI 48362  
 (248) 693-2066 – Senior Site  
 (248) 693-7709 – Nutrition Site  
 (248) 693-6807 -- Fax  
 Hours of Operation  
 9:00 to 4:00  
 M-F  
 Services Available  
 A, B, C, F, I, K, L, M, O, Q, W, Y, Z,  
 Spanish, Chinese language education

**ORTONVILLE SENIOR CENTER**

345 Ball Street  
 P.O. Box 929  
 Ortonville, MI 48462  
 (248) 627-6447  
 Fax (248) 627-1067  
 Hours of Operation  
 8:00 to 4:00  
 M-F  
 Services Available  
 A, B, C, D, E, F, G, H, I, J, K, L, M, N, R, W,  
 Y, Z, AA

**PEARL WRIGHT SENIOR CENTER**

21131 Garden Lane  
 Ferndale, MI 48220  
 (248) 547-9800 Ext 225  
 Fax (248) 547-0060  
 Selina Johnson – Manager  
 Hours of Operation  
 8:00 to 5:00  
 M-F  
 Services Available  
 B, C, D, E, F, G, H, I, K, L, M, W, X, Y

**SENIOR CENTERS/HOMEBOUND MEALS/SENIOR RESOURCES AND CENTER MANAGERS**

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 Z = Extended Trips  
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**PRESBYTERIAN VILLAGE NORTH**

420 S. Opdyke  
 Pontiac, MI 48341  
 (248) 334-4379  
 Hours of Operation  
 8:30 to 4:30 M-F  
 Services Available  
 B, C, D, I, K, L, M, W

**RICHARDSON SENIOR CENTER**

1485 Oakley Park Rd.  
 Commerce Township, MI 48390  
 (248) 926-0063  
 Director: Emily  
 Hours of Operation  
 8:30 to 4:30  
 M-F  
 Services Available  
 A, B, C, F, I, K, L, M, R, W, Y, Z, diversity  
 Training

**ROYAL OAK SENIOR CENTER**

3500 Marias  
 Royal Oak, MI 48073  
 (248) 246-3900  
 Fax (248) 246-3901  
 Hours of Operation  
 9:00 to 4:30 M-F  
 Services Available  
 A, B, C, D, E, F, I, J, K, L, M, N, O, P, Q, U,  
 W, X, Y, Z, AA

**SOUTH LYON SENIOR ADULT**

Community Center  
 1000 N. Lafayette  
 South Lyon, MI 48178  
 (248) 573-8175  
 Fax (248) 437-1543  
 Hours of Operation  
 9:00 to 3:30  
 M-F  
 Services Available  
 C, F, J, K, L, M, O, Q, W, Y, Z

**SOUTH LYON SENIOR ADULT**

Community Center  
 1000 N. Lafayette  
 South Lyon, MI 48178  
 (248) 573-8175  
 Fax (248) 437-1543  
 Hours of Operation  
 9:00 to 3:30  
 M-F  
 Services Available  
 C, F, J, K, L, M, O, Q, W, Y, Z

**SOUTHFIELD SENIOR ADULT CENTER**

24350 Civic Center Drive  
 Southfield, MI 48033  
 (248) 796-4650  
 Fax (248) 796-4665  
 Hours of Operation  
 7:30 to 4:00  
 M-F  
 Services Available  
 A, B, C, D, E, F, H, I, K, L, M, O, W, Y, Z

**TROY PARKS AND RECREATION**

3179 Livernois  
 Troy, MI 48083  
 (248) 524-3484  
 Hours of Operation  
 8-10:00 p.m. M-F  
 8-4:00 Sat  
 Services Available  
 A, B, C, F, J, K, M, W, Y, Z  
 Walled Lake Senior

**WATERFORD SENIOR CITIZENS**

6455 Harper Street  
 Waterford, MI 48329  
 (248) 674-5441 Parks & Rec.  
 (248) 682-9450 Senior Citizens Center  
 (248) 623-3073 Fax  
 Hours of Operation  
 8:30 to 4:00 M-F  
 Services Available  
 A, B, C, E, F, H, I, K, L, M, O, Q, R, T, V, W,  
 X, Y, Z

**WEST BLOOMFIELD PARKS & RECREATION**

4640 Walnut Lake Rd.  
 West Bloomfield, MI 48323  
 (248) 451-1900  
 Fax (248) 738-2529  
 Hours of Operation  
 8:00 to 4:30 M-F  
 Services Available  
 C, F, I, K, L, M, O, W, Y, Z

**WIXOM SENIOR CITIZEN CENTER**

49045 Pontiac Trail  
 Wixom, MI 48393  
 (248) 624-0870  
 Fax (248) 960-8873  
 Hours of Operation  
 8:30-2:30 p.m.  
 M-F  
 Services Available  
 C, F, L, M, O, V, W, Y, Z

**FOOD SUPPLEMENTS**

**LIGHTHOUSE OF OAKLAND COUNTY, INC.**

46156 Woodward Avenue (248) 920-6100  
 Pontiac, Mi 48342  
 Service/Intake and Administration:  
 M-TH 9-12, 1-4; F 9-12, 1-3:30  
 Food Supplements

Fees: Suggested donation: \$10/case if income less than \$1,000/mo. \$15/case if income is more than \$1,000/mo. Eligibility: Must be age 60 or older and a resident of Highland, Highland Twp, Milford, White Lake, Commerce Twp, Walled Lake, Orchard Lake, West Bloomfield, Birmingham, Pontiac, Lake Angelus, Auburn Hills, Rochester, Rochester Hills, the northern part of Bloomfield Hills and Waterford zip code 48327. Residents of Waterford zip codes 48328 and 48329 should call the Clarkston office at (248) 620-6116. Must have Doctor's prescription for a nutrition supplement and must provide ID and Social Security Card for everyone in household. Description: Provides 1-2 cases (24 - 48 cans) of Vanilla Ensure. Orders are limited to two cases per month and must be picked up. Limited delivery may be available for the homebound. When calling ask for Senior Services.

**LIGHTHOUSE EMERGENCY SERVICES OF CLARKSTON**

6330 Sashabaw (248) 620-6116  
 Clarkston, MI 48346  
 Service/Intake and Administration: M-F 10AM – 3:30PM  
 Food Supplements

Fees: Suggested donation: \$10/Case if income is less than \$1,000/mo.; \$15/Case if income is more than \$1,000/mo. Some townships provide funding to reduce the cost. Call for information. Eligibility: Must be age 60 and older and a resident of Northern Oakland County (North of Waterford, including Waterford zip codes 48328 and 48329). Residents of Waterford zip code 48327 should call the Pontiac office at (248) 920-6100. Must have Doctor's prescription for a nutrition supplement and must provide ID and Social Security Card for everyone in household. Description: Provides 1-2 cases (24-48 cans) of Ensure per month. Orders are limited to two cases per month and must be picked up; no delivery service is available. When calling for information, ask for Senior Services

**FOOD SUPPLEMENTS**

**OLDER PERSON'S COMMISSION**

650 Leticia Dr. Main - (248) 656-1403  
 Rochester MI, 48307 Meals on Wheels – (248) 608-0264  
 Service/Intake: M-F 8-4

Fax (248) 656-3153

**Food Supplements**

Fees: \$1/Can suggested donation over 60 years old. People who cannot afford the suggested donation will not be turned down. Eligibility: Must be age 60 or older and have a Doctor's permission to use supplements. No Limit on weekly purchase, but large quantities require special order. Will deliver to homebound persons who are near Rochester; others must pick-up orders at the senior center. Description: Offers a variety of nutritional supplements. Will do special orders. When calling for information or to place an order, ask for home delivered meals.

**WATERFORD SENIOR CENTER**

3621 Pontiac Lake Rd (248) 682-9450  
 Waterford, MI 48329  
 Service/Intake and Administration: M-F 8:30-4  
 Food Supplements

Fees: Donation encouraged: \$2.50 for hot, cold meal \$1.50 for over 60 years old, under 60, \$3.25. Liquid meal supplements: \$1.50 donation requested for 2 cans. Eligibility: Must be age 60 or older, homebound, and unable to obtain food or prepare a complete meal. A spouse or disabled adult residing with an eligible person may receive an assessment to determine eligibility for a home delivered meal. An unpaid caregiver 60 or older residing with an eligible person may receive an assessment to determine eligibility for a home delivered meal. Description: Provides two types of meals: Regular and Liquid. Meals are delivered Monday-Friday. Liquid meals provide 2 cans per meal and require a Physician's prescription.

**OAKLAND COUNTY COORDINATORS**

**SOUTHFIELD HUMAN SERVICES**

City of Southfield  
 Food Supplement (Ensure, Boost)  
 Brenda McLeod (248) 796-4534

**OAKLAND COUNTY SENIOR NUTRITION PROGRAMS HOME DELIVERED MEALS**

**EMERALD FOODSERVICE**

1980 Greenfield (248) 689-0001  
 Berkley, MI 48072  
 Steve Haveranek  
 8-2:00 M-F (Office)  
**Deliveries:** Mon – Fri 11-1 (Two meals – 1 hot, 1 cold)  
**Age:** 60+ homebound  
**Mandatory:** Needs Assessment  
**Donation:** Requested – minimum of \$2.50/hot and \$1.25 /cold- based on ability to pay.  
**Covers:** Southfield, Berkley, Oak Park, Birmingham, Troy, Royal Oak Township, Oak Park Towers I & II

**CITY OF FARMINGTON HILLS**

28600 11 Mile Road (248) 473-1825  
 Farmington Hills, MI 48336  
 Diane Gaydek  
**Deliveries:** Mon – Friday (noon meal)  
**Age:** 60+  
**Mandatory:** Needs Assessment  
**Donation:** Requested \$2.50/hot \$1/cold  
 Liquid Supplement- Insure/ Insure +. \$12.00 case of 24.  
 Need a Dr.'s Prescription.  
**Covers:** Farmington, Farmington Hills

**INDEPENDENCE TOWNSHIPS SENIOR CENTER**

6000 Clarkston Rd. (248) 625-8238  
 Clarkston, MI 48348  
**Deliveries:** 7 days Noon Meal hot/cold  
**Age:** 60+ or disabled  
**Donation:** Requested \$3.50/meal, 2nd meal cold \$2.00 Over 60 Under 60 \$4.00  
**Covers:** Independence Township, Clarkston

**OLDER PERSONS COMMISSION**

650 Letica Dr. (248) 656-1403  
 Rochester, MI 48307  
**Deliveries:** 7 days a week Noon Meal  
**Age:** 60+  
**Mandatory:** Needs Assessment  
**Donation:** Requested \$3.00 over 60 and \$4.00 under 60  
**Covers:** Rochester, Oakland Twp, Rochester Hills, Oxford, Lake Orion, Addison Twp, Auburn Hills, Brandon, Independence, Clarkston

**RESTORATION TOWERS MANAGEMENT COMPANY (USDA ONLY)**

16651 Lahser (313) 538-0360  
 Detroit, MI 48219  
 Elizabeth  
**Deliveries:** Mon – Fri Noon Meal  
**Age:** 62+  
**Mandatory:** Needs Assessment  
**Donation:** \$88.00/ month  
 Congregate meals & AIDS Patient meal services  
**Covers:** Lakeland Place, Farmington Place, Rochester, Farmington, Clawson Manor-Clawson, Avon Towers, Rochester

**WATERFORD SENIOR CITIZENS CENTER – (MEALS ON WHEELS)**

3621 Pontiac Lake Rd (248) 682-9450 or (248) 623-6503  
 Waterford, MI 48329  
 Judy Wolfe  
**Deliveries:** Mon-Fri Noon Meal  
**Age:** 60+  
**Mandatory:** Needs Assessment  
**Donation:** Requested  
**Eligibility:** Must be homebound  
**Covers:** Waterford Township

**JEWISH FAMILY SERVICES**

Kosher Mobile Meals (USDA Only) (248) 592-2240  
 24123 Greenfield Rd.  
 Southfield, MI 48075  
 Ask for Meals on Wheels  
**Deliveries:** 5 days/week One hot/one cold meal  
 Between 11:00 – 11:30 a.m.  
**Diets:** Strictly kosher meals  
**Fee:** \$55/week  
**Covers:** Oak Park, Southfield, Royal Oak, West Bloomfield

**SOUTHEAST OAKLAND MEALS ON WHEELS**

800-317-0532  
**Covers:** Ferndale, Hazel Park, Hunting Woods, Royal Oak, Lathrup Village, Madison Heights, Pleasant Ridge  
 • Congregate and Home Delivered Meals

# WEIGHT CONTROL PROGRAMS

## ACCEPTABLE WEIGHT REDUCTION PROGRAMS

### TOPS CLUB, INC. (TAKE OFF POUNDS SENSIBLY)

Diane Lucus, Coordinator for Oakland County

(248) 548-1408  
(800)-932-8677

Over 35 chapters in Oakland County. Uses exchange system. Recommended that you work with a doctor: individual and group support, retreats, international competition, 1 ½ hour group session once weekly. Dues \$24/year. Chapter may have own dues of \$5/month.

### HEALTHY LIFE WEIGH

American Institute for Preventive Medicine (248) 539-1800  
30445 Northwestern Highway, Suite 350  
Farmington Hills, MI 48334

HealthLife® Weigh Self-Help Kits offered. 1 Kit = \$59.00. Kit includes menu recipes, record book, workbook, dyna band and exercise guide.

### WEIGHT WATCHERS INTERNATIONAL

Corporate Office (800) 651-6000  
28555 Orchard Lake Road  
Farmington Hills, MI 48333-9072

Hundreds of locations in Oakland County. Uses diet, behavior modification, group support, exercise and maintenance, 30-45 minute group sessions once weekly. Male and female, all teens, all male groups, an at work program, and inner circle program (smaller group meetings – limit 12 people). Call customer service to get fees for our area.

## WEIGHT CONTROL PROGRAMS FOR CHILDREN

### WEIGHT WATCHERS

[www.weightwatcher.com](http://www.weightwatcher.com)

Preteens and teens – Available at the following locations:

Locations now vary depending on participants

NO children under 10 years old. 10-16 year olds need a doctor's note. Group sessions are lead by a weight watchers leader. Insurance is not accepted. Hours of operation vary by location. Program focus is weight loss.

For more information call: (800) 651-6000

### CHILDREN'S HOSPITAL

OAKLAND CENTER (12-14 yrs)

2707 Lahser Road, Suite 201

Southfield, MI 48034

General

Diane Trippett

Outpatient Dietitian

(313) 745-5437

(313) 745-5623

(313) 745-6988

### HEALTHY KIDS 12 WEEK EDUCATION PROGRAM

WEIGHT CONTROL CENTER

WILLIAM BEAUMONT HEALTH CENTER

4949 Coolidge

Royal Oak, MI 48073

(248) 655-5900

12-week program for individual children (age 3-18) includes 4 sessions with a psychologist, 4 with a dietitian, 4 with an exercise physiologist.

No referral from pediatrician.

COST: \$500.00

Not covered by any insurance, no sliding scale. Pay up front.

Offered Monday –Thursday 8 a.m. –8 p.m.;

Friday, Saturday 9 a.m. –12 p.m.

### SHAPEDOWN (ADOLESCENTS) SOLUTIONS (ADULTS)

BOTSFORD CENTER FOR HEALTH IMPROVEMENT

39750 Grand River

Novi, MI 48375

Adolescent program with positive evaluation data, uses a multidisciplinary approach {psychologist, registered dietitian, exercise Physiologist} and parents to achieve change in family environment and dynamics of eating activity.

7:00 p.m. weekdays only.

COST: \$300.00 for 10 weeks