

Health Resources

Aging Resources

AARP Volunteering www.aarp.org/about_aarp/community_service
Administration on Aging www.aoa.gov
Aging Network Services www.agingnetworks.com
Alliance of Info & Referral Systems <http://airs.org>
Alzheimers Assn <http://alz.org>
American Assn of Homes & Services for the Aging <http://aahsa.org>
American Dietetic Assn - www.eatright.org
American Health Assistance Foundation - <http://ahaf.org>
American Society on Aging - <http://asaging.org>
America's Health Insurance Plans www.ahip.org
Arthritis Foundation - <http://www.arthritis.org>
Assisted Living Federation of America - www.alfa.org
Benefits Checkup - <http://benefitscheckup.org>
Camp Cheerio Senior Adult Camp - www.campcheerio.org/sac/index.php
Care Guide - <http://careguide.com>
Center for Intergenerational Learning - <http://templecil.org>
Centers for Medicare & Medicaid Services - <http://cms.hhs.gov>
Community Info & Referral - <http://cir.org>
Consumer Consortium on Assisted Living - <http://ccal.org>
Data Warehouse on Trends in Health & Aging - <http://cdc.gov/nchs/agingact.htm>
Dept of Energy Weatherization Assistance - <http://apps1.eere.energy.gov/weatherization>
Elder Care Solutions - <http://eldercaresolutions.com>
Elderhostel - <http://elderhostel.org>
Federal Govt Resources for Seniors - <http://firstgov.gov/topics/seniors.shtml>
Federal Interagency Forum on Aging-Related Stats - <http://agingstats.gov>
Geriatric Mental Health Foundation - <http://gmhfonline.org>
GRCC Older Learner Center - <http://www.grcc.edu/ShowPage.cfm?PageID=5331>
Grief Support - <http://griefnet.org>
Meals on Wheels - <http://www.mowaa.org>
Mental Health America - <http://nmha.org>
Mental Help - <http://www.mentalhelp.net>
Natl & Community Service - <http://nationalservice.org>
Natl Adult Day Services Assn - <http://nadsa.org>
Natl Asian Pacific Center on Aging - <http://napca.org>
Natl Assn for Home Care & Hospice - <http://nahc.org>
Natl Center on Caregiving - <http://caregiver.org>
Natl Committee for the Prevention of Elder Abuse - <http://preventelderabuse.org>
Natl Institute Senior Centers - <http://ncoa.org>
Natl Older Worker Career Center - <http://nowcc.org>
Natl Recreation & Parks Assn - <http://www.nrpa.org>
Natl Senior Citizens Law Center - <http://nsclc.org>
Natl Senior Games Assn - <http://nsga.com>
Nursing Home Compare - <http://www.medicare.gov/NHCompare>

Aging Resources cont.

Partners in Care - <http://partnersincare.org>
Pension Rights Center - <http://pensionrights.org>
Psych Central - <http://psychcentral.com>
Retired Brains - <http://www.retiredbrains.com>
Senior Corps - <http://seniorcorps.gov>
Senior Job Bank - <http://seniorjobbank.com>
Senior Law Center - <http://seniorlawcenter.org>
Senior Link - <http://seniorlink.com>
Senior Net - <http://www.seniornet.org>
Senior Programs - <http://seniorprograms.com>
Setting Priorities for Retirement Years - <http://spry.org>
Shepherds Centers of American - <http://www.shepherdcenters.org>
Too Young to Retire - <http://2young2retire.com>
Visiting Nurses of West Michigan - <http://www.vnawm.org>
Volunteers of America - <http://voa.org>
Women Work! - <http://womenwork.org>

Anger

Carter & Minirth: *The Anger Workbook* (Minirth Meier New Life Clinic Series).

Whether your anger is from tension at work, frustration at home, or just life in general, this workbook will help you modify the anger that keeps you from inner peace and contentment. Carter and Minirth, esteemed Christian counselors, walk you through a 13-step program of interactive exercises that will help you identify learned patterns of relating, thinking, and behaving that influence your anger.

BHBC Community Health Resources

Health Ministry: Carol Gates - (616) 866-9597 ext 56 - churchnurse@charter.net

Diet & Nutrition: Vonnie Dykstra- (616) 874-9508 - ydykstra@hotmail.com

Cycling: Denise Turner - (616) 690-1391 - wellsden1984@comcast.net

Swimming:

Tom Halmi - (616) 866-8863

Susan Berce (Dutri Women's Triathlon Group) - (616) 706-6805 - runsuzrun@gmail.com

Running:

Robin Owens - (616) 889-0821 - rockrobin@juno.com

Kevin Shuneson - (616) 363-5958 - kevinshuneson@gmail.com

Cancer

www.cancer.org

Depression

Carter & Minirth: *The Freedom from Depression Workbook* (Minirth Meier New Life Clinic Series).
Excellent workbook to identify depression, understand mental and physical factors of depression and develop keys to lasting change.

Diabetes

www.diabetes.org

Eating Disorders

www.settingcaptivesfree.com - The Lord's Table

This 60-Day interactive course will teach you to enjoy a newfound relationship with the Lord and how to find freedom from bad eating habits. Free.

www.mercyministries.org - Mercy Ministries is a non-profit organization for young women who face life-controlling issues. They address the whole person: spiritual, physical and emotional. This site offers programs and resources.

"Mom, I feel fat!" by Sharon A. Hersh - Becoming your daughter's ally in developing a healthy body image. Includes age-appropriate exercises and thought-provoking questions for you as a mom and for you and your daughter together.

The Golden Cage, by Hilde Bruch, M.D. - *The Golden Cage* is the classic book on Anorexia Nervosa, for patients, parents, mental health trainees, and senior therapists alike.

Gambling

www.settingcaptivesfree.com - Higher Stakes

The purpose of this course is to help you to be entirely free from gambling and betting, and to find the true joy and delight that comes from turning to Jesus Christ. Free.

General Resources

The following links are excellent sites for learning about a variety of health conditions, along with symptoms and treatment. They also provide general healthy lifestyle suggestions, such as exercise, nutrition, and weight control.

www.intelihealth.com

www.mayoclinic.com

www.medicinenet.com

www.webmd.com

Heart Disease

Knowing the early warning signs and symptoms of stroke and heart attack can save lives. This site will provide you with the information necessary. www.americanheart.org

Homosexuality

www.exodus-international.org

www.family.org

www.lovevonout.com

www.narth.com

Mental Health

www.meierclinics.com - **Meier Clinics** has been providing answers to life's problems since 1976 through a wide array of mental health care programs. Our programs are unique as we treat the whole person - emotionally, physically, and spiritually. This site has self-assessment tools and information regarding their services.

Kent County CMH - Network 180 Access Center 336.3909 or 1.800.749.7720

Gatekeeper for Kent County residents without insurance or on Medicaid. Ask to speak to a clinician.

Forest View Psychiatric Hospital - 942.9610 or 1.800.949.8439

Private care for children, adults, adolescents. Specializing in eating and trauma disorders. Ask to speak to intake coordinator.

Pine Rest Christian Mental Health Services - 455.9200 or 1.800.678.5500

Private care and care for Network 180 referrals. Ask for contact center to refer a client.

Home Health Psychiatric Services:

VNS of West Michigan (Medicare for Kent & Ottawa) 486.3777

Holland Health Services 235.5113

Pine Rest Home Health 455.9200 or 1.800.678.5500

Mental Health Resources cont:

Possible sliding scale negotiation of fees:

Christian Counseling Center 956.1122

Life Guidance Services 954.1991

North Kent Guidance Services 361.5001

Arbor Circle 456.6571

Holistic Counseling Service 254.8754

Third Coast Counseling Center 451.3008

Pornography

www.covenanteyes.com

Monitors Internet use and reports to your Accountability Partners (at no charge to them). Objectionable sites score high, and are presented in an easy-to-read report, either by email or at our Member Center. There is a monthly fee.

www.settingcaptivesfree.com - The Way of Purity Course

The goal of this 60-Day interactive course is your complete and final freedom from pornography and sexual impurity of any kind. Free.

For Women whose husbands are involved with pornography/sexual sin:

Roses in December is a confidential support group for women who are dealing with the pain of their husband's involvement in pornography and/or sexual sin. For information on this group, contact Gary, 866.9597 x18 or Laurel, 866.9597 x50.

www.pureintimacy.org

www.troubledwith.com

Prescription Medication Assistance

The following websites are excellent resources for obtaining financial assistance with your regular prescription medications. I understand there are many forms to fill out, but it may be worth it in the long run over the years. Let me know if you found them to be helpful or confusing. My email is churchnurse@charter.net or call me at church 866.9597 x 56. Carol Gates RN, FCN

<http://rxassist.com>

www.myrxadvocate.com/freePrescriptions.php

www.merck.com/merckhelps/patientassistance/home.html

Substance Abuse

www.nacronline.com - One of the best resources on the web for Christians recovering from addictions, abuse or trauma. Free articles, Bible studies, meditations, humor, MP3 files for download and links to related sites.

www.settingcaptivesfree.com - New Wine

This 60-Day interactive course will help you drink deeply of the "New Wine" that satisfies the heart, and thereby find freedom from drinking and drugs. Free.

Uninsured?

The following are clinics in Kent County for those that are in need of health care and do not have health insurance. I don't know much about them, except the information listed. So please call them and see if it fits your needs. I would also like feedback if you use any of these as to whether you would recommend them. Thank you. Carol Gates, churchnurse@charter.net

West Michigan Center for Family Health

Health care bridge program for those that have no/minimal insurance.

Treatment for routine illnesses, immunizations, injury care, bilingual staff.

\$25 per appointment for 90 days following first appointment, no limit on visits.

616.233.0933; 1425 Michigan NE, GR 49503

Website: www.centerforfamilyhealth.com

Office hours: 9-5 M-F

Health Intervention Services (HIS)– faith based

Sliding scale based on income - \$15 for visit and \$15/lab work; 616.475.8446

By appointment only - Hours: Monday 8:30 – 8 pm; Tuesday/Thursdays 8:30 – 5:00; Friday 8:30 – 1 pm

Oasis of Hope – faith based

Free medical clinic; No labs done here; Phone: 451.8868; 522 Leonard

Katherine's Care Clinic – Catholic faith based

\$10/visit; 616.336.8800; Hours: 8:30 – 3:30; Plainfield and Leonard area

Cherry Street Health Clinic

Associated with Spectrum; 616.235.7272

Women's Health Network

For women age 40 – 64; 616.632.7283