

### **Employment Services**

- Michigan Works: 989-224-2000,  
[www.michiganworks.org](http://www.michiganworks.org)

### **Sharps Collection Programs**

- Clinton County/Granger Landfill Sharps Collection
- County: 989-224-5186
- Granger: 888-9-GRANGER

### **Practice Hours**

#### **Monday**

7:00 am – 7:00 pm

#### **Tuesday – Friday**

7:00 am – 5:00 pm

#### **Saturday**

8:00 am – 12:00 pm

We can typically accommodate same day appointment requests.

### **Mental Health**

- Community Mental Health: 989-224-6729  
Provides mental health services for residents of Clinton County.
- Clinton County Medical Center, Psychological Services: 989-224-3000

### **Grief and Loss**

- Clinton Home Hospice – Sparrow Hospice Services: 888-636-8236
- Grief Share: [www.griefshare.org](http://www.griefshare.org)
- Great Lakes Caring Hospice: 989-224-4700
- Ele's Place: 517-482-1315

1005 S U.S. 27, Suite 100  
St. Johns, MI 48879  
Ph: 989-224-3000  
Fax: 989-668-0423  
[www.ClintonCountyMedicalCenter.com](http://www.ClintonCountyMedicalCenter.com)



# CCMC

Clinton County Medical Center

Community  
Resource Guide



Patient Centered Medical Home

## **2-1-1**

### **Central Michigan**

www.centralmichigan211.org

- Run by the United Way, this service provides information about and referrals to programs in your area.

### **Poison Control**

**1-800-222-1222**

### **Exercise and Fitness**

- Clinton County Senior Center: 989-224-4257
- Sparrow Clinton Fitness Center: 989-224-1575
- Snap Fitness: 989-227-8000
- Aqua Therapy, St. Johns Schools: 989-227-4050
- Fleet Feet, Running and Walking Club, Congregational Church, St. Johns 989-224-2636

### **Weight Management**

- CCMC Weight Loss Programs: 989-224-3000
- Weight Watchers: [www.weightwatchers.com](http://www.weightwatchers.com) Congregational Church, St. Johns: 989-224-2636
- Christ United Church, DeWitt: 517-669-9309
- K&G Wellness, Owosso: 989-723-9355
- TOPS: 269-685-8945
- First United Methodist Church, St. Johns
- Community Christian Church, St. Johns
- Seventh Day Adventist Church, St. Johns
- CURVES: Lake Lansing Rd., E. Lansing 517-332-9611

### **Nutrition**

- WIC, Clinton County: 989-224-2195 (Food assistance for pregnant women/children up to 5 yr)
- Breastfeeding support: 989-224-2195
- MSU Extension: 989-224-5240
- Clinton County Meals on Wheels: 989-224-3600

### **Smoking Cessation**

- Michigan Quit Line: 1-800-480-7848

### **Chronic Disease**

- P.A.T.H. Workshop: 517-699-1864

## **Monthly Food Distribution**

- Capital Area Community Services: 989-224-6702
- Bath Community Center: 989-227-3396
- Knight of Columbus, St. Johns: 989-224-1225
- Elsie United Methodist Church: 989-862-5239
- Mount Hope Church: 989-227-5366
- Redeemer United Methodist Church: 517-669-3430
- Catholic Community St. Jude: 517-669-5882

### **Capital Area Community Services (CACS)**

989-224-6702

- Homeless services, tax prep, home weatherization, migrant services, food distribution and emergency assistance.

### **Clothing and Baby Items**

- Baby Pantry: 989-224-2636
- St. Vincent DePaul: 989-224-8852
- Beacon of Hope: 989-224-0328
- Seventh Day Adventist Church Mission: 989-224-7779
- Goodwill Industries: 517-669-2914
- Lakeside Chapel: 989-227-5366
- Mt. Hope Family Church – Coat Closet

### **Transportation**

- Clinton Area Transit and Care A Van: 989-224-8127
- CATA/Spec-Tran (Lansing): 517-394-2282

### **Domestic and Sexual Violence Services**

- SafeCenter: 877-952-7283

### **Housing/Rent Assistance**

- DHS: 989-224-5500
- Salvation Army: 517-484-4424
- Capital Area Community Services: 989-224-6702
- St. Vincent DePaul: 989-224-8994
- MSHDA: 517-669-9706

### **Medicaid/MI Child/DHS**

989-224-5500

- Food and rent assistance, medical coverage, family support (has income limits)

## **Dental**

- Michigan Community Dental Clinic: 877-313-6232

### **Home Health Agencies**

- Great Lakes Home Health: 989-224-4700
- Sparrow Home Health: 800-968-0680
- McLaren Home Health: 866-323-5974

### **Vision**

- Eye Care America: 1-877-887-6327
- Provides referrals to doctors who will perform free or low cost eye exams and surgery to qualified individuals over 65 years.
- Lions Club International: <http://www.lionsclubs.org> Distributes glasses to those in need
- InfantSEE: [www.infantsee.org](http://www.infantsee.org)

### **Child Services**

- Early Head Start: 989-224-1368
- For pregnant women and children birth to 3 years Head Start: 989-224-6731
- Preschool education program for children 3 to 5
- Preschool/Child Care: 887-614-7328 [www.greatstartconnect.org](http://www.greatstartconnect.org): Online database to search for licensed child care
- Clinton County RESA: 989-224-6831
- Early on, preschool development screening, great parents great start
- Great Start Readiness Preschool Program: 517-285-4776, Free State funded preschool program for children who qualify.

### **Women's Health**

- Breast and Cervical Cancer Program, Clinton County Health Department: 989-227-3118 Offers FREE mammograms, breast exams, PAP Smears, pelvic exams to women ages 40-64 w/no insurance coverage or Medicaid/Medicare

### **Elder-Care**

- Tri-County Office on Aging: 800-405-9141 [www.tcoa.org](http://www.tcoa.org)
- Clinton County Meals on Wheels: 989-224-3600
- Capital Area Community Services: 989-224-6702
- Right at Home: 517-999-7132

## Some of the services we offer:

### Urgent Services

Same day visits  
Colds and flu  
Pain  
Asthma  
Cuts and scrapes  
Burns and rashes  
Headaches and migraines Broken bones  
Sprains and strains  
Nosebleeds

### Physicals

Sports  
School  
Employment  
Medicare Wellness  
Annual Wellness

### Complete Lab Testing Rapid strep/flu

Glucose  
Protine  
STD testing  
Cholesterol  
Drug Screening

### Nutrition and Wellness Metabolic Testing

Diabetic counseling  
Nutrition counseling

### Radiology Services

On-site Radiologist  
X-ray  
Bone density  
Biopsies  
Ultrasound  
Light Therapy

### Pediatric Medicine

Wellness exams  
Immunizations  
Acute Illnesses

### Esthetic Medicine

Permanent makeup Scar camouflage  
Facial peels  
Microderm  
Spider vein therapy

### Occupation Medicine On-the-job injuries

Drug screens  
DOT testing

### Physical Therapy

Back, Neck, Joint pain

Sports Injury  
Post-surgical therapy  
Pediatric & Geriatric conditions Urinary incontinence  
Parkinson's  
Balance  
Decrease risk of falls  
Massage

### Cancer Screening

Mammogram  
Colonoscopies  
Lab testing  
Skin cancer screening  
Biopsies  
Prostate screening  
Lung Cancer screening

### Addiction Medicine

Suboxone Therapy  
Smoking Cessation  
Weight Control

### Immunizations and Allergy injections

Pediatric vaccines  
Tetanus  
Hepatitis A and B  
Gardasil  
Influenza

### Cardiovascular Testing Stress tests

EKG  
Holter Monitor  
Ultrasound  
Echocardiogram

### Foot Care

Plantar fasciitis  
Nail trimming  
Nerve testing

### Women's

Medicine/Reproductive Health Hormone replacement therapy Urinary incontinence  
STD testing  
Pregnancy testing  
Birth control  
Mammograms  
Vasectomies  
Lactation Consultant  
Gynecology



### **St Johns Location**

989-224-3000  
1005 S U.S. 27, Suite 100  
St Johns, MI 48879

### **Carson City Location**

989-584-3153  
10673 E Carson City Rd  
Carson City, MI 48811

### **East Lansing Location**

517-333-3550  
2025 Abbot Rd # 100  
East Lansing, MI 48823

### **Greenville Location**

616-225-8707  
123 E Cass St  
Greenville, MI 48838

### **Howell Location**

517-618-0672  
4185 E Grand River Ave  
Howell, MI. 48843

### **Website:**

**ClintonCountyMedicalCenter.com**

**Phone: 989-224-3000**

### **CCMC Hours**

Monday-Friday  
8:00 am until 5:00pm

*\*On-Call Physician available after hours\**

### **Uch Urgent Care Hours-**

St Johns 989-224-6897

Monday-Sunday

8:00 am until Midnight

Hours may vary depending on location

Dr. Andrew W. Messenger, D.O., P.C.  
Dr. Lars P. Andersen, Jr. D.O., P.C.  
Dr. Taylor Thelen, D.O., P.  
Dr. David Minnick, D.O.  
Dr. S. Thomas Ferguson, D.O.  
Dr. Roger Annis, M.D .  
Dr. Jacob Monestersky, D. O.  
Bryanna Weber, P.A.-C, RD  
Justin Morris, P.A.-C.  
Danielle Martinez, N.P.  
Amber Sprague-Rice, N.P.  
Alexandra Theis, N.P.  
Lisa Ferguson, N.P.  
Dawn Martin, N.P.  
Samantha Price, N.P.  
Kara Wilbert PA-C  
Eva Michals PA-C  
Sarah Zielinski PA-C  
Aimee Seaman N.P.



## A Patient-Centered Medical Home



## Welcome to your medical home!

Patient-centered is a way of saying that you, the patient, are the most important person in the healthcare system. You are at the center of your health care. A medical home is an approach to providing total health care. With your medical home, you will join a team of medical professionals led by a personal physician to coordinate care and identify medical and community resources to meet your needs.

At Clinton County Medical Center, we believe that a medical home should be a trusting partnership between a doctor-led health care team and an informed patient. This includes an agreement between the doctor and the patient that acknowledges the role of each in a total health care program.



# Helping You Make The Right Choices

We trust you, our patient, to respect us as partners in your health care and to keep us informed about:

- Your current health problems and any changes in your condition
- Any concerns you may have
- All of your prescriptions, including those from other physicians
- Your current insurance benefits
- Your current address and phone number

As part of our patient-centered medical home orientation, we will ask you to acknowledge your agreement to the above and we will do the same for you. Our goal is to provide excellent care for you and your family.

We function as a physician-led team to help you set health and wellness goals and make a plan for your success:

- Care Management services are available to advocate for your health
- Care Managers work with you to help achieve your health goals

We will continue to:

- Provide you with a competent health care team that understand the needs of you and your family
- Respect your individuality and your privacy
- Be available to you 24 hours/day, 7 days/week

## What can you do to help?

### 1. Be an active team player

- Talk with your team about your health questions. Share the successes and the challenges you've had with health care in the past.
- Tell your team about other health care professionals who care for you.
- Tell your team how you feel about the care you are receiving from them.

### 2. Take care of your health

- Follow the health care plan you and your team have worked out. Make sure you understand how to follow the plan.
- Set goals you can reach. Once you begin to see results, you and your team can discuss adding new goals.

### 3. Talk openly with your team

- If you are having trouble sticking with your care plan, tell your team about it.
- If you feel your care plan is not working, speak up.

### 4. Bring the following to each appointment

- Insurance card
- Co-pay
- Drivers license
- Medications

The information contained in this publication is designed to answer questions frequently asked by our patients. We want to familiarize you with our policies and methods of practice. Our team of skilled medical professionals will be pleased to answer any questions you may have.

#### Forms

To ensure accuracy, forms that you present to be filled out by the doctor, (eg: sports, physicals, workers compensation), must be completed in your presence. Please schedule a

time with us to help you complete your forms.

#### Referrals

Depending on your insurance, our referral department may schedule your visit to see a specialist or have a MRI/CT scan performed. Information regarding the appointment will be mailed to you or sent to your patient portal, unless it is urgent. Please do not call requesting information about your referral unless it has been longer than 7 days.

#### Prescriptions

We do not refill prescriptions over the phone. We believe in making sure that each medicine you take is exactly right for you and your unique situation. Please make an appointment with your provider for an appointment when you are in need of a refill. **Test results**

For your convenience, most lab tests and diagnostic studies are performed on-site at CCMC. Your results will be made available to you through your online patient portal. Please note that we handle a large volume of phone calls and we ask that you call only if you have not heard from us more than 14 days after the tests were performed.