Clinical Site

- St. Mary’s of Michigan Family Medicine-Vassar, 1212 W. Saginaw Rd., Vassar, MI 48768, 989-823-0026
- Dr. Arup Sarkar
- Services offered on site or by referral include: Family Practice Medicine
- Care team: 4 MDs

Community Profile

- **Saginaw**: Located in the east center part of lower peninsula with a population of 48,984 and approximately two hours northwest of Detroit. Saginaw has rich cultural traditions in architecture, music, art and food.

- **Dining**: Area offers dozens of restaurants including Jake’s Old City Grill, El Paso Grill La Frontera, Intermission Deli, Bradley’s, Pasong’s Café, Hello Sushi, The Savoy Bar and Grill, Panda House, Wally’s Old fashioned Sandwich Shop, Pannini’s Deli, along with various chain restaurants local cafes, eateries, pizza houses and coffee shops. Link: https://www.yellowpages.com/saginaw-mi/restaurants

- **Groceries**: Meijer, Walmart SuperCenter, GFS Marketplace, Aldi, Kroger, Discount Health Foods, Link: https://www.yellowpages.com/mount-pleasant-mi/grocery-stores

- **Recreational opportunities**: Saginaw County has multiple family friendly parks for walking and hiking trails, Rails to Trails bicycling, picnicking, National Wildlife Refuge, exploring local farmers’ markets and orchards, cross country skiing, Golf. Link: http://www.gogreat.com/things-to-do/farms-and-orchards/

- **Fitness**: Planet Fitness, Saginaw Health and Fitness, YMCA, Survival Crossfit, Center, Seung Ni Fit Club Link: https://www.yellowpages.com/saginaw-mi/health-clubs

- **Tourist attractions**: The Temple Theater, The Dow Event Center, Riverfront Saginaw has the newest café’s, restaurants and art galleries, Anderson Enrichment Center, Downtown Farmer’s Market, http://www.gogreat.com/blog/post/2017/27/GoGreat-Neighborhoods-Series-Welcome-To-Riverfront-Saginaw/78/

- **Volunteer opportunities**: Great Lakes Caring Hospice, Saginaw Community Foundation neighborhood programs, First Ward Community Center, Saginaw United Way, Saginaw Habitat for Humanity, Hidden Harvest, East Side Soup Kitchen

Hospital Information

- **St. Mary’s of Michigan Hospital**, is a subsidiary Ascension Health network, and tertiary care facility for general medical surgical services. With 236 beds it serves as a teaching affiliate for the CMU College of Medicine., 800 S. Washington, Saginaw, MI 48607
  - 989-907-8000

- **St. Mary’s Services include**: 24 HR ER with Trauma care and Urgent Care, Cancer care and Cyberknife, Heart and Vascular care, Neuroscience, Home Health and Hospice care, Diagnostic Imaging, Lab, Orthopedic, Pharmacy, Rehabilitation, Pediatrics, Women’s Health

- **Covenant HealthCare**, a tertiary care facility for general and surgical medicine with 532 beds is a teaching affiliate with the CMU College of Medicine, 48802
  - **Covenant services include**: 24 Hr Care and FastCare, Cancer Care, Cardiology, Children’s Services, Diabetes and Endocrinology, Hospice and Home Care, Imaging and Diagnostics, Neurosciences, OBGYN and Women’s Care, Occupational Health, Orthopedics, Rehabilitation, Pulmonary and Respiratory Care, Sleep Center, Sports Medicine, Surgery, Veterans Choice.

Housing

- Please contact the AHEC staff directly in regards to housing options in this community.