St. Mary's County

Resource Guide for Older Adults

2016-2017

ST.MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You

Brought to you by the Commissioners of St. Mary's County:
James R. Guy, President
Michael L. Hewitt, Commissioner
Tom Jarboe, Commissioner
Todd B. Morgan, Commissioner
John E. O'Connor, Commissioner

The St. Mary's County Department of Aging & Human Services does not endorse or recommend any particular provider listed within this handbook. Community resources not listed in this guide may be able to provide the same or similar goods and services. Agencies, businesses and organizations that wish to be considered for entry in future issues of the guide should contact the St. Mary's County Department of Aging & Human Services at 301-475-4200, ext. *1073.

The Department reserves the right to deny a request to be listed if the agency, business or organization does not fit within the scope of the handbook's subject matter.

The St. Mary's County Department of Aging & Human Services: Overview of Services & Programs

St. Mary's County Department of Aging & Human Services provides a wide variety of programs and services to the county's residents. Activities range from social and recreational programs to the direct support of essential services, such as nutrition, health, home delivered meals, mental health referrals, counseling and in-home services.

The Department of Aging & Human Services is divided into several divisions (listed below). Each service and program we offer below will be explained in more detail throughout the Resource Guide. We encourage you to take a look at our programs, and take advantage of the wonderful resources the St. Mary's County Department of Aging & Human Services has to offer!

Community Programs & Outreach
Annual Health Fair
New Beginning Newsletter
Road Show Presentations
Timely & Topical Information

Home & Community- Based Services
Aging & Disability Resource Center/ Maryland Access Point (MAP)
Caregiver Support
Community First Choice Waiver
Guardianship
Home & Community-Based Options Waiver
Respite Services
Senior Care Program
Senior Rights & Advocacy – Ombudsman

Human Services
Substance Abuse & Prevention
Mental Health Referrals
Homelessness
Teen Court
Children & Families
Christmas Caring

Retired & Senior Volunteer Program (RSVP)
Volunteers are 55+
Volunteer in a variety of capacities: Helping Hands Food Pantry; Nursing Home/Veterans Home visits, etc.

Senior Center Operations
Congregate & Home Delivered Meals
Creative Activities
Educational Programs
Fitness Program
Social Programs
Trips & Tours

Senior Information & Assistance
Energy Assistance
Housing Assistance
Legal Assistance
Medicare/Medicaid
Prescription Drug Information
Property Tax Credits
Referral Services
State Health Insurance Assistance Program (SHIP)
Transportation – Senior Rides

Note to Resource Guide Businesses and Organizations:

Many of our community seniors and their family members view the Resource Guide as a valuable tool in locating services and programs. Thus far, the St. Mary's County Department of Aging & Human Services has been able to offer this publication at no charge to the public. To sustain this goal, we are requesting contributions from the businesses and organizations listed in the guide to assist with offsetting the printing charge. Considering the shelf-life and large distribution points of this publication, we hope you view it as a valuable marketing tool as you would any paid advertising venue.

Contact Sarah Miller at 301-475-4200, ext. *1073 with questions regarding how the Resource Guide is used and the distribution points it reaches.

Make checks payable to:
St. Mary's County Department of Aging & Human Services

Contributions may be mailed to:

St. Mary's County Department of Aging & Human Services
Resource Guide for Older Adults
P.O. Box 653
Leonardtown, MD 20650

Thank you in advance for your recognition of the importance of the Resource Guide.

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VETERANS GROUPS, HOUSING & RESOURCES

Charlotte Hall Veterans Home

Phone: 301-884-8187, ext. 409
Fax: 301-884-4964
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Website: www.charhall.org
Service: Charlotte Hall Veterans Home has proudly been "Serving Those Who Served" since 1985. The home is situated on 126 beautiful acres in St. Mary's County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units.

College of Southern Maryland Veterans & Military Support Services

Phone: 240-725-5421
Address: 22950 Hollywood Road
Building B, Room 217
Leonardtown, MD 20650
Hours: 9 a.m. – 6 p.m. Mon. – Fri.
Email: veteransbenefits@csmd.edu
Website: www.csmd/student-services
Services: College of Southern Maryland is approved by the Department of Veteran Affairs and the Maryland Higher Education Commission, so that eligible veterans, servicepersons, and certain dependents of veterans can receive VA educational benefits. We provide you with the appropriate paperwork to apply to the VA for benefits.

Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

Phone: 800-733-8387
Address: P.O. Box 469063
Denver, CO 80246-9063
Website: www.va.gov
Service: CHAMPVA is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

Department of Natural Resources (DNR)

Phone: 410-260-3220
Address: 1804 West Street, Suite 300
Annapolis, MD 21401
Email: customerservice.dnr@maryland.gov
Website: www.dnr.maryland.gov/service
Service: The Department of Natural Resources has several offers for Maryland's DAV-POW veterans. Complimentary lifetime hunting, annual tidal and non-tidal fishing licenses are available to residents certified as a former prisoner of war or a 100% service connected disabled American veteran (Veteran Administration documentation required). The life time licenses are available only at DNR Licensing and Registration Service Centers. DNR also offers the Universal Disability Pass (UDP); a free lifetime pass that does not require renewal. The pass permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests. In order to obtain the UDP you must download the application. You and your healthcare provider must complete the application.

Department of Veterans Affairs
Tax Exemptions and Credits
St. Mary's County Office

Phone: 301-880-2900
Fax: 301-475-4856
Address: Carter Building, Room 2059
23110 Leonard Hall Drive
P.O Box 1509
Leonardtown, MD 20650-0653
Hours: 8 a.m. – 5 p.m. Mon. – Fr.
Email: sdat.stm@maryland.gov
Website: www.veterans.maryland.gov/maryland-tax-benefits/
Service: The State of Maryland offers a number of tax exemptions and credits to veterans, active duty military personnel and surviving spouses. For veterans with service connected disabilities rated at 100% "permanent and total", property tax exemptions are available. In addition, there are deductions for military retirement pay, as well as tax credits and exemptions for vehicle and vessel registration.

Disabled American Veterans (DAV)
St. Mary's # 26

Phone: 301-997-1036
Address: P.O. Box 788
Hollywood, MD 20636
Website: www.dav.org
Service: DAV is the most long-lasting veterans' advocacy and assistance group in this country. DAV is dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity. DAV accomplishes this by ensuring that veterans and their families can access the full range of benefits available to them; and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life. DAV # 26 meets the 1st Wednesday of each month, 7 p.m. at the VFW Post 2632, located 23282 Three Notch Road, California, MD 20619.

Navy-Marine Corps Relief Society

Phone: 301-342-4739
Address: 22187 Arnold Circle, Building 401
Patuxent River, MD 20670
Hours: 8 a.m. – 2 p.m. Mon. – Thur.
Email: Patuxent River@nmcrs.org
Website: www.nmcrs.org
Service: Nonprofit, volunteer service organization, for active-duty and retired Sailors and Marines, their eligible family members and survivors that uses both financial and non-financial resources to identify solutions to meet emerging needs. Services offered include financial assistance and counseling, quick assistance loan (QAL), education assistance, visiting nurse, budget for baby, emergency travel, and disaster relief.

Maryland's Commitment to Veterans Southern Regional Resource Coordinator

Phone: 410-725-9993
Address: 201 West Preston Street
Baltimore, MD 21201
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: rreed.mcv@gmail.com
Website: www.veterans.maryland.gov/marylands-commitment-to-veterans
Service: Rick Reed is the Southern Regional Resource Coordinator serving Calvert, Charles, Prince George's and St. Mary's Counties. Maryland's Commitment to Veterans is a Department of Health and Mental Hygiene (DHMH) program devoted to total wellness for veterans and their families. Regional resource coordinators provide assistance to veterans and their families to support a healthy transition to civilian life. With support from the DHMH's Behavioral Health Administration, they provide a solid connection to wellness services, with an emphasis on mental health and substance use disorder services. Maryland's Commitment to Veterans also has dedicated funds to provide for the coordination and facilitation of transportation for veterans to and from behavioral health appointments. Coordinators are available to answer questions, address concerns, or help with any obstacle a veteran and family might face. Coordinators are Mental Health First Aid trained instructors.

Maryland Department of Veterans Affairs

Phone: 301-884-8171, ext. 7155
Address: 29431 Charlotte Hall Road, Room 211
Charlotte Hall, MD 20622
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.veterans.maryland.gov/about-mdva/
Service: The Maryland Department of Veterans Affairs is an executive agency with the mission of assisting veterans, active duty service members, their families and dependents, in securing benefits earned through military service. Under the Department of Veterans Affairs are five major programs: The Service and Benefits Program, The Charlotte Hall Veterans Home, The Cemetery and Memorial Program, The Outreach & Advocacy Program and The Maryland Veterans Trust.

NOTES

Maryland Department of Veterans Affairs Programs

The Service and Benefits Program

Provides assistance to the men and women who served in the Uniformed Services of the United States, their dependents, and survivor in obtaining benefits from the U.S. Department of Veteran Affairs, Department of Defense, State of Maryland and other programs for veterans and their families. Contact Joseph Thorton 301-884-8171, ext. 7155.

The Charlotte Hall Veterans Home

Charlotte Hall Veterans Home has been proudly "Serving Those Who Served" since 1985. The home is situated on 126 beautiful acres in St. Mary's County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units. Contact Sharon Mattia, Director 301-884-8171, ext. 409 or email admissions@charhall.org.

The Cemetery and Memorial Program

The cemetery program is the largest of its kind in the nation. The State of Maryland and the Maryland Department of Veterans Affairs are honored to offer our veterans cemeteries located throughout Maryland. In addition, the Department of Veterans Affairs manages a memorial program. The Maryland World War II Memorial, the Vietnam War, Korean War and the War Memorial Building. Contact Christopher Piscitelli 410-923-6981.

The Outreach & Advocacy Program

The Outreach & Advocacy Program's mission is to develop innovative ways to seek out and inform Maryland's veterans about benefits and services that are available from federal, state, and local organizations as well as solicit feedback from veterans regarding their requests and needs for additional services. Contact Dana Hendrickson, Director, 410-260-3842 or email dana.hendrickson@maryland.gov.

The Maryland Veterans Trust

The Maryland Veterans Trust receives donations, and then makes grants and loans to veterans and their family members who are in dire financial situations, or to private organizations that help veterans. Contact Mark Hendricks, Grant Administrator 410-974-2399 or email mark.hendricks@maryland.gov.

Southern Maryland Veterans Outpatient Clinic

Phone: 301-884-7102
Fax: 301-884-7106
Address: 29431 Charlotte Hall Road
Charlotte Hall, MD 20622
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.va.gov
Service: Provides basic medical care, preventive care, and health education to Veterans living in Southern Maryland. Veterans may call the Patient Service Center 202-745-8577 to schedule appointments. Appointments are required. If you have questions regarding your healthcare you can call the Medical Advice Line 202-745-8247 and a nurse will speak with you.

TRICARE for Life
South Region

Phone: 800-403-3950
Address: P.O. Box 7032
Camden, SC 29021-7032
Hours: 8 a.m. – 6 p.m. Mon. – Fri.
Website: www.tricare4u.com
Service: Tricare for Life (TFL) is a Medicare wraparound coverage for Tricare beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or place of residence. You are eligible for TFL on the date that you have both Medicare Part A and Medicare Part B. TFL provides comprehensive health care coverage. You have the freedom to seek care from any Medicare-participating or nonparticipating provider or military hospital or clinic.

U.S. Department of Veterans Affairs

Phone: 800-827-1000
Address: 810 Vermont Avenue, NW
Washington, DC 20420
Hours: 8:30 a.m. – 4 p.m. Mon. – Fri.
Website: www.va.gov
Service: The United States has the most comprehensive system of assistance for Veterans of any nation in the world, with roots that can be traced back to 1636. There are three component agencies that became bureaus within the Veterans Administration.

1) **Veterans Benefits Administration (VBA)** provides a variety of benefits to Service members, Veterans, and their families, such as Education Service, Loan Guaranty Service, Vocation Rehabilitation & Employment (VR&E) Service, and Transition, Employment, and Economic Impact. Website: www.benefits.va.gov/benefits/

2) **Veterans Health Administration (VHA)** is home to the United States largest integrated healthcare system. VHA wants to provide helpful information to our Veterans and their caregivers. We strive to have highly accurate information posted on this website, and we are working hard to verify that all data is accurate.
Website: www.va.gov/health/

3) **National Cemetery Administration (NCA)** Our vision is to provide leadership, expertise, and advice in the development, acquisition, expansion and preservation of VA National Cemeteries to create national cemeteries as lasting memories which invoke a sense of honor and dignity for our Nation's Veterans. Website: www.cem.va.gov

U.S. Department of Veterans Affairs
Regional Benefits Office

Navy Family Service Center
21993 Bundy Road, NASFS
Building 2090
NAS Patuxent River, MD 20670
301-342-4911

Veterans Affairs Transportation

Phone: 202-745-8000
Address: 810 Vermont Street, NW
Washington, DC 20420
Website: www.va.gov/HEALTHBENEFITS/vtp/
Service: The Veterans Transportation Service (VTS) is designed to ensure that all qualifying Veterans have access to care through convenient, safe and reliable transportation. VTS provides qualifying Veterans with free transportation services to and/or from participating VA medical centers in a multi-passenger van. This ensures that all qualifying Veterans who do not have access to transportation options of their own, due to financial, medical, or other reasons, are able to travel to VA medical facilities or authorized non-VA appointments to receive the care they have earned.

Veterans Transportation Service
for Southern Maryland
Washington DC VA Medical Center
50 Irving Street, NW
Washington, DC 24020
Contact: Larry Nelson 202-745-5044, ext. 58320
Email: larry.nelson5@va.gov

Veterans Crisis Line

Phone: 800-273-8255, press 1 **TTY:** 800-799-4889
Text: 838255
Address: 810 Vermont Street, NW
Washington, DC 20420
Hours: 24/7
Website: www.veteranscrisisline.net
Service: The Veterans Crisis Line connects Veterans and their families and friends with qualified caring responders from the Department of Veterans Affairs through a confidential toll-free hotline, on-line chat, or text. Veterans and their loved ones receive confidential support 24/7.

Veterans Affairs Dental Insurance (VADIP)

Phone: 877-222-8387
Address: 810 Vermont Avenue, NW
Washington, DC 20420
Website: www.va.gov/healthbenefits/vadip/
Service: The Veterans Affairs had implemented a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and CHAMPVA beneficiaries the opportunity to purchase dental insurance through Delta Dental or MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans' eligibility for VA dental services and treatment.

Delta Dental	855-370-3303	www.deltadentalvadip.org
MetLife	888-310-1681	www.metlife.com/VADIP

Veterans of Foreign Wars Post #2632

Phone: 301-862-3247
Address: 23282 Three Notch Road
P.O. Box 86
California, MD 20619
Hours: 3 p.m. – 9 p.m. Mon. – Thurs.
12 p.m. – 10 p.m. Sat.
12 p.m. – 6 p.m. Sun.
Email: commander@vfw2632.com
Website: www.vfwpost2632.com
Service: Must have DD-214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community. Meetings are held the 2nd Tuesday of the month at 7 p.m.

Women Veterans
The Women Veterans Call Center

Phone: 855-829-6636
Address: 810 Vermont Avenue, NW
Washington, DC 20420
Website: www.womenshealth.va.gov
Service: Provides an incoming call center that receives and responds to questions from women veterans, their families and caregivers across the nation about available VA services and resources. Agents are also trained to respond to crisis situations such as suicide behavior, homelessness, sexual trauma, and domestic violence.

ADVOCACY SERVICES

Commission On Aging

Phone: 301-475-4200, ext. *1051
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Elizabeth.Sandberg@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Commission members are appointed by the Commissioners of St. Mary's County to assist the Department of Aging & Human Services in obtaining their goals and objectives. Meetings are open to the public and are held the 4th Monday of the month at 1p.m. at the Garvey Senior Activity Center in Leonardtown, unless otherwise noted.

Community Mediation of St. Mary's County

Phone: 301-475-9118
Address: 41620 Courthouse Drive, Rear Entrance
P.O. Box 853
Leonardtown, MD 20650
Hours: 9 a.m. – 5 p.m. Mon. – Fri.
Email: mediation@communitymediationsmc.org
Website: www.communitymediations.org
Service: Provides free conflict management services through education and empowerment of people to create their own solutions. In mediation, people speak for themselves and make their own decisions.

Maryland Attorney General
Health Education Advocacy Unit

Phone: 877-261-8807
Fax: 410-576-6571
Address: 200 Street Paul Place, 16th Floor
Baltimore, MD 21201
Hours: 9 a.m. – 4:30 p.m. Mon. – Fri.
Email: heau@oag.state.md.us
Website: www.oag.state.md.us
Service: The Health Education and Advocacy Unit of the Consumer Protection Division offers mediation services to consumers who have a billing dispute with their healthcare provider or a coverage dispute with their HMO or Health Insurance Company. The Unit also helps consumers who have been denied enrollment in a Qualified Health Plan or denied Advanced Premium Tax Credits or Cost-Sharing Reductions by Maryland Health Connection.

Northern Senior Activity Center Council

Phone: 301-475-4002, option 1, ext. *3101
Address: 29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: MarieNoelle.Lautieri@stmarys.com
Website: www.stmarysmd.com/aging
Service: Supports the Department of Aging & Human Services' Northern Senior Activity Center. This council will assist as necessary to promote the general interest, health, welfare and social interaction among seniors of St. Mary's County and work with the designated Department of Aging Operations Manager in providing support to the center.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301-884-4498
Fax: 301-884-6099
Address: 38588 Brett Way, Suite 1
Mechanicsville, MD 20659
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Email: sdent@smcil.org
Website: www.smcil.org
Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community. Other services may include applying for Social Security Disability, home modifications, employment assistance, self-advocacy and mobility services.

Voices for Quality Care, Inc. Long Term Care (LTC)

Phone: 888-600-2375
Address: P.O. Box 2251
Leonardtown, MD 20650
Hours: 24/7
Email: voiceshelp@voicesqualitycare.org
Website: www.voicesforqualitycare.org
Service: Voices for Quality Care (LTC), Inc. is a non-profit, all-volunteer organization of people who need long-term care services, their friends and families, resident and family councils, advocates, and concerned citizens working together to ensure quality care in all long-term care settings. We provide information, support, assistance and referrals; encourage the development and continuation of strong resident and family councils; and advocate for responsible public policy.

AGING SERVICES

St. Mary's County Department of Aging & Human Services

Phone: 301-475-4200, ext. *1050
Fax: 301-475-4503
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry at 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: The Department of Aging & Human Services provides a wide variety of programs and services to the community.

Programs include home delivered and congregate meal services, in-home services; ombudsman services and caregiver support, social and recreational programs, and community outreach and volunteer opportunities. The Human Services Division is responsible for the coordination of supportive services to people with mental illness; substance abuse treatment and prevention; supportive services to families and children and the Teen Court program, to name a few.

The Aging and Disability Resource Center/Maryland Access Point (ADRC/MAP) is your link to health and support services. The ADRC/MAP is a free information and referral service open to the public and to individuals of all income levels. The St. Mary's County Department of Aging & Human Services is working to provide older adults, persons experiencing a disability, and caregivers with a single point of entry for services and information.

We encourage you to make the Department of Aging & Human Services your first stop for information and resources. Whether you use our many services on a daily or on a more occasional basis, the St. Mary's County Department of Aging & Human Services is the go-to for the young and young at heart.

ALCOHOL/SUBSTANCE ABUSE

Walden Sierra, Inc.

Phone: 301-997-1300 or 24/7 Emergency Line 301.863.6661
Fax: 301-863-3368
Address: 30007 Business Center Drive
Charlotte Hall, MD 20622
Email: info@waldensierra.org
Website: www.waldensierr.org
Service: Walden Sierra offers services for Mental Health, Substance Abuse Treatment, Crisis Services, Psychiatry, Recovery Support, Family Violence, Sexual Assault Counseling, and Residential Treatment Program.

Locations

California Office
44871 St. Andrew's Church Road
California, MD 20619
301-997-1300, ext. 871

Charlotte Hall
30007 Business Center Drive
Charlotte Hall, MD 20622
301-997-1300, ext. 831

Lexington Park
21770 FDR Boulevard
Lexington Park, MD 20653
301-997-1300, ext. 881

Hours for locations:
9 a.m. – 8 p.m. Mon. – Thurs.
8 a.m. – 4 p.m. Fri.
Sat. & Sun. Hotline 301-863-6661

ASSISTED LIVING

Cedar Lane Senior Living Community

Phone: 301-475-8966
Fax: 301-475-1629
Address: 22680 Cedar Lane Court
Leonardtown, MD 20650
Website: www.cedar-lane.org
Service: Offering senior living with or without supportive services and three levels of assisted living care. All residents enjoy a private apartment with private bath. Qualified applicants may receive rental assistance. Supportive Services and Assisted Living fees are private pay. On-site amenities include: dining room; gift shop; beauty/barber shop; library; daily social and recreational activities; on-site banking and free grocery and pharmacy delivery. There is an emergency call system in each apartment, 24-hour security and available awake staff. Equal Housing Opportunity.

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 301-263-7194
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Email: lmurphy@hmrmd.com
Website: www.charhall.org
Service: Residency is available to eligible Maryland veterans and their spouses. Charlotte Hall's Assisted Living Program is designed to meet the needs of veterans requiring minimal assistance with everyday activities, and is to help maintain their independence. Assisted Living residents receive primary medical care, transportation to and from the VA Medical Center in Washington, DC (for those who wish to utilize the VA medical system), and a separate activities program tailored to a more active lifestyle. Charlotte Hall Veterans Home also offers skilled nursing, short term rehabilitation, and memory care.

In Caring Hands
Licensed Assisted Living Home

Phone: 301-737-5620
301-752-5997 (cell)
Address: 45550 Longfields Boulevard
Great Mills, MD 20634
Email: info@incaringhands1.com
Website: www.incaringhands1.com
Service: In Caring Hands, LLC provides services that are tailored to each individual needs, a way of life created to enrich the lives of others, with compassion, respect, excellence, and integrity. Our Assisted Living offers 4 bedrooms, a family room, formal living room, formal dining room, kitchen and private backyard.

Spring Village at Wildewood

Phone: 301-863-7110
Fax: 301-863-3020
Address: 23185 Milestone Way
California, MD 20619
Email: info@wildewoodseniorliving.com
Website: www.springvillagewildewood.com
Service: Spring Village at Wildewood Assisted Living and Memory Care. We offer experienced staff members, affordable rates, private or shared suites and excellent care to our seniors. Come in and tour our beautiful community.

Taylor Farm Assisted Living

Phone: 301-769-3702
Address: 21730 Oscar Hayden Road
P.O. Box 26
Bushwood, MD 20618
Email: Taylorfarm1@gmail.com
Website: www.taylorfarmassistedliving.com
Service: Taylor Farm Assisted Living home provides the support services that seniors need to live comfortably and safely. Residents may live in senior apartments with support services or in the assisted living facility for seniors requiring a higher level of care in a non-nursing home setting, including Alzheimer's Care and other specialized care services.

NOTES

COMMUNITY-BASED SERVICES

Aging & Disability Resource Center (ADRC) Maryland Access Point (MAP)

Phone: 301-475-4200, ext. *1057
Fax: 301-475-4415
Address: 23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
Email: Rebecca.Kessler@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: The ADRC/MAP is your link to health and support services. They provide access to services offered by the Department of Aging & Human Services and its partner agencies such as the Health Department, the Southern Maryland Center for Independent Living, the Department of Social Services and other community service providers. Access information and provide referrals to resources and services, provide options counseling regarding benefits and long-term care planning, and connect caregivers of older adults and adults with disabilities to services.

Community First Choice, Community Personal Care Services (formerly known as MAPC)

Phone: 301-475-4200, ext. *1069 or *1056
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Daphne.Bennear@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: These programs are designed for people who are living in the community and need personal care or other services to remain in their home and avoid nursing home placement. Participants must have community Medicaid and meet the program's specific level of care. There is no age requirement for these programs.

Family Caregiver Support Program

Phone: 301-475-4200, ext. *1069
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Daphne.Bennear@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Provides respite, caregiver support services, caregiver training, medical supplies, and medical equipment for family members caring for adults with disabilities 55 and over, grandparents acting as parents, and parents 55 and over caring for an adult child with a disability. Caregivers receive services that conform to their specific needs.

Home and Community-Based Options Wavier

Phone: 301-475-4200, ext. *1069 or
Waiver Registry, 301-475-4200, ext. *1050
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Daphne.Bennear@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: This program designed specifically for people who require a nursing home level of care and wish to remain in their home and avoid nursing home placement, or for individuals who reside in a Maryland nursing home and wish to move home or to assisted living, with the appropriate support in place. For individuals living at home, there is a state-operated registry (waiting list). Eligible nursing home residents may apply immediately, must be at least 18 years of age, meet nursing home level of care, and be income and asset eligible.

Home Delivered Meals

Phone: 301-475-4200, ext. *1060
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Monika.Williams@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: A service provided for homebound seniors age 60 and over who show moderate to severe disability that prevents them from shopping or cooking for themselves. Depending on the need, a hot meal may be provided five days a week or a box of five frozen meals can be delivered each week. A health assessment tool is used to determine eligibility.

In-Home Services Program

Phone: 301-475-4200, ext. *1069
Fax: 301-475-4503
Address: St. Mary's County Department Of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Daphne.Bennear@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Provides funding for services that can assist adults 60 years of age and over to live more safely and independently in the community.

Ombudsman Services

Phone: 301-475-4200, ext. *1055
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Stacie.Prinkey@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Serves as an advocate and mediator on behalf of residents in long-term care and assisted living facilities. Helps resolve complaints made by, or on behalf of residents of these facilities.

Senior Care Program

Phone: 301-475-4200, ext. *1055
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Stacie.Prinkey@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Individuals age 65 and over, who meet financial and medical qualifications, may receive case management, emergency response systems, financial assistance for prescriptions, durable medical equipment, nutritional supplements, and incontinence supplies.

St. Mary's County Department of Aging & Human Services
Home and Community-Based Services

Phone: 301-475-4200, ext. *1061
Fax: 301-475-4503
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Rebecca.Kessler@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: The Home and Community-Based Services Division helps individuals and families facing the challenges of caring for a loved one whose ability to provide for themselves has declined. The primary goal is to help these individuals and their families remain as independent as possible in their own homes and communities. Programs and Services are made available to eligible individuals in their home or nearby community facility, thus minimizing or preventing the need for services in more costly health care institutions.

Adult Evaluation Review Services
St. Mary's County Health Department

Phone: 301-475-4176 **TTY:** 301-475-4724
Fax: 301-475-4350
Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: Evaluates and assesses an individual's medical and social needs through a home visit and links the client with appropriate services.

Community Pathways Waiver
Southern Maryland Regional Office

Phone: 301-362-5100 **TTY:** 888-207-2479
Fax: 301-362-5130
Address: 312 Marshall Avenue, 7 Floor
Laurel, MD 20707
Email: smro.dda@maryland.gov
Website: www.dda.dhmh.maryland.gov/smro
Service: The Community Pathways Wavier is administered by the Developmental Disabilities Administration and provides services and supports in the community for individuals with developmental disabilities. Waiver participants receive services and supports from provider agencies funded by the Developmental Disabilities Administration. Some services that may be provided include family and individual support services, live-in caregiver, rent, medical day care services, respite care, employment discovery and customization, community learning services, day habilitation, environmental accessibility adaptations, personal supports/community supported living arrangements, and community learning services just to name a few services and supports.

Maryland 2-1-1

Phone: 2-1-1 or 301-864-7161
Address: 100 S. Charles, #500
Baltimore, MD 21203
Email: info@211MD.org
Website: www.211md.org
Service: 2-1-1 Maryland is partnership of four agencies working together to provide simple access to health and human services information. Every hour of every day, people need essential human services. They are looking for help finding affordable housing, food, employment training, utility payment assistance, services for their children or aging parents, and many other issues. Whether you are an individual looking for help for yourself, a friend or a family member, we are here to help you find resources to help solve your problem. Our specially trained call specialists answer calls 24 hours every day of the year.

Maryland Community Services Locator

Phone: 301-405-9796
Email: mdcsl@umd.edu
Website: www.mdcsl.org
Service: A free resource which provides information on a variety of organizations, addresses, phone numbers, and website links to programs in Maryland.

Personal Care Program

Phone: 301-475-4330
Fax: 301-475-4350
Address: St. Mary's County Health Department
21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Email: smchd.healhdept@maryland.gov
Website: www.smchd.org
Service: The Personal Care Program helps qualified individuals with chronic illness and disabilities to remain in their homes by providing assistance with activities of daily living. The program serves people who are holders of an active federal Medical Assistance card, elderly, chronically ill, or with a disability, under a physician's care, and in need of help with daily activities.

Senior Companion Program

Phone: 410-535-0817
Fax: 410-535-1037
Address: So. MD Tri-County Community Action Committee
8383 Old Leonardtown Road
P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Senior Companions are volunteers, age 55 and over, who provide assistance and friendship to seniors and others who have difficulty with daily tasks.

United Way of St. Mary's County

Phone: 301-862-5577
Address: 23137 Three Notch Road, Suite 203
California, MD 20619
Email: jhunitedway4@gmail.com
Website: www.unitedwaysmc.org
Service: United Way is a non-profit organization that works a coalition of charitable organizations to pool efforts in fundraising and support. United Way's focus is to identify and resolve pressing community issues, and to make measurable changes in communities through partnerships with schools, government agencies, businesses, organized labor, financial institutions, community development corporations, and others. The main areas include education, income and health. United Way has many ways you can donate through workplace campaign and website donation, or you may also choose to volunteer.

LIVE UNITED

United Way

DENTAL SERVICES

Greater Baden Medical Services

Phone: 301-888-2233 **TTY:** 800-735-2258
Fax: 301-599-0463
Address: 7450 Albert Road, 1st Floor
Brandywine, MD 20613
Hours: Please call for hours.
Website: www.gbms.org
Service: Dental services are only provided at the Brandywine location, where GBMS has state-of-the-art dental equipment, systems and staff. We are pleased to have received grant funding to cover a limited number of free dental exams, fill-ins and extractions for senior citizens in need of assistance.

Maryland Foundation of Dentistry for the Handicapped (Donated Dental Services)

Phone: 410-964-1944
Fax: 410-964-9978
Address: 8901 Herrmann Drive
Columbia, MD 21045
Hours: 8:30 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.mfdh-dda.org
Service: The Maryland Foundation of Dentistry for the Handicapped (MFDH) along with the Donated Dental Services (DDS) program was initiated by dentists who were willing to provide pro bono dental care for Maryland residents who are individuals with disabilities. The applicants cannot afford treatment and do not qualify for other assistance programs. Volunteer dentists throughout the state donate their services and dental laboratories participate by discounting their rates or donating their services. Participation is made easy. Dentists and labs take care of the patients. DDS does the rest. The DDS program coordinator is the link between needy patients and volunteer dentists. The coordinator will bring these two groups together and provide support, ensuring that the interaction is rewarding for both parties. The goal of DDS is to return patients to good oral health.

School of Dentistry
University of Maryland

Phone: 410-706-7101
Address: 650 West Baltimore Street
Baltimore, MD 21201
Hours: 9 a.m. – 4 p.m. Mon. – Fri.
Email: clinicInfo@dental.umaryland.edu
Website: www.dental.umaryland.edu
Service: Offers a complete line of dental services performed by dental students under the supervision of licensed dentists. Fees are 30 – 50% less than normal. Transportation is not provided.

St. Mary's County Health Department

Phone: 301-475-4297 **TTY:** 301-475-4724
Fax: 301-475-4350
Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: Limited dental services are available to individuals who have an infectious dental emergency and do not have insurance which provides dental coverage.

DISABILITY RESOURCES

Arc of Southern Maryland

Phone: 301-475-5652
Fax: 301-475-0122
Address: Breton Market Place
25470 Point Lookout Road, Unit H
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4:30 p.m. Mon. – Fri.
Email: info@arcsomd.org
Website: www.arcsomd.org
Service: Promotes community involvement, independence, and personal success for children and adults with intellectual and developmental disabilities. Programs and services offered to include Residential Services, Community Supported Living, Day Support Services, Respite Care and Partners in Business.

Attendant Care Program
Maryland Department of Disabilities

Phone: 410-767-6025
Address: 217 East Redwood Street, Suite 1300
Baltimore, MD 21202
Email: Maxine.Morris@maryland.gov
Website: www.mdod.maryland.gov
Service: The Attendant Care Program provides financial reimbursement to individuals with long-term or severe physical disabilities who require attendant services such as in-home assistance with personal care, household chores, and transportation. Eligible adults age 18-64 must meet one of the following criteria: be employed, be actively seeking employment, be enrolled in an institution of post-secondary or higher education, be a nursing facility resident who would be able to reside in the community if attendant care is provided or be at risk of nursing facility placement if not receiving attendant care services in the community.

Disability Entitlement Advocacy Program
St. Mary's County Department of Social Services

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.dhr.state.md.us
Service: Persons who are eligible for cash benefits under the TCA, TEHMA, PCA, or Foster Care programs may receive assistance with Social Security Disability or Supplemental Security Income applications.

Division of Rehabilitation Services (DORS)

Phone: 301-475-9612
Fax: 301-475-2541
Address: Carter State Building
23110 Leonard Hall Drive
P.O. Box 1509
Leonardtown, MD 20650
Hours: 8 a.m. -5 p.m. Mon. – Fri.
Email: Leonardtown.dors@maryland.gov
Website: www.dors.maryland.gov
Service: Provides vocational and independent living services to individuals with disabilities. To be eligible for this program, individuals should be at least 16 years of age with a physical, mental or emotional disability.

Literacy Council of St. Mary's County, Inc.

Phone: 301-863-4847
Address: 21677 FDR Boulevard
Lexington Park, MD 20653
Email: stmalit@somd.lib.md.us
Website: www.literacysmc.ning.com
Service: Provides basic educational tutoring, including reading and basic life skills, for adolescents, individuals with disabilities and adults. Services are free of charge.

Maryland Assistive Technology Loan Program

Phone: 800-832-4827 **TTY:** 866-881-7488
Address: 2301 Argonne Drive, Room T-17
Baltimore, MD 21218
Email: loans@mdtap.org
Website: www.mdod.maryland.gov/mdtap
Service: The Assistive Technology Loan Program helps Maryland residents with disabilities and their families qualify for low-interest loans to buy equipment that will help them live, work and learn more independently. Assistive Technology is any device that helps a person with a disability live more independently and productively such as, home modifications, adapted vehicles, scooters and wheelchairs, braille equipment, hearing and vision aids, augmentative communication devices, environmental control units, computers and adaptive peripherals, and many other devices. All loans have below-market interest rates. The program will look at your income compared with debt, stability in residence/job and credit history. The program's criteria are much less stringent than those of a bank and will enable many people who would be turned down for bank loans to receive funding.

Maryland Relay

Phone: 800-552-7724 **TTY:** 410-767-6960
Fax: 410-767-4276
Address: 301 West Baltimore Street, Suite 1008A
Baltimore, MD 21201
Email: moreinfor@mdrelay.org
Website: www.mdrelay.org
Service: A free public service that enables individuals, who find it difficult to use a standard phone to both make and receive calls. If you or a loved one, is Deaf, hard of hearing, late-deafened, Deaf-Blind, or has cognitive, mobility or speech difficulty, Maryland Relay offers many free calling options that enable you to make and receive calls.

Resource Coordination Program

Phone: 301-475-4387 **TTY:** 301-475-4724
Fax: 301-475-9427
Address: St. Mary's County Health Department
21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: Assists individuals with developmental disabilities to apply for services under the Developmental Disabilities Administration (DDA) and provides advocacy and monitoring services for eligible individuals.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301-884-4498
Fax: 301-884-6099
Address: 38588 Brett Way, Suite 1
Mechanicsville, MD 20659
Hours: 8 a.m. – 4:30 p.m.
Email: stobin@smcil.org
Website: www.smcil.org
Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community. Other services may include applying for Social Security Disability, home or vehicle modifications, employment assistance, self-advocacy and mobility services.

St. Mary's Adult Medical Day Care, Inc.

Phone: 301-373-6515
Fax: 301-373-6517
Address: 24400 Mervell Dean Road
Hollywood, MD 20636
Hours: 7:30 a.m. – 4 p.m. Mon. – Fri.
Email: programdirector@stmarysamdc.com
Service: This program as known as the Vivian Ripple Center, Medical Adult Day Services is a community-based medically supervised program for adults whose physical or mental condition necessitates medical attention daily. This comprehensive program provides a variety of health, social and related support services in a protective, caring environment. Transportation is provided to and from day care as well as to medical appointments. A daily fee applies.

St. Mary's County, Maryland Americans with Disabilities Act (ADA)

Phone: 301-475-4200, ext. *1110
Fax: 301-475-4082
Address: 23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
Hours: 7:30 a.m. – 4:30 p.m. Mon. – Fri.
Email: Amber.Hebert@stmarysmd.com
Website: www.stmarysmd.com/americandisabilities
Service: It is the policy of the Commissioners of St. Mary's County, Maryland, to ensure that, when viewed in their entirety, St. Mary's County Government services, programs, facilities, and communications are readily accessible and usable by qualified individuals with disabilities to the maximum extent possible. In compliance with the Americans with Disabilities Act (ADA) of 1990, no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of St. Mary's County government, or be subjected to discrimination in the provision of such services.

St. Mary's County Department of Social Services Adult Services

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.dhr.state.md.us
Service: Provides assistance to individuals who may have difficulties arising from aging, chronic illness, physical or mental disabilities, neglect and abuse, or interpersonal relationships. Respite Care is available to eligible individuals with disabilities and their families, which provides caregiver services to help a person with disabilities and to provide relief to family members.

St. Mary's Senior Center Plus

Phone: 301-373-6515
Fax: 301-373-6517
Address: C/O St. Mary's Adult Medical Day Care Inc.
24400 Mervell Dean Road
Hollywood, MD 20636
Hours: 7:30 a.m. – 4 p.m. Mon. – Fri.
Email: programdirector@stmarysamdc.com
Service: A social day program for adults age 50 and over who need assistance with two instrumental activities of daily living. This program serves clients who require too much assistance to safely attend a senior activity center but do not need as much care as provided in medical adult day services. A daily fee applies.

The Center for Life Enrichment

Phone: 301-373-8100
Fax: 301-373-3019
Address: 25089 Three Notch Road
P.O. Box 610
Hollywood, MD 20636
Hours: 8 a.m. – 4 p.m. Mon. – Fri.
Email: contact@tcle.org
Website: www.tcle.org
Service: A day program for adult persons with developmental disabilities in vocational and rehabilitative settings, and provide supportive employment and individual support services. Transportation is provided.

WorkABILITY Loan Program

Phone: 800-827-1000 **TTY:** 866-881-7488
Fax: 410-554-9237
Address: Maryland Department of Disabilities
Maryland Technology Assistance Program
2301 Argonne Drive, Room T-17
Baltimore, MD 21218
Website: www.mdod.maryland.gov
Service: The WorkABILITY Loan Program helps Maryland residents with disabilities qualify for low interest loans to buy equipment to support employment, work from home or start small businesses. To qualify the program will look at your income, debt, credit history, etc., but the programs criteria (much less stringent than banks use) will enable many people to get loans that banks would turn down. Loans range from $500 to $50,000 unsecured loans available up to $7,500. All loans have below-market interest rates. Equipment that you are eligible to buy with the loan is computers, printers, related peripherals, software, office machine, (fax machines, scanners, and calculators) office furniture, home and/or home office modifications for accessibility, and assistive technology.

NOTES

EDUCATION

AARP Defensive Driving Course

Phone: 301-475-4200, ext. *1050
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Alice.Allen@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: A one day class conducted by AARP focuses on driving skills for persons age 50 and over. Classes are offered either at the Garvey or Loffler and Northern Senior Activity Centers. Pre-Registration is required and a nominal fee applies.

College of Southern Maryland

Phone: 240-725-5300 **TTY:** 800-735-2258
Fax: 301-539-4791
Address: 22950 Hollywood Road
Leonardtown, MD 20650
Hours: 8:30 a.m. – 7 p.m. Mon. – Fri.
Email: askme@csmd.edu
Website: www.csmd.edu
Service: Offers a wide variety of college courses to persons age 60 and over, all tuition costs are waived; fees and textbook costs will apply.

University of Maryland Extension

Phone: 301-475-4482
Fax: 301-475-4483
Address: 26737 Radio Station Way, Suite E2
P.O. Box 663
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Email: jamief@umd.edu
Website: www.extension.umd.edu/st-marys-county
Service: Provides educational classes on nutrition, food safety, horticulture and home gardening.

NOTES

ELDER ABUSE AND NEGLECT

Ombudsman Services

Phone: 301-475-4200, ext. *1055
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Stacie.Prinkey@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Serves as an advocate and mediator on behalf of residents in long-term care and assisted living facilities. Helps resolve complaints made by, or on behalf of residents of these facilities.

Adult Protective Services

Phone: 240-895-7016
Fax: 240-895-7099
Address: St. Mary's County Department of Social Services
23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8 a.m. 5 p.m. Mon. – Fri.
Website: www.dhr.state.md.us/stmarys
Service: Anyone can confidentially report a situation of suspected abuse, neglect, self-neglect, and financial exploitation of a vulnerable adult to the Department of Social Services. The situation will be assessed and/or investigated and case management will be provided if necessary and desired.

EMERGENCY

911 Emergency Communications

Phone: 9-1-1
Address: Emergency Communications Center
P.O. Box 653
Leonardtown, MD 20650
Hours: 24/7
Email: ema@stmarysmd.com
Website: www.stmarysmd.com/est/communications.asp
Service: The Division of Emergency Communications is responsible for daily operations of the county's 911 Center and Public Safety radio system. Our 24/7 operations provide emergency and routine communications for Fire, EMS, Sheriff, MSP, and many other critical county services.

Code Red Weather Warning Notification

Phone: 301-475-4200, option 6, option 3
Address: Emergency Communications Center
P.O. Box 653
Leonardtown, MD 20650
Hours: 7 a.m. – 4:30 p.m.
Email: ema@stmarysmd.com
Website: www.stmarysmd.com/emergencycodered.asp
Service: Sign up to be notified by your local emergency response team in the event of emergency situations or critical community alerts. You can also sign up for severe weather related alerts.

CODE RED®

Keeping citizens informed.

St. Mary's County Department of Emergency Services & Technology

Phone: 301-475-4200, ext. *1013
Emergency Information Hotline: 301-475-4911
(Updated during emergencies)
Address: P.O. Box 653
Leonardtown, MD 20650
Hours: 7 a.m. – 4:30 p.m.
Website: prepare.st.marysmd.com
Service: A multifaceted agency that provides 9-1-1 call taking and dispatching through the Emergency Communications Division; disaster preparedness, mitigation, response, and recovery through the Emergency Management Division; enforcement of animal regulations through Animal Control Division; assistance and liaison with volunteer agencies through Emergency Services Division; and computer, networking, and telecommunications support through the Information Technology Division. The department works with county, state and federal public agencies, volunteer entities, boards and committees to enhance the quality of life in St. Mary's County.

St. Mary's County Sheriff's Department

Phone: 301-475-8008 (non-emergency)
Address: 23150 Leonard Hall Drive
Leonardtown, MD 20650
Email: Michael.Gardiner@stmarysmd.com
Website: www.firstsheriff.com
Service: St. Mary's County Sheriff's Department is dedicated to enhancing public safety and reducing the fear and the incidence of crime. They work in partnership with our communities and do their best, within the law, to solve community problems that effect public safety. They value the great diversity of people in both our residential and business communities and serve all with equal dedication. The Sheriff's Department is divided into six divisions: the Administrative, Patrol, Corrections, Bureau of Criminal Investigations (BCI), Special Operations, and Vice/Narcotics. The Sheriff's Department also has two highly trained emergency teams: Emergency Services Team (EST- composed of sworn deputy sheriffs) and the Emergency Response Team (ERT- composed of correctional officers).

EMERGENCY SHELTER

Three Oaks Center

Phone: 301-863-7361
Address: 46905 Lei Drive
P.O. Box 776
Lexington Park, MD 20653
Hours: 8 a.m. – 4 p.m. Mon. – Fri.
Email: threeoaks@threeoakscenter.org
Website: www.threeoakscenter.org
Service: Three Oaks Center offers programs that provide the homeless in St. Mary's County with housing, stabilization, assessment, and referral to appropriate resources so they may return to living productive, self-sufficient lives in our community.

Wrapping Arms 'Round Many WARM

Phone: 240-725-5700
Address: P.O. Box 1174
Lexington Park, MD 20653
Hours: Nov-March
Service: WARM is an interfaith non-profit organization. Churches of all backgrounds open their doors each winter to help the homeless. All WARM guests are given a warm, safe place to sleep, a delicious dinner and hot breakfast. Please contact Social Services for intake into the program at the number listed. WARM hosts Council meetings the 2nd Thursday of every month, at 5 p.m., at Lexington Park United Methodist Church, 21760 Great Mills Road, Lexington Park, MD 20653.

EMPLOYMENT

Job Connections

Phone: 240-725-5785
Fax: 240-725-5787
Address: 21783 N. Coral Drive
Lexington Park, MD 20653
Hours: 8 a.m. – 4 p.m. Mon. – Fri.
Email: toniharris@md.metrocast.net
Service: The Jobs Connection Program offers a full range of development, placement and training services to all seekers free of charge. Job seekers have access to computers, fax and printers and will receive individual assistance with resume development and interviewing techniques.

Senior Community Services Employment Program (SCSEP)

Phone: 301-374-1168
202-812-1292 (cell) Arthur Goff, Senior Service Liaison
Address: 175 Post Office Road
Waldorf, MD 20602
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Email: arthur.goff@maryland.gov
Website: www.doleta.gov/seniors/
Service: The Senior Community Services Employment Program is available to people ages 55 years and older, who are unemployed, meet established low-income guidelines and desire an opportunity for training and employment.

Southern Maryland JobSource

Phone: 301-880-2800
Fax: 301-475-4106
Address: Joseph D. Carter Multi-Service Center
23110 Leonard Hall Drive
P.O. Box 282
Leonardtown, MD 20650
Hours: 8 a.m. – 4p.m. Mon. – Fri.
Email: ltownjs@dllr.state.md.us
Website: www.dllr.state.md.us/county/stmarys
Service: Southern Maryland JobSource is a partnership with local workforce development agencies providing employment and training services to job seekers and businesses. Southern Maryland JobSource strives to provide customer driven workforce services for all job-seeking customers; providing a variety of employment and support resources to assist individuals in achieving their employment goals and encourage lifelong learning.

SOUTHERN MARYLAND
JOBSOURCE
WHERE PEOPLE MEET JOBS

FINANCIAL ASSISTANCE

Qualified Medicare Beneficiary
Specified Low-Income Medicare Beneficiary
(QMB/SLMB)

Phone: 301-475-4200, ext. *1050
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Website: www.stmarysmd.com/aging
Service: Medicare beneficiaries who meet both income and asset guidelines can receive assistance paying their Medicare Part B premium and in some cases their deductibles and co-insurance. Applications can also be taken at the Department of Social Services.

Christmas In April

Phone: 301-884-2905
Address: 28231 Three Notch Road
Mechanicsville, MD 20659
Email: darenek@christmasinaprilsmc.org
Website: www.christmasinaprilsmc.org
Service: Christmas In April provides free home repairs to individuals based on need, finances, and disability. Applications are accepted May-October for repairs that will be made in April the following year. Applications are available at the Garvey, Loffler and Northern Senior Activity Centers.

Electric Universal Service Program (EUSP)

Phone: 301-475-5574, ext. 200 or
301-274-4474, ext. 200
Address: So. Md. Tri-County Community Action Committee
8371 Old Leonardtown Road
P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Qualified individuals may receive a grant applied towards their electric bills. This is not an emergency program. Applicants under 60 years of age must apply with the So. Md. Tri-County Community Action Committee. Applicants 60 and over may apply at the Garvey, Loffler and Northern Senior Activity Centers; appointments can be made by calling 301-475-4200, ext. *1050.

Extra Help Program for Medicare Part D

Phone: 800-772-1213 **TTY:** 800-325-0778
Address: Social Security Administration
6110 Allentown Road
Suitland, MD 20746
Hours: 7 a.m. – 7 p.m. Mon. – Fri.
Website: www.ssa.gov
Service: This program provides a federal subsidy toward the premium deductible, and co-payments for eligible persons enrolled in the Medicare Part D program. Applications are available online and at the Garvey, Loffler, and Northern Senior Activity Centers.

Helpers Overcoming Problems Effectively
H.O.P.E

Phone: 301-737-2873
Fax: 301-863-7973
Address: 21641 Great Mills Road
Lexington Park, MD 20653
Hours: 9 a.m. – 12 p.m. Mon. – Thurs.
Email: h.o.p.e.somd@gmail.com
Service: H.O.P.E. assists community residents with utility and fuel payments, one time only rental assistance and assistance for paying for medications. Request of other types may occasionally be made. Persons can self-refer, be referred by their churches, or by the local Department of Social Services. In conjunction with the church housing the H.O.P.E. office volunteers man a food bank four mornings a week. H.O.P.E. works in a partnership with over 20 churches and numerous community service groups, and has become a United Way organization with direct donations. Persons can call or visit the office in person.

Homeowners' Property Tax Credit

Phone: 800-944-7403 **TTY:** 800-735-2258
Fax: 410-333-7097
Address: State Department of Assessments & Taxation
Homeowners' Tax Credit Program
301 West Preston Street, Room 900
Baltimore, MD 21201
Email: sdat.homestead@maryland.gov
Website: www.dat.state.md.us
Service: The State of Maryland has developed a program which allows credits against the homeowner's property tax bill if the property taxes exceed a fixed percentage of the person's gross income. This program is available to all homeowners regardless of their age. Persons age 60 and over may apply at the Garvey, Loffler and Northern Senior Activity Centers, appointments can be made by calling 301-475-4200, ext. *1050.

Housing Authority of St. Mary's County

Phone: 301-866-6590
Fax: 301-737-7929
Address: The Gateways
21155 Lexwood Drive, Suite C
Lexington Park, MD 20653
Website: www.stmaryshousing.org
Service: Provides rental assistance to eligible individuals, home-ownership opportunities, community improvements, and housing rehabilitation for all citizens in need and for the benefit of the county's economy.

Maryland Energy Assistance Program (MEAP)

Phone: 301-475-5574, ext. 200
Address: So. MD Tri-County Community Action Committee
Leonardtown Location
Joseph D. Carter Building
12110 Leonard Hall Drive
Leonardtown, MD 20650
Hours: 9 a.m. – 3 p.m. Mon. – Fri.
Website: www.smtccac.org
Service: The Maryland Energy Assistance Program provides grants to assist with home heating bills. Payments are made to fuel suppliers and utility companies on behalf of the customer. MEAP is available to all income eligible Maryland heating customers, both homeowners and renters including roomer or boarder, regardless of whether you pay your heating costs. MEAP also offers the UTILITY Service Protection Program (USPP). This program provides MEAP eligible households access to an even monthly payment program and protection from turnoffs. Applicants 60 and over can apply at the Garvey, Loffler and Northern Senior Activity Centers, appointments can be made by calling 301-475-4200, ext. *1050.

Renter's Tax Credit Program

Phone: 301-475-4200, ext. *3300
Fax: 301-475-4946
Address: St. Mary's County Treasurer's Office
23150 Leonard Hall Drive
P.O. Box 642
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Email: Christy.Kelly@stmarysmd.com
Website: www.stmarysmd.com/countytreasurer
Service: Provides renter's tax credits to persons who meet eligibility requirements. Persons age 60 and over or 100% disabled, under age 60 with dependent children, may qualify for small rebates on rent paid for low-income-eligible persons. Eligibility is based on income, amount of rent paid, and length of residency. Applications are available at the Garvey, Loffler, and Northern Senior Activity Centers.

Saint Vincent DePaul of Immaculate Heart of Mary Church

Phone: 301-863-8193
Address: 22375 Three Notch Road
Lexington Park, MD 20653
Hours: 8:30 a.m. – 11:30 a.m. Mon., Weds, & Fri.
Service: Assists Great Mills and Lexington Park residents with rent, electric, heating, food pantry, and prescription expenses.

St. Mary's County Property Tax Credit

Phone: 301-475-4200, ext. *3300
Fax: 301-475-4946
Address: St. Mary's County Treasurer's Office
23150 Leonard Hall Drive
P.O. Box 642
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Email: Christy.Kelly@stmarysmd.com
Website: www.stmarysmd.com/countytreasurer
Service: Persons age 70 and over who meet income guidelines may be eligible to receive a credit on their primary residence property tax.

Supplemental Security Income
Social Security Administration

Phone: 800-772-1213 **TTY:** 800-325-0778
Address: 30071 Business Center Drive
Charlotte Hall, MD 20622
Hours: 9 a.m. – 4 p.m. Mon. – Fri., closes at 12 p.m. on Weds.
Website: www.ssa.gov
Service: Individuals who are determined to be disabled by the Social Security Administration and/or persons age 65 and over who meet financial and asset guidelines may qualify to receive an additional monetary benefit from Social Security. Persons found eligible to receive SSI will also receive Maryland Medicaid benefits.

Washington Area Fuel Fund

Phone: 202-756-2630
Fax: 202-464-7208
Address: The Salvation Army
Jon Bolduc
Social Services Manager
2626 Pennsylvania Avenue, NW
Washington, DC 20037
Email: Jon_Bolduc@uss.salvationarmy.org
Website: www.washingtonareafuelfund.org
Service: Washington Area Fuel Fund (WAFF), started more than 30 years ago, when Washington Gas and The Salvation Army partnered to establish WAFF and help local residents in need. During winter WAFF pays for all types of fuel to heat the homes of people in financial need. Applications are accepted January 1 through May 31. To apply for help from WAFF, you must go to The Salvation Army office in the county or city in which you live.

The Salvation Army Office for Calvert, Charles & St. Mary's County:

Salvation Army
7 Post Office Road, Suite D
Waldorf, MD 20602
301-638-9532

FOOD PANTRIES/SOUP KITCHEN

First Friendship United Methodist Church

Phone: 301-872-5854
Address: 13723 Point Lookout Road
Ridge, MD 20680
Service: The First Friendship Pantry serves families in the Ridge, St. Inigoes and Scotland area every Wednesday from 10 a.m. – 12 p.m.

First Saints Church

Phone: 301-475-7200
Address: 25550 Point Lookout Road
Leonardtown, MD 20650
Email: share@firstsaints.org
Website: www.firstsaints.org
Service: First Saints Church (St. Paul's) Leonardtown location provides a soup kitchen on Tuesday & Thursday from 11 a.m. – 12:30 p.m. Food pantry is open on Thursdays.

Good Samaritan Lutheran Church

Phone: 301-863-4740
Address: 20850 Langley Road
Lexington Park, MD 20653
Email: foodpantry@goodsamlutheran.com
Website: www.goodsam.community/serve/
Service: Good Samaritan Lutheran Church provides non- perishable food along with a frozen meat product twice weekly to local neighbors who are in need of food assistance. At times they have some fresh produce and bread products to offer as well. The food pantry is open Wednesday & Friday from 10 a.m. – 11:30 a.m.

Helping Hands

Phone: 301-247-2785
Address: 28291 Old Village Road
Mechanicsville, MD 20659
Service: Helping Hands food pantry is open Monday, Wednesday & Friday from 10 a.m. – 1 p.m. Soup-er Sundays are held from 1 p.m. – 2 p.m. open to everyone. Donations of food and money accepted.

Helpers Overcoming Problems Effectively H.O.P.E

Phone: 301-737-2870
Fax: 301-863-7973
Address: The Church of the Ascension
21641 Great Mills Road
Lexington Park, MD 20653
Email: h.o.p.e.somd@gmail.com
Service: The food pantry is available for people with emergency food needs in the Lexington Park area. The food pantry is located in the Church undercroft and is open Monday – Thursday from 9 a.m. – 11:45 a.m. Donations of food and money accepted.

Immaculate Heart of Mary Church

Phone: 301-863-8193
Address: 22375 Three Notch Road
Lexington Park, MD 20653
Website: www.ihmrcc.org
Service: Handled by St. Vincent de Paul Immaculate Heart of Mary, the food pantry is open Monday, Wednesday & Friday from 8:30 a.m. – 11:30 a.m. Financial assistance is also available at that time.

Lexington Baptist Church

Phone: 301-862-2552
Address: 46855 S. Shangri-La Drive
Lexington Park, MD 20653
Email: office@lpbconline.org
Website: www.lpbconline.org
Service: Lexington Park Baptist Church provides food pantry assistance once a month per family. Donations of food and money accepted. Please enter the food pantry from Willows Road parking lot.

Mt. Zion United Methodist Church Hungry Team

Phone: 301-884-4132
Fax: 301-884-4010
Address: 27108 Mt. Zion Church Road
Mechanicsville, MD 20659
Email: admin-mtzion@md.metrocast.net
Website: www.mtzionmech.org
Service: The Hungry Team provides a food pantry on Tuesday from 8 a.m. – 11 a.m., and on the 2nd Thursday of the month from 10 a.m. – 12 p.m. They host a Moonlight Dream Club Senior Luncheon. Please call first regarding luncheon.

Our Lady of the Wayside Church

Phone: 301-884-2502
Address: 37575 Chaptico Road
Chaptico, MD 20621
Website: www.ladyofthewayside.com
Service: The Mary Lou Gough Food Pantry is open in the Loretto Hall the second and fourth Thursday of the month from 10 a.m. – 12 p.m.

SHARE Food Network
(Lexington Park & Mechanicsville)

Phone: 202-772-4300
Address: Catholic Charities
924 G Street, NW
Washington, DC 20001
Email: communications@catholiccharitiesdc.org
Website: www.catholiccharitiesdc.org/share
Service: The SHARE Food Network provides monthly value packages of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items, and 8-9 pounds of fresh produce that cost $21 and are worth $40-$50. Anyone and everyone may buy as many SHARE packages as they'd like by registering through a location convenient to their home or office.

St. Mary's County SHARE Locations

Immaculate Heart of Mary
22375 Three Notch Road
Lexington Park, MD 20653
301-863-8490

Restoration Free Gospel Church
19895 Three Notch Road
Lexington Park, MD 20653
301-863-4506

Mechanicsville Cluster
Mt. Zion Church
27108 Mt. Zion Church Road
Mechanicsville, MD 20659
240-682-4692 Cindy Bowling

St. Cecilia's Catholic Church

Phone: 301-862-4600
Address: 47950 Mattapany Road
St. Mary's City, MD 20686
Service: St. Cecilia's Catholic Church food pantry is open Monday – Thursday from 9 a.m. – 12 p.m., assisting residents south of Lexington Park.

St. Mark's UAME Church

Phone: 301-994-2090
Address: 45685 Happyland Road
Valley Lee, MD 20692
Website: www.smuame.org
Service: St. Mark's UAME Bread of Life food pantry provides food to local residents in need. Open every Monday from 12 p.m. – 2:30 p.m.

St. Mary's Caring

Phone: 301-863-5700
Address: 20850 Langley Road
Lexington Park, MD 20653
Website: www.stmaryscaring.org
Service: St. Mary's Caring soup kitchen provides breakfast and lunch, Monday – Saturday, free of charge to those in need. Breakfast is served from 8:30 a.m. – 10 a.m. Lunch is served from 11:30 a.m. – 1 p.m.

Trinity Lutheran Church

Phone: 301-863-9512
Address: 46707 S. Shangri-La Drive
Lexington Park, MD 20653
Email office@trinitylutheranlp.org
Website: www.trinitylutheranlp.org
Service: The mission of the Trinity Care Pantry is to share the love of Christ with members of the community by distributing food to those who would otherwise go without. The Trinity Care Pantry is open every Wednesday from 6 p.m. – 7:30 p.m. except July & August. Summer schedule is every other Wednesday. Volunteers are always needed.

Zion United Methodist Church

Phone: 301-863-5161
Address: 21291 Three Notch Road
Lexington Park, MD 20653
Email: info@zionumclp.org
Website: www.zionumclp.org
Service: Zion United Methodist Church Food Pantry is open every Thursday from 6 p.m. – 7 p.m.

NOTES

HEALTH INSURANCE INFORMATION

State Health Insurance Assistance Program (SHIP)

Phone: 301-475-4200, ext. *1050
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Debbie.Barker@stmarysmd.com
Website: www.stmarysmd.com
Service: Free counseling services are available to all Medicare beneficiaries. Assistance is available with Medicare, Medigap, Medicaid, prescription drug plans (Part D), etc. at the Garvey, Loffler and Northern Senior Activity Centers.

Connect Southern Maryland

Phone: 855-339-3007
Address: 40855 Merchants Lane, Unit F
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.marylandhealthconnection.gov
Service: Connect Southern Maryland delivers in-person assistance, outreach, education, and enrollment in both qualified health plans and state insurance options, at no cost. They help compare health insurance plans and shop confidently for quality health coverage that meets the needs and budget of you and your family. Application must be completed to determine eligibility for financial assistance in a qualified health plan or Medicaid.

Health Share of St. Mary's

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.dhr.state.md.us
Service: Health Share of St. Mary's is a nonprofit program that provides access to primary health care for low-income adults. Health share provides access to primary care physicians, co-pays on generic drugs and outpatient services at MedStar St. Mary's Hospital. Health Share is a joint effort of local physicians, pharmacies, MedStar St. Mary's Hospital, St. Mary's County Health Department, and the St. Mary's County Department of Social Services. Health Share is a member of the United Way of St. Mary's County.

Kepro Intelligent Value

Phone: 844-455-8708 **TTY:** 855-843-4776
Fax: 844-843-7129
Address: 5201 West Kennedy Boulevard, Suite 900
Tampa, FL 33609
Hours: 9 a.m. – 5 p.m. Mon. – Fri.
Email: beneficiary.complaints@hcqis.org
Website: www.Keproqio.com
Service: Kepro is the beneficiary and family centered care quality improvement organization program that offers information and assistance to providers, patients, and families regarding beneficiary complaints, discharge appeals, and immediate advocacy.

Kidney Disease Program

Phone: 410-767-5000
Address: Kidney Disease Program of Maryland
201 West Preston Street, Room SS-3
Baltimore, MD 21201
Email: dhmh.kdpinfo@maryland.gov
Website: www.mmcp.dhmh.maryland.gov
Service: The Kidney Disease Program of Maryland serves as a payer of last resort for dialysis treatment related to end stage renal disease. Eligibility is based on income; however, some enrollees will be responsible for a monthly participation fee. Program includes coverage of some prescription drugs.

Maryland Insurance Administration

Phone: 410-468-2000
Address: 200 St. Paul Place, Suite 2700
Baltimore, MD 21202
Website: www.insurance.maryland.gov
Service: The Maryland Insurance Administration responsibilities are to protect Maryland consumers by regulating the state's insurance companies and producers. They investigate complaints consumers have about their insurance coverage, including but not limited to, life, health, automobile, and homeowners; license insurance companies and producers operating in Maryland; conduct financial examinations of insurance companies to ensure solvency; conduct market examinations to ensure compliance with Maryland's insurance laws; investigate acts of insurance fraud; and review and approve rates and contract forms.

Medicare

Phone: 800-772-1213
Address: Social Security Administration
30071 Business Center Drive
Charlotte Hall, MD 20622
Hours: 9 a.m. – 3:30 p.m. Mon. – Fri., closes at 12 p.m. on Weds.
Website: www.medicare.gov
Service: Health insurance for persons age 65 and over or who receive Social Security Disability. Medicare helps to pay for inpatient hospital care, outpatient services, home health care, durable medical equipment, and skilled nursing care. Applications are made through the Social Security Administration in-person, by phone, or on-line at www.ssa.gov

St. Mary's Breast & Cervical Cancer Program

Phone: 301-475-4330
Address: St. Mary's County Health Department
21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: The Breast & Cervical Cancer Screening Program helps eligible women receive screening services for breast and cervical cancer, such as regular breast exams, mammograms, Pap tests, and associated diagnostic services at no cost.

St. Mary's Colorectal Cancer Screening Program

Phone: 301-475-4330
Address: St. Mary's County Health Department
21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: The Colorectal Cancer Screening Program helps eligible residents receive recommended screening services at no cost. Limited funds may also be available to help with treatment costs for colorectal cancer.

HEALTH SERVICES & INFORMATION

Alzheimer's Association
Southern Maryland Regional Office

Phone: 301-934-5856
Helpline: 800-272-3900 (24/7)
Fax: 301-934-5858
Address: 511 Charles Street
P.O. Box 1889
LaPlata, MD 20646
Email: ncacomm@alz.org
Website: www.alz.org/nca
Service: Provides education, information, support services and 24-hour helpline.

American Cancer Society

Phone: 301-982-2161, option 3 **TTY:** 866-228-4327
Address: 7500 Greenway Center Drive, Suite 300
Greenbelt, MD 20770
Website: www.cancer.org
Service: Provides resource information, educational materials, drug therapy studies, and support groups. Transportation to chemotherapy appointments may also be provided.

American Diabetes Association of Maryland

Phone: 410-265-0075
Fax: 410-235-4048
Address: 2002 Clipper Park Road, Suite 110
Baltimore, MD 21211
Email: askada@diabetes.org
Website: www.diabetes.org
Service: Provides education and assistance to individuals with diabetes. Provides support to families on how to cope with this disease.

American Heart Association
Southern Maryland Division

Phone: 410-685-7074
Address: 217 E. Redwood Street
23rd Floor
Baltimore, MD 21201
Email: Review.personal.info@heart.org
Website: www.heart.org
Service: Stroke club, CPR courses, educational material, medical research and educational resources to combat effects of cardiovascular disease and stroke.

American Lung Association of Maryland

Phone: 202-747-5541
Address: 211 East Lombard Street, Suite 260
Baltimore, MD 21202
Email: lungmd@lunginfo.org
Website: www.lung.org
Service: Provides lung disease support services and newsletter.

American Red Cross
Southern Maryland Chapter

Phone: 410-624-2000
Address: 80 West Street, Suite A
Annapolis, MD 21401
Website: www.redcross.org/somd
Service: Provides assistance to persons with emergency needs in times of disaster including house fires. Provides training in family caregiving, CPR, First Aid, and other safety classes.

Arthritis Foundation
Southern Maryland Branch

Phone: 202-787-5333
Fax: 410-312-9270
Address: 9891 Broken Land Parkway, Suite 101
Columbia, MD 21046
Website: www.arthritis.org
Service: Provides education, information and available classes to persons who are living with arthritis.

Diabetes Self-Management

Phone: 301-475-6019
Fax: 240-434-7499
Address: MedStar St. Mary's Hospital
Health Connections
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.medstarstmarys.org
Service: As a supplement to one-on-one diabetes education program, our diabetes educators offer group education opportunities for diabetics and their families. Call for dates and times.

Fresenius Medical Care

Phone: 800-881-5101
Locations: Leonardtown and California, MD
Website: www.ultracare-dialysis.com
Service: Provides kidney dialysis.

LOCATIONS

Address: 40865 Merchants Lane
Leonardtown, MD 20650
Hours: Mon. – Sat.
Kidney dialysis is available in the medical center and in-home.
Address: 44930 Worth Avenue
California, MD 20619
Hours: Mon., Weds, Fri.
Kidney dialysis is available in the medical center only.

Health Connections

Phone: 301-475-6019
Fax: 240-434-7499
Address: MedStar St. Mary's Hospital
Health Connections
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.medstarstmarys.org
Service: Each month MedStar St. Mary's offers free or low-cost informative, supportive and educational health and wellness programming for young and old alike. Call for a list of monthly events and classes. Get Connected to Health, a low-cost primary care service for insured and uninsured St. Mary's County residents.

Living Well with Chronic Conditions

Phone: 301-475-6019
Fax: 240-434-7499
Address: MedStar St. Mary's Hospital
Health Connections
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.medstarstmarys.org
Service: A six week, 2 ½ hour workshop series for anyone with a chronic condition or caregiver of someone with a chronic condition. This program is appropriate for anyone wishing to have a better quality of life while dealing with chronic conditions. Call for dates and times.

Living Well with Heart Failure

Phone: 301-475-6019
Fax: 240-434-7499
Address: MedStar St. Mary's Hospital
Health Connections
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.medstarstmarys.org
Service: Quarterly information sessions for Heart Failure patients and their families. Call for dates and times.

MedStar St. Mary's Hospital Express Care

Phone: 301-290-1499
Address: 37767 Market Drive
Charlotte Hall, MD 20622
Website: www.medstarstmarys.org
Service: Walk-in care for minor illnesses and injuries.

MedStar St. Mary's Hospital

Phone: 301-475-8981
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Website: www.medstarstmarys.org
Service: A full-service acute care facility, fully licensed and Joint Commission accredited with over 250 physicians in all major specialties and many sub-specialties. A directory of physicians and services is published annually.

Quit Tobacco Classes

A partnership between the St. Mary's County Health Department and MedStar St. Mary's Hospital Health Connections

Phone: 301-475-4330 or 301-475-4074
Address: St. Mary's County Health Department
21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: St. Mary's County Health Department is scheduling Quit Tobacco Classes. Free quit smoking classes are offered one hour per week for eight weeks along with free medication to help you quit. Classes provide group support and understanding, and are important in the quitting process. You will gain knowledge about your smoking habit along with behavior modifications, stress management and quit smoking techniques.

St. Mary's Health Center

Phone: 301-997-1029
Fax: 301-997-1489
Address: 23140 Moakley Street, Suite 4
Leonardtown, MD 20650
Hours: 8 a.m. – 4 p.m. Mon. – Fri.
Website: www.freeclinic.com
Service: Reduced fee health services to low-income individuals include: physical exams, healthy lifestyle education, disease prevention and treatment, well childcare, prenatal care, preconception healthcare, immunizations, case management, referrals to other medical specialists or clinics, diagnostic testing, laboratory services, and primary mental health. An assortment of payment options are accepted included, private insurance, Medicare, and Medicaid.

Stroke Survivors

Phone: 301-475-6019
Fax: 240-434-7499
Address: MedStar St. Mary's Hospital
Health Connections
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.medstarstmarys.org
Service: Support program for stroke survivors and their families offered every month at Health Connections. Call for dates and times.

United Cerebral Palsy

Phone: 301-459-0566 or 800-872-5827
Address: UCP On The Potomac
4409 Fobes Boulevard
Lanham, MD 20706
Email: info@ucp.org
Website: www.ucp.org
Service: A national organization that serves and advocates for people with intellectual, developmental, and other disabilities. UCP works together with affiliates on issues that open doors for people with disabilities.

Women's Wellness of St. Mary's

Phone: 301-475-4391 **TTY:** 301-475-4724
Fax: 301-475-4345
Address: St. Mary's County Health Department
21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org
Service: Provides mammograms, clinical breast exams, and Pap smears every other year for women age 40 and over who meet financial eligibility.

HOME HEALTH SERVICES

Adventist Healthcare

Phone: 800-610-2447 **TTY:** 301-315-3245
Address: 1201 Bournefield Way, Suite B
Silver Spring, MD 20904
Website: www.AdventistHomeCare.com
Service: Provides nursing, physical, occupational, speech therapy, home health aides, and medical social work. All services require a doctor's order, with the exception of the home health aides. Adventist Healthcare services the St. Mary's County area.

Chesapeake-Potomac Home Health Agency

Phone: 301-274-9000, ext. 117
Fax: 301-274-9009
Address: 7627 Leonardtown Road
Hughesville, MD 20637
Website: www.cphha.org
Service: Provides skilled nursing; physical; occupational; speech therapy; home health aides and medical social work. All services require a doctor's order. The agency offers in-home medication management and private duty phlebotomy services. Certified wound enterostomal specialist on staff. Agency accepts private insurance, Medicare and Medicaid.

Family & Friends Health Care, Inc.

Phone: 301-627-0768
Address: 9642 Marlboro Pike
Upper Marlboro, MD 20772
Website: www.familyandfriendshc.com
Service: Provides home healthcare, personal care services, DME supplies, and respite services in the St. Mary's County area.

Freedom In-Home Care

Phone: 410-535-1542
Fax: 410-535-1892
Address: 135 W. Dares Beach Road, Suite 109A
Prince Frederick, MD 20678
Email: info@freedominhomecare.com
Website: www.freedominhomecare.com
Service: Provides skilled and non-skilled home health services, qualified to provide Alzheimer's and dementia care, recuperative care after surgery, illness, injury; management of medical and hospice assistance, and companionship services.

Home Helpers

Phone: 301-994-3023
Address: 20223 Michelle Drive
Great Mills, MD 20634
Email: 58475@homehelpershomecare.com
Website: www.local.homehelpershomecare.com/somd/home/
Service: Home Helpers offers Companion Care, Homemaker Services, Respite Care, Alzheimer's and Dementia Care from as little as a couple of hours to 24/7 care.

Hospice of St. Mary's, Inc.

Phone: 301-994-3023
Address: 44724 Hospice Lane
Callaway, MD 20620
Website: www.medstarstmarys.org/hospice
Service: Medicare certified, hospice offers nursing facility care, in-home care and counseling to terminally ill patients and their families. Bereavement and grief counseling are available.

MedStar Health Visiting Nurse Association

Phone: 800-862-2166
Address: 4061 Powder Mill Road, Suite 210
Calverton, MD 20705
Email: info@medstarhealthvna.org
Website: www.medstarhealthvna.org
Service: Provides skilled nursing; physical, occupational, and speech therapy; IV therapy; home health aides and medical social work. All services require a doctor's order. Private insurance, Medicare and Medicaid accepted.

Options for Senior America

Phone: 301-392-1397
Address: 1 Oak Avenue
LaPlata, MD 20646
Email: Laplata@optionscorp.com
Website: www.optionscorp.com/locations/La-Plata-MD
Service: Options for Seniors America provides Companionship, Personal Care, Skilled Nursing Care, Live-in, Hospice Care, Special Needs Care, and Respite Care in the St. Mary's County area. Services are paid for by long-term care insurance or private pay; Medicare and Medicaid are not accepted.

Response Senior Care

Phone: 410-571-2744
Address: 1831 Forest Drive, Suite G
Annapolis, MD 21401
Email: info@response-seniorcare.com
Website: www.response-seniorcare.com
Service: Licensed by the State of Maryland Department of Health and Mental Hygiene as a residential Services Agency and recognized by the Maryland Department of Aging as a quality care provider. Response Senior Care offers Care Management with Response Senior Care's AdviCare Program, Home Care Services, Respite and Interim Care, Personal Care, and Companionship and Socialization.

Senior Companion Program

Phone: 410-535-0817
Address: So. MD Tri-County Community Action Committee
8383 Old Leonardtown Road
P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Free companionship provided to seniors by seniors who are 55 years of age and older.

Visiting Angels

Phone: 301-396-8400
Address: 50 Post Office Road, Suite 201
Waldorf, MD 20602
Website: www.visitingangels.com/assited-senior-care-waldorf-maryland-20602_590
Service: Provides non-medical, in-home care services to include personal care, transportation, light housekeeping, and meal preparation.

HOUSING

Cedar Lane Senior Living Community

Phone: 301-475-8966
Fax: 301-475-1629
Address: 22680 Cedar Lane Court
Leonardtown, MD 20650
Website: www.cedar-lane.org
Service: Quality senior living – with or without supportive services – in spacious studio, 1or 2 bedroom private apartment homes. All residents enjoy a private apartment with private bath. Qualified applicants may receive rental assistance. Supportive Services and Assisted Living Fees are private pay. On-site amenities include: dining room; gift shop; beauty/barber shop; library; daily social and recreational activities; on-site banking and free grocery and pharmacy delivery. There is an emergency call system in each apartment, 24-hour concierge, and staff members are always available. Equal Housing Opportunity.

Housing Authority of St. Mary's County

Phone: 301-866-6590
Address: The Gateways
21155 Lexwood Drive, Suite C
Lexington Park, MD 20653
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.stmaryshousing.org
Service: Provides rental and homeownership opportunities to eligible individuals, community improvements, and housing rehabilitation for all citizens of need and for the benefit of the county's economy.

Joe Baker Village

Phone: 301-862-9177
Address: 21260 Joe Baker Court
Lexington Park, MD 20653
Service: Equal Housing Opportunity, complex for the elderly and people with disabilities. The Village is set up for moderate-income families.

Lexington Park Adult Community

Phone: 240-725-0111
Address: 21895 Pegg Road
Lexington Park, MD 20653
Email: lexingtonpark@vistacm.com
Service: A senior independent living community for persons age 55 and older. One and two bedroom unfurnished apartments, utilities included in rent and a lot of amenities. Housing vouchers accepted.

New Towne Village

Phone: 301-475-3161
Fax: 301-475-0097
Address: 22810 Dorsey Street
Leonardtown, MD 20650
Email: 0945@nationalchurchresidence.org
Website: www.nationalchurchresidences.org
Service: A 35 unit, independent living building for seniors age 62 and over; 10% of which is set aside for residents with disabilities.

Spring Village at Wildewood

Phone: 301-863-7110
Address: 23185 Milestone Way
California, MD 20619
Email: info@wildewoodseniorliving.com
Website: www.springvillagewildewood.com
Service: Spring Village at Wildewood assisted living and memory care. We offer experienced staff members, affordable rates, private or shared suites and excellent care to our seniors. Come in and tour our beautiful community.

Tri-County Community Action Committee, Inc.

Phone: 301-274-4474 or 301-870-3770
Address: 8371 Old Washington Road
P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Assist qualified individuals with home ownership.

Victory Woods Apartments

Phone: 301-866-9191
Address: 22611 FDR Boulevard
Lexington Park, MD 20653
Email: victorywoods@habitatamerica.com
Website: www.victoryhousing.org
Service: Senior Living Community for ages 62 and over. Income limits apply.

NOTES

INFORMATION AND ASSISTANCE

St. Mary's County Department of Aging & Human Services
Senior Information and Assistance

Garvey Senior Activity Center

Phone: 301-475-4200, ext. *1050
Fax: 301-475-4503
Address: 41780 Baldridge Street
Leonardtown, MD 20650
Email: Debbie.Barker@stmarysmd.com

Loffler Senior Activity Center

Phone: 301-737-5670, ext. 1654
Fax: 301-737-5683
Address: 21905 Chancellors Run Road
Great Mills, MD 20634
Email: Melissa.Craig@stmarysmd.com

Northern Senior Activity Center

Phone: 301-475-4002, ext.*3101
Fax: 301-475-4034
Address: 29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Email: Melissa.Craig@stmarysmd.com

The following applies to all three centers.
Mailing Address:
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Website: www.stmarysmd.com/aging
Service: Senior Information and Assistance provides seniors and their families with guidance and referrals to Department of Aging & Human Services programs, public and private community sources, and information regarding assistance programs. Service coordination is available to seniors who require assistance in accessing services, applying for various programs, or simply need help or information about a variety of issues.

Division of Rehabilitation Services (DORS)

Phone: 301-475-9612
Address: 23110 Leonard Hall Drive
Leonardtown, MD 20650
Email: Leonardtown.dors@maryland.gov
Website: www.dors.maryland.gov
Service: Offers programs and services that help people with disabilities go to work, or stay independent in homes.

Maryland State Library for the Blind

Phone: 800-964-9209 or 410-230-2424
TTY: 800-934-2541 or 410-333-8679
Address: 415 Park Avenue
Baltimore, MD 21201
Email: reference@lbph.lib.md.us
Website: www.lbph.lib.md.us
Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

Libraries

Branch: **Charlotte Hall Library**
Phone: 301-884-2211
Address: 37600 New Market Road
Charlotte Hall, MD 20622

Branch: **Leonardtown Library**
Phone: 301-475-2846
Address: 23250 Hollywood Road
Leonardtown, MD 20650

Branch: **Lexington Park Library**
Phone: 301-863-8188
Address: 21677 FDR Boulevard
Lexington Park, MD 20653

Hours: 9 a.m. – 8 p.m. Mon. – Thurs.
9 a.m. – 5 p.m. Fri. & Sat.
Website: www.stmalib.org
Service: A library card is free to all residents of Maryland. The library maintains a wide collection of books, including large print editions, audio books, DVDs, musical recordings, magazines, newspapers and downloadable audio books and eBooks, eReaders, computers, internet access, including wireless, copiers, scanners and fax are available for public use. Staff is available to provide customer service and assistance with reference. The library offers programs throughout the year including free computer classes at all three branches with eReader instruction.

With a library card, library service is a available 24/7 through the library's website (www.stmalib.org). Library card holders can manage their accounts, search for books, research using the free online databases, download free ebooks and audio books and obtain reading suggestions.

LEGAL SERVICES

Guardianship
St. Mary's County Department of Social Services for Guardianship under 65

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.dhr.state.md.us
Service: Serves as a guardian of person for individuals determined legally incompetent who are without a support system.

Attorney General, State of Maryland Consumer Protection Division

Phone: 301-274-4620 or 866-366-8343
Address: 15045 Burnt Store Road
Hughesville, MD 20637
Email: consumer@oag.state.md.state
Website: www.oag.state.md.us/consumer
Service: The Consumer Protection Division provides mediation services to consumers to help resolve complaints against businesses and health insurance carriers. The Division can also provide information about complaints that have been filed against businesses and provide publications to help you make good decisions in the market place.

Legal Aid Bureau, Inc.
Southern Maryland Office

Phone: 301-932-6661 or 877-310-1810
Fax: 301-274-0713
Address: 15364 Prince Frederick Road
P.O. Box 249
Hughesville, MD 20637
Hours: 9 a.m. – 5 p.m. Mon. – Fri.
Website: www.mdlab.org
Service: Legal Aid Bureau handles civil (non-criminal) cases, involving a wide range of issues, including custody, housing, public benefits, and consumer law. We also represent senior citizens. Nursing home and assisted living residents also receive specialized representation. Maryland Legal Aid's mission is to provide high quality legal services to the state's poor through a mix of services and to bring about changes poor people want in the system that affect them.

Maryland Volunteer Lawyer Service

Phone: 410-547-6537 or 800-510-0050
Fax: 443-451-4081
Address: 201 North Charles Street, Suite 1400
Baltimore, MD 21201
Hours: 9 a.m. – 1 p.m. Mon. – Thurs.
Email: info@mvlslaw.org
Website: www.mvlslaw.org
Service: Volunteer lawyers provide their services free of charge to eligible clients. Types of cases handled include: simple divorce, tax problems, bankruptcy, adult guardianship, deed change, wills, powers of attorney, etc. Criminal and fee generating cases are not accepted.

People's Law Library

Website: www.peoples-law.org
Service: A legal information and self-help website tailored to Maryland residents. Direct users through legal proceedings, and refers to free legal services providers.

Senior Legal Hotline

Phone: 410-539-5340 or 800-999-8904 (Maryland)
Address: The Empire State Building
350 Fifth Avenue, Suite 4310
New York, NY 10118
Website: www.seniorlaw.com/senior-legal-hotlines
Service: The hotlines are for ages 60 and over; hotlines are staffed with attorney's who give legal advice on the phone. The attorney's admitted to the bar of your state so that all professional standards apply. The hotlines carry malpractice insurance. The service is limited to phone advice although some of the hotlines will do brief services such as review a document or write a letter for the client's signature. They can also make referrals to more full service type services in appropriate circumstances.

Sixty Plus Legal Program

Phone: 410-951-7760 or 800-999-8904, ext. 7760
Fax: 410-685-1016
Address: 520 West Fayette Street
Baltimore, MD 21201
Website: www.msba.org/sections/elder/publicservice.aspx
Service: Persons age 60 and over with limited incomes may receive assistance with wills, deeds, small estate administration (probate), living wills and power of attorney in their area for a small fee.

Southern Maryland Center for Family Advocacy

Phone: 301-373-4141
Fax: 301-373-4147
Address: 23918 Mervell Dean Road
P.O. Box 760
Hollywood, MD 20636
Email: questions@smcfa.net
Website: www.smcfa.net
Service: Southern Maryland Center for Family Advocacy is a non-profit agency whose function is to provide advocacy, legal assistance and information/referral to victims of domestic violence in the Southern Maryland region.

MEDICAL EQUIPMENT

A Community That Shares Inc. (A.C.T. S.)

Phone: 301-769-4199
Address: 21808 Colton's Point Road
P.O. Box 54
Bushwood, MD 20618
Service: A non-profit community service organization made up of about 14 other organizations including the Optimist Club, an American Legion Post, several churches and others. ACTS provides the temporary use of in-home convalescent equipment, such as hospital beds, wheelchairs, and walkers, at no charge to residents of St. Mary's County.

Access Mobility Equipment

Phone: 866-717-0808
Fax: 877-730-2942
Address: 8509 Indian Hills Court, Suite 101
Fredericksburg, VA 22407
Hours: 7 a.m. – 5 p.m. Mon. – Fri.
Email: jim@accessmobilityequipment.com
Website: www.accessmobilityequipment.com
Service: Provides sales, service and installation for those with mobility challenges. We make it possible whether it is with home modifications or vehicle adaptions.

Fran's Nu Image

Phone: 301-843-9282
Address: 12480 Mattawoman Drive, Suite 202
Waldorf, MD 20601
Hours: 10 a.m. – 4 p.m. Mon. – Fri.
Email: fransnuimage@verizon.net
Website: www.fransnuimage.com
Service: Fran's Nu Image is an ABC Accredited Facility that provides the latest in post-mastectomy technology. They stock a wide array of external breast prostheses and bras to suit your own individual needs. The Wig Boutique features top of the line hair, scarves, sleep caps and hats. Swimwear, compression garments, and other specialty items are available as well.

Home Health Products Express

Phone: 301-884-2944 or 240-298-7329
Email: mariquade@aol.com
Service: Certified Fitter of Compression Garments. They provide quality medical equipment and supplies for home, office and institutional use.

NOTES

MENTAL HEALTH SERVICES

St. Mary's County Department of Aging & Human Services
Division of Human Services
Core Service Agency for Mental Health

Phone: 301-475-4200, ext. *1682
Fax: 301-475-4000
Address: 23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: Cynthia.Brown@stmarysmd.com
Website: www.stmarysmd.com
Service: Provides administrative oversight of the public mental health system. Support and resource information available for individuals with mental health concerns.

MedStar St. Mary's Hospital

Phone: 301-475-8981
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Website: www.medstarstmarys.org
Service: Provides 24-hour emergency psychiatric evaluations, day treatments and inpatient programs.

Pastoral Counseling Center of St. Mary's

Phone: 301-863-9333
Address: 21641 Great Mills Road
P.O. Box 914
Lexington Park, MD 20653
Email: info@pccstmary.org
Website: www.pccstmary.org
Service: Provides marriage, individual, and family counseling services to individuals regardless of their ability to pay. Specialty services offered include therapy for depression and anxiety, counseling for couples, families and grief, parenting support, work and career issues, stress management, addiction and recovery, and conflict resolution.

Pathways, Inc.

Phone: 301-373-3065, ext. 225
Address: 44101 Airport View Drive
P.O. Box 129
Hollywood, MD 20636
Hours: 8:30 a.m. – 4:30 p.m. Mon. – Thurs.
8 a.m. – 4 p.m. Fri.
Email: info@pathwaysinc.org
Website: www.pathwaysinc.org
Service: Pathways specializes in a range of services including psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with mental illness, and vocational support for persons with a mental illness and/or brain injury.

Pro Bono Counseling Project

Phone: 410-825-1001 or 877-323-5800
Fax: 410-825-1388
Address: 110 West Road, Suite 202
Baltimore, MD 21204
Hours: 9 a.m. – 5 p.m.
Website: www.probonocounseling.org
Service: Provides free mental health services for men and women over age 55 to prevent victimization from abuse, neglect and financial exploitation. This program links victim and/or family member to a licensed mental health professional who will provide care at no cost.

Trico Clinical Services, Ltd.

Phone: 301-862-4961
Address: 46940 S. Shangri-La Drive, Suite 10
Lexington Park, MD 20653
Hours: 8:30 a.m. – 5 p.m. Mon. – Fri.
Email: tricocorp@verizon.net
Service: The mission of Trico Clinical Services is to provide the highest level of mental health assessment and treatment services to all persons regardless of their ability to pay, in collaboration with other mental health, medical and professional human services organizations. Services Offered: Psychiatric evaluations, psychotherapy and counseling; off site visits.

Walden Sierra, Inc.

Phone: 301-997-1300
24/7 Emergency: 301-863-6661
Fax: 301-863-3368
Address: 44871 St. Andrews Church Road
California, MD 20619
Hours: 9 a.m. – 8 p.m. Mon. – Thurs.
8 a.m. – 4 p.m. Friday
Sat. & Sun. Call 24/7 Emergency
Email: info@waldensierra.org
Website: www.waldensierra.org
Service: Primarily deals with substance abuse, domestic violence, sexual assault and crisis, in conjunction with the Core Service Agency & Pathways for mental health services.

NURSING HOMES

Chesapeake Shores

Phone: 301-863-7244
Fax: 301-863-8550
Address: 21412 Great Mills Road
Lexington Park, MD 20653
Email: admin.bayside@signaturehealthcarellc.com
Website: www.chesapeakeshorescares.com
Service: Chesapeake Shores skilled nursing and rehabilitation center, offers 117 beds, comprehensive care, short-term respite care to long-term care, recreation and other healthcare services.

St. Mary's Nursing & Rehabilitation Center

Phone: 301-475-8000
Fax: 301-475-3085
Address: 21585 Peabody Street
Leonardtown, MD 20650
Email: mlyon@smnci.org
Website: www.smnci.org
Service: St. Mary's Nursing & Rehabilitation Center offers one hundred sixty beds providing long-term care, short-term rehabilitation, respite services, and the therapy department offers physical, speech and occupational therapy to the residents under the supervision of their attending physician and the facility's medical review care team.

NUTRITION

St. Mary's County Department of Aging & Human Services

Congregate Meal Program

Phone: 301-475-4200, ext. *1063
Fax: 301-475-4503
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Alice.Allen@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: The congregate meal program is a lunch time meal program available to seniors. Meals are served Monday through Friday at the Garvey, Loffler and Northern Senior Activity Centers. The cost of the meal is $6 for those under 60, ages 60 and over is by donation. Reservations must be made at least 24 hours in advance by calling 301-475-4200, ext. *1050. Come and enjoy a nutritious lunch in the company of other interesting seniors!

Home Delivered Meals

Phone: 301-475-4200, ext. *1060
Fax: 301-475-4503
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Monika.Williams@stmarysmd.com
Website: www.stmarysmd.com
Service: This service is for homebound seniors age 60 and over who show a moderate to severe disability that prevents them from shopping or cooking. Depending on the need, a hot meal can be provided five days a week or a box of five frozen meals can be delivered each week. A health assessment tool is used to determine eligibility.

St. Mary's County Department of Social Services
Supplemental Nutritional Assistance Program
(SNAP)

Phone: 240-895-7000
Fax: 240-895-7099
Address: (Leonardtown Office)
23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
(Lexington Park Office)
21775 Great Mills Road
Lexington Park, MD 20653
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.dhr.state.md.us
Service: Provides monthly financial assistance to eligible individuals for the purchase of food. This program was formally known as Foodstamps.

NOTES

PERSONAL SERVICES

Infinite Errands

Phone: 410-414-5222
Address: P.O. Box 101
Barstow, MD 20610
Hours: 7 a.m. – 6 p.m. Mon. – Fri.
Weekends by requests
Email: jan@infiniteerrands.com
Website: www.infiniteerrands.com
Service: A concierge service providing assistance errands, personal services, and dog/cat sitting for a fee. Senior citizen discounts available, and service is available in the Southern Maryland area.

NOTES

PHYSICAL FITNESS

St. Mary's County Department of Aging & Human Services
Physical Fitness Programs

Phone: 301-475-4200, ext. *1050
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Alice.Allen@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Fitness is important to everyone, young and old alike. The Department of Aging & Human Services offers a variety of fitness classes which are described below. Some classes require a fee as the Department contracts with certified fitness instructors in order to provide high quality, safe fitness programs. Fitness cards may also be purchased.

Arthritis Foundation Exercise Program

Help relieve arthritis pain by choosing the number one treatment exercise. Instructors certified by the Arthritis Foundation lead classes specifically designed to improve joint range of motion, flexibility, endurance, and strength. Classes are offered at all senior activity centers. No fee.

EnhanceFitness

This evidence-based group exercise class improves balance, flexibility, bone density, endurance, coordination, strength and decreases your risk of falling. The class includes a 20 minute cardiovascular workout of a low to moderate impact followed by strengthening, balance and flexibility exercises. Classes are offered at all senior activity centers. There is a fee.

Exercise Equipment

Exercise equipment is available for use by people 50 years of age and over at all senior activity centers. Receive an orientation to the equipment by staff, sign a physical activity waiver and use at your own risk. Equipment is available during Department hours. No fee.

Line Dance Classes

Dancing is great exercise! Learn fundamentals and advance steps while enjoying the latest dances all while having a wonderfully physical workout at the same time. Classes are held at all senior activity centers. No fee.

Parkinson's Exercise Group

Exercise will not stop Parkinson's disease from progressing but, it will improve balance and it can prevent joint stiffening. This gentle exercise program offered at the Garvey Senior Activity Center on Thursdays from 1:15 p.m. – 2 p.m. is for seniors ages 50 and over and includes stretching and strengthening routines that will help to minimize the negative effects of Parkinson's disease. No Fee.

Strength Training

It has been shown that strength training is the most effective way to slow and possibly reverse the loss of muscle tissue, bone density, and strength that occurs as one ages. Strong muscles help utilize oxygen and nutrients from the blood. They help absorb blood sugar so the body stays sensitive to insulin, helping to prevent or control Type 2 Diabetes. Strong muscles promote weight control by increasing your metabolism. Balance, flexibility, and bone density are also improved by strengthening muscles. Arthritis pain is often reduced and self-confidence is improved. It is recommended that you participate in two to three session/week with at least one day in between to allow your muscles to recover. Classes are held at all senior activity centers. A class for men is available at the Garvey Senior Activity Center. There is a fee.

Tai Chi for Arthritis

Tai Chi for Arthritis consists of movements from the Sun style Tai Chi. This style is particularly effective for those with arthritis, and the movements have higher stances, which makes it easier to learn. Classes are available at all senior activity centers. No fee.

Video Aerobics

Richard Simmons is the video instructor for this group of regular exercisers. Come join the fun and improve your physical condition. Classes are held at the Garvey Senior Activity Center. No fee.

Walking Clubs

Walk at a pace and distance, that's comfortable for you. Walking is a wonderful aerobic and bone building physical activity. Don't forget… about 2100 steps equal a mile! No fee.

Yoga

This calm and tranquil experience offers benefits for inner awareness as well as physical balance and flexibility. Improve muscle strength and tone while learning ways to reduce stress and relax. Classes are offered at all senior activity centers. There is a fee.

Zumba Gold

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. There is a fee.

College of Southern Maryland
Leonardtown Campus

Phone: 240-725-5370 **TTY:** 800-735-2258
Fax: 301-539-4791
Address: 22950 Hollywood Road
Leonardtown, MD 20650
Hours: 8:30 a.m. – 7 p.m. Mon. – Fri.
Email: askme@csmd.edu
Website: www.csmd.edu/Leonardtown
Service: Wellness and Aquatics Center

Great Mills Swimming Pool

Phone: 301-866-6560
Fax: 301-866-6561
Address: 21100 Great Mills Road
Great Mills, MD 20634
Hours: 10 a.m. – 8 p.m. Mon. – Sat.
12 p.m. – 6 p.m. Sun.
Website: www.stmarysmd.com/recreate
Service: Provides opportunities for water aerobics, recreational, therapeutic, instructional and competitive swimming for all ages. The 25x25 meter pool includes 6 lanes and has a “zero depth” entry for maximum accessibility. The pool is covered with an air-inflated “bubble” from September – May to allow year-round usage. The facility’s bathhouse includes showers, lockers and restrooms, and is located next to Great Mills High School.

PRESCRIPTION DRUGS

NACo Prescription Card

Phone: 877-321-2652
Website: www.nacorx.org
Service: Prescription discount cards, no enrollment or membership fee, one card and immediate use. This is a joint effort of local county government and the National Association of Counties (NACo). Cards are available online at the website provided above or at the Garvey, Loffler, and Northern Senior Activity Centers.

Senior Prescription Drug Assistance Program

Phone: 800-551-5995 **TTY:** 800-877-5156
Fax: 800-847-8217
Address: Maryland-SPDAP C/O Pool Administrators
628 Hebron Avenue, Suite 100
Glastonbury, CT 06033
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.marylandspdap.com
Service: This program provides a subsidy to eligible individuals who are enrolled in the Medicare Part D Prescription Drug Program and do not qualify for extra help under Social Security Administration. Applications are available at the Garvey, Loffler, and Northern Senior Activity Centers.

PROGRAMS

Accessible Homes for Seniors

Phone: 301-475-4200, ext. *1064
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Debbie.Barker@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Provides a 0% interest home improvement loan to eligible persons age 55 and over who wish to make accessibility improvements to their home such as wheelchair ramps, bathroom modifications, widening of doorways, etc. Loans are provided through the Maryland Department of Housing and Community Development.

Cell Phones for Seniors

Phone: 301-475-4200, ext. *1073
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Free emergency-use only (9-1-1) cell phone for seniors.

Cell Phone Recycle Program

Phone: 301-475-4200, ext. *1073
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Donations of used cell phones may be dropped off at any of senior activity centers for recycling.

File of Life

Phone: 301-475-4200, ext. *1073
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com
Service: Magnetic "File of Life" packets are placed on the refrigerator and contain a person's pertinent medical information in the event of an emergency. Included is a sticker to be located near the front entrance to alert emergency personnel and tell them where to locate the information.

Home Repair Loan Programs

Phone: 301-866-6590, ext. 1433 **TTY:** 800-735-2258
Fax: 301-737-7929
Address: Housing Authority of St. Mary's County
21155 Lexwood Drive, Suite C
Lexington Park, MD 20653
Email: **s**andra.johnson@stmarysmd.com
Website: www.stmaryshousing.org
Service: Provides home repair loan programs to help citizens who meet the program requirements, make necessary repairs to their homes such as, public sewer connections, replacement or installation of wells, septic systems, roofs, windows, doors, electric service, and accessibility concerns. Loan funds are also available to property owners who rent to income eligible tenants. Interest rates vary from 0-7% and monthly payments and terms vary based on income and affordability. Applicants must be credit worthy. There is no minimum income limit.

Learning is ForEver (L.I.F.E.)

Phone: 301-475-4200, ext. *1063
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Alice.Allen@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: This program offers stimulating educational and enrichment opportunities for adults who share in the enjoyment of continued learning for growth and fulfillment.

Project Lifesaver

Phone: 301-475-4200, ext. *1073
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com
Service: Persons with Alzheimer's and other related mental dysfunction disorders are fitted with a personalized, wearable, tracking system that can assist in locating the individual if they wander from home. A small fee may apply.

Safe Return Program

Phone: 800-272-3900
Fax: 301-934-5858
Address: Alzheimer's Association
511 Charles Street
P.O. Box 1889
LaPlata, MD 20646
Website: www.alz.nca.org
Service: Persons who wander and are memory impaired receive a bracelet or necklace, clothing labels and wallet cards to help locate and return them home safely. There is a fee.

Senior Gold Card Club

Phone: 301-475-6019
Address: MedStar St. Mary's Hospital
Health Connections
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.medstarhealth.org
Service: Sponsors a monthly luncheon for seniors at St. Mary's Hospital. While members enjoy a heart healthy lunch, they are treated to educational programs on topics of interest to seniors.

St. Mary's County Traid/SALT (Seniors and Law Enforcement Together)

Phone: 301-475-4200, ext. *1073
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Triad/SALT is a joint effort between St. Mary's County Sheriff's Office, Department of Aging & Human Services, local clergy, senior housing representatives, community organizations and senior volunteers coming together to identify and provide information, programs, and education seminars for the senior community.

PUBLICATIONS

New Beginning Newsletter
St. Mary's County Department of Aging & Human Services

Phone: 301-475-4200, ext. *1073
Fax: 301-475-4503
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: A free bi-monthly newsletter that communicates Department of Aging & Human Services programs, events and services. Newsletter is available online at www.stmarysmd.com/aging and in audio format.

RECREATION

St. Mary's County Department of Aging & Human Services

The following senior activity centers are open 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.

Garvey Senior Activity Center	301-475-4200, ext. *1050
Loffler Senior Activity Center	301-737-5670, ext. 1658
Northern Senior Activity Center	301-475-4002, ext. *3101

Email: Alice.Allen@stmarysmd.com
Service: Provides a variety of classes and activities to the senior community to encourage active, involved healthy aging.

Maryland Department of Natural Resources (DNR)

Phone: 410-260-3220 or 866-344-8889
Fax: 410-260-3281
Address: Licensing & Registration Service
1804 West Street, Suite 300
Annapolis, MD 21401
Hours: 8:30 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.dnr.maryland.gov
Service: DNR offers individuals with disabilities free lifetime blind fishing license; must have proof of disability. DNR also offers Disable American Veterans (DAV) and Former Prisoner of War (POW) free lifetime fishing and hunting licenses. DAV must provide letter of disability or letter of certification from Veterans Administration required, documentation must read "100% service-connected". POW must provide Veterans Administration evidence of status as former POW required.

National Park Service

Phone: 202-513-7156
Address: 1849 C Street, NW
Washington, DC 20240
Website: www.nps.gov/findapark/passes.htm
Service: Persons age 62, blind, or permanently disabled can receive a discounted entrance into most national parks, monuments, historic sites, recreation areas and national wildlife refuges to qualified individuals. Passes can be obtained for a one-time fee of $10 at any federal site that charges an entrance fee. Proof of age or disability is required.

St. Mary's County Department of Recreation and Parks

Phone: 301-475-4200, ext. *1800
Address: 23150 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Website: www.stmarysmd.com/recreate
Service: Offers adult sports, fitness, aquatics, Paralympics, and special interest programs as well as youth sports, fitness, crafts, dance, gymnastics, aquatics, therapeutic, child care and camp programs available year round.

REFERENCE SERVICES

1-800-DOCTORS

Phone: 800-362-8677
Fax: 732-321-6858
Address: 186 Wood Avenue South, Suite 102
Iselin, NJ 08830
Email: info@1800doctors.com
Website: www.1800doctors.com
Service: A free web-based service which links individuals with medical professionals in their area.

Administration for Community Living

Phone: 202-401-4634
Address: 330 C Street SW
Washington, DC 20201
Email: aclinfo@acl.hhs.gov
Website: www.acl.gov
Service: A public service of the Administration on Aging, U.S. Department of Health and Human Services is a nationwide service that connects older Americans and their caregivers with information on senior services.

American Association of Retired Persons (AARP)

Phone: 888-687-2277 **TTY:** 877-434-7598
Address: 601 E. Street NW
Washington, DC 20049
Hours: 7 a.m. – 11 p.m. Mon. – Fri.
Email: member@aarp.org
Website: www.aarp.org
Service: Offers information and products of interest to the senior population.

Benefits Checkup
National Council on Aging

Phone: 571-527-3900
Address: 251 18th Street South, Suite 500
Arlington, VA 22202
Email: membership@ncoa.org
Website: www.BenefitsCheckUp.org
Service: A free web-based service which lists hundreds of assistance programs available to seniors.

Elder Care Locator

Phone: 800-677-1116 **TTY:** 800-667-1116
Address: U.S. Administration on Aging
330 C Street SW
Washington, DC 20201
Hours: 9 a.m. – 8 p.m. Mon. – Fri.
Email: eldercarelocator@n4a.org
Website: www.eldercare.gov
Service: A free web-based service which links older adults and their caregivers with services throughout the United States that can enhance the well-being of older citizens and those who care for them.

Maryland Department of Aging

Phone: 410-767-1100 or 800-243-3425
Fax: 410-333-7943
Address: 301 West Preston Street, Suite 1007
Baltimore, MD 21201
Hours: 8:30 a.m. – 5 p.m. Mon. – Fri.
Website: www.aging.maryland.gov
Service: This department is responsible for funding and overseeing programs at all Maryland area Agencies on Aging.

Maryland Department of Health and Mental Hygiene

Phone: 877-463-3464
Address: 201 West Preston Street
Baltimore, MD 21201
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: dhmh.healthmd@maryland.gov
Website: www.dhmh.maryland.gov
Service: Responsible for overseeing the Medical Adult Day Services, Medicaid Waiver and Medicaid programs.

WebMD

Address: Office of Privacy
1201 Peachtree Street NE
400 Colony Square, Suite 2100
Atlanta, GA 30361
Website: www.webmd.com
Service: A web-based resource for information on medical conditions from A to Z.

SENIOR GROUPS

Retired and Senior Volunteer Program (RSVP)

Phone: 301-737-5670, ext. 1653
Fax: 240-237-8132
Address: St. Mary's County Department of Aging & Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Norine.Rowe@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Citizens age 55 and over are eligible to participate in this program. Volunteer opportunities are available at 36 stations in the county. Skills needed by these stations are comprehensive and can provide ample challenges to the volunteers that will keep them as active participants in the life of the county. We work one-on-one with the volunteers to ensure a good match for them.

Fifth District Homemaker's Club

Phone: 301-884-7071
Address: Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Meetings: 10 a.m. – 2nd and 4th Tues. every month
Website: www.stmarysmd.com/aging
Service: The mission of this women's charity organization group is to strengthen, extend, and promote programs. The club makes hats, gloves and scarf sets for the needy. If you like to sew, crochet, knit or work with a loom please join us or call.

Military Officers Association of America (MOAA) Southern Maryland Chapter

Phone: 443-486-0150
Address: P.O. Box 84
Patuxent River, MD 20670
Meetings: 12 p.m. – 3rd Sat. Jan. – Nov., local restaurant
Email: pncbiz@me.com
Website: www.moaa.org
Service: This group protects the medical and retirement benefits for active and retired military personnel.

National Active & Retired Federal Employees Association (NARFE), St. Mary's Chapter #969

Phone: 301-884-5095, Joseph Luskus, Chapter President
240-298-6206, Membership call Geneva Leon
Address: NARFE Chapter #969
21803 Three Notch Road
Lexington Park, MD 20653
Website: www.narfe.org/site/chapter969/index.cfm
Service: NARFE is the only association dedicated to protecting the earned retirement benefits of federal employees, retirees, and their spouses by sponsoring and supporting members on issues such as legislation, COLA's, taxation and retirement income. Chapter 969 also contributes to the well-being of the local community through volunteer service. Luncheon meetings are held the 3rd Friday of each month (except Feb. & July) at Olde Breton Inn, Leonardtown. Chapter 969 operates two NARFE service centers where trained, capable and qualified federal government retiree volunteers are available to assist in obtaining benefits for employees of the U.S. and D.C. governments. The center is located at the old Frank Knox School location in Lexington Park from 9 a.m. – 12 p.m. Tues., Weds. and Thurs. An appointment is recommended by calling the Frank Knox School at 301-757-4121 or the Northern Senior Activity Center to set up an appointment at 301-475-4002, ext. *3101.

St. Mary's County Public Schools Retirees Association

Phone: 301-872-5805
Address: P.O. Box 1037
Leonardtown, MD 20650
Email: smcpsra@gmail.com
Website: www.smcpsra.org
Service: Raises funds for scholarships, lobbies for retired teacher benefits, and assists teachers who are ready to retire. The organization also provides services to community organizations and nursing centers. If interested in joining, call the phone number above and leave a message.

Veterans of Foreign Wars Post #2632

Phone: 301-862-3247
Address: 23282 Three Notch Road
P.O. Box 86
California, MD 20619
Hours: 3 p.m. – 9 p.m. Mon. – Thurs.
12 p.m. – 10 p.m. Fri. & Sat.
12 p.m. – 6 p.m. Sun.
Meetings: 7 p.m. – 2nd Tues. every month
Email: commander@vfw2632.com
Website: www.vfw2632.com
Service: Must have DD.214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community.

SUPPORT GROUPS

Alzheimer's Caregivers Support Group at St. Mary's Nursing & Rehabilitation Center

Phone: 301-475-8000
Address: 21585 Peabody Street
Leonardtown, MD 20650
Meetings: 6:30 p.m. – 3rd Monday every month
Website: www.smnci.org
Service: Meetings held for caregivers and families of a person diagnosed with Alzheimer's and anyone caring for a person with Alzheimer's disease. Pizza and drinks provided.

Breast Cancer Support Group (Bosom Pals of St. Mary's)

Phone: 301-475-6760
Meetings: 6:30 p.m. – 2nd Monday of the month
Service: Meetings are held in various locations. Contact Marcia Shapiro at 301-475-6760 for meeting locations.

Cancer Support Group

Phone: 301-475-6070
Fax: 301-475-6473
Address: MedStar St. Mary's Hospital
Outpatient Infusion Center
25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Meetings: 7 p.m. – 1st and 3rd Wednesday every month
Website: www.medstarhealth.org
Service: Provides support to cancer patients and their families. Meetings are held at the MedStar St. Mary's Hospital Pavilion, Outpatient Infusion Center, first floor.

Columbia Light House for the Blind (CLB)

Phone: 202-454-6400
Fax: 202-454-6401
Address: 1825 K Street NW, Suite 1103
Washington, DC 20006
Website: www.clb.org
Service: CLB is a mission driven community resource for the blind and visually impaired. With vision screenings, independent living skills training, and employment services, CLB provides customized services for improving the well-being and independence of the community it serves.

Compassionate Friends
Southern Maryland Chapter

Phone: 240-434-8414
Meetings: 7 p.m. – 8:30 p.m., 2nd Thursday of every month
Website: www.compassionatefriendssomd.com
Service: The Compassionate Friends is a national non-profit, self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and no membership dues or fees. Meetings are held at the First Saints Community Church – St. Paul's Campus, Leonardtown, MD.

Diabetes Support Group

Phone: 301-475-4002, ext. *3101
Fax: 301-475-4034
Address: St. Mary's County Department of Aging &
Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Meetings: 2 p.m. – Quarterly, 3rd Thursday of that month
Website: www.stmarysmd.com/aging
Service: A representative from MedStar St. Mary's Hospital Health Connections presents different topics and issues for diabetes. Open for questions and answers. Please call for dates of meetings.

Good Grief Support Group

Phone: 301-994-3078
Fax: 301-994-3318
Address: Hospice House
44724 Hospice Lane
Callaway, MD 20620
Meetings: 6 p.m. – 7:30 p.m. 1st and 3rd Tuesday of every month
Website: www.hospiseofatmarys.org
Service: Provides persons and families who have lost a loved one with a support system and an opportunity to share life experiences with those who have faced similar circumstances.

Lyme Disease Discussion & Support Group

Phone: 301-475-4002, ext. 3101
Fax: 301-475-4034
Address: St. Mary's County Department of Aging &
Human Services
41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Meeting: 1 p.m. – Quarterly, 2nd Thursday of the month
Website: www.stmarysmd.com/aging
Service: This is a facilitator-led group that explores this emerging medical concern. The group is intergenerational and divides its time between education and support. There are facts and recent medical developments covered as well as participants' testimonials and sharing of personal experiences.

On Our Own of St. Mary's Wellness and Recovery Center

Phone: 301-997-1066
Fax: 301-997-1065
Address: 41665 Fenwick Street
P.O. Box 1245
Leonardtown, MD 20650
Hours: 10 a.m. – 5 p.m. Mon. – Fri.
Email: oooincmc@verizon.net
Website: www.onourownmd.org
Service: This wellness and recovery center is open to adults who have lived through experiences with mental health and/or substance use issues.

Southern Maryland Ostomy Support Group

Phone: 301-274-9000
Address: Chesapeake Potomac Home Health Agency
7627 Leonardtown Road
Hughesville, MD 20637
Meeting: 4 p.m. – 5:30 p.m., 1st Sunday of each month
Email: afowler@cphha.org
Website: www.cphha.org
Service: Chesapeake Potomac Home Health Care Agency offers an Ostomy support group to the Tri-County area to continually improve the health of our community, to help our patients and others.

Widow/Widower Support Group

Phone: 301-863-8500
Address: Lexington Park United Methodist Church
21760 Great Mills Road
Lexington Park, MD 20653
Email: lpumcwwgroup@aol.com
Service: Gain support for yourself through a difficult loss, gain valuable and practical information from others who have been through the experience or offer your support and experiences to others. Group meetings are the 3rd Thursday of the month at 10 a.m.

THERAPIES

Chaney Aqua Therapy

Phone: 301-373-5827
Fax: 301-373-5753
Address: 26045 Sotterley Heights Road
Hollywood, MD 20636
Hours: 9 a.m. – 5 p.m. Mon. – Thurs.
9 a.m. – 12 p.m. Fri.
Email: cpt@md.metrocast.net
Website: www.chaneypt.com
Service: Chaney Therapy offers a variety of therapies. Aquatic therapy is a therapeutic exercise performed in a body of water generally a lap pool or a deep water pool. Chaney Therapy has a 36'x18' indoor heated swimming pool with hydraulic lift adapted for multi-season use. Other services provided by Chaney Therapy-acupressure, gait training, manual therapy, massage therapy, pain management, therapeutic exercises, balancing, functional exercises, spinal decompression, and stretching and strengthening exercises.

Evolve Yoga & Wellness

Phone: 301-862-1236 or 301-481-6158
Address: Wildewood Shopping Center
23415 Three Notch Road, #2004
California, MD 20619
Website: www.evolveyogawellness.com
Service: Evolve Yoga & Wellness is a community-oriented yoga and wellness center located in the heart of St. Mary's County. Evolve offers and welcomes many diverse styles of yoga as well as many mind/body and artistic modalities including Pilates, Tai Chi, Mediation, YogaDance, Massage Therapy, and Pranassage.

Freedom Therapy Solutions

Phone: 301-290-5090
Fax: 301-290-5091
Address: 28103 Three Notch Road
Mechanicsville, MD 20659
Hours: 8 a.m. – 5 p.m. Mon., Wed. – Fri.
8 a.m. – 3 p.m. Tues.
Email: Michael@freedomtherapysolutions.com
Website: www.freedomtherapysolutions.com
Service: Physical therapy commonly uses therapeutic exercise, modalities and manual therapy to address your physical condition and limitation. Skilled physical therapy is based on the concepts of the science of healing and the art of caring.

Gateau Physical Therapy

Phone: 301-862-5177
Fax: 301-862-4959
Address: 23123 Camden Way
California, MD 20619
Hours: 7 a.m. – 6 p.m. Mon.
6:30 a.m. – 6 p.m. Tues. – Thurs.
6:30 a.m. – 3 p.m. Fri.
Email: gateaupt@gmail.com
Website: www.gateaupt.com
Service: Provide patients and clients with the most effective and efficient care to assist with their return to their maximum level of function.

Henry Chiropractic

Phone: 301-737-0662
Fax: 301-737-0675
Address: 22780 Three Notch Road
California, MD 20619
Website: www.henrychiropractic.com
Service: Provides the most current and efficient treatment possible through advances in alternative healthcare and the highest quality of chiropractic to our patients.

Koth Therapy & Fitness

Phone: 301-884-0331
Address: 30387 Three Notch Road
Charlotte Hall, MD 20622
Hours: 7 a.m. – 7 p.m. Mon. – Thurs.
7 a.m. – 2 p.m. Fri.
Service: Provides physical therapy and fitness.

MedStar St. Mary's Hospital Rehabilitation Medicine

Phone: 301-475-6062
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Website: www.medstarstmarys.org
Service: Provides physical, speech, occupational therapy, pulmonary and cardiac rehabilitation for inpatients and outpatients.

NovaCare Rehabilitation

Phone: 301-475-5830
Fax: 301-475-6507
Address: 23000 Moakley Street, Suite 101
Leonardtown, MD 20650
Hours: 7 a.m. – 5:30 p.m. Mon. – Thurs.
7 a.m. – 3:30 p.m. Fri.
Website: www.novacare.com
Service: Our high-qualified clinical team provides preventative and rehabilitative services that maximize functionality and promote well-being. Our staff will develop individualized treatment plans to help achieve patients' specific goals.

NRH Rehabilitation Network

Phone: 301-373-2588
Address: Phillip J. Bean Medical Center
24035 Three Notch Road
P.O. Box 940
Hollywood, MD 20636
Hours: 7 a.m. – 6 p.m. Monday
7 a.m. – 7 p.m. Tues. – Thurs.
7 a.m. – 5 p.m. Fri.
Website: www.medstarnrh.org
Service: Provides multiple outpatient services, specialty services, and day treatment services. Please view website for services or call.

Personalized Therapy, LLC

Phone: 301-862-2505
Fax: 301-862-2548
Address: 22593 Three Notch Road
California, MD 20619
Email: personalizedtherapy@md.metrocast.net
Website: www.personalizedtherapyllc.com
Service: Personalized Therapy is the leading Orthopedic Rehabilitation and Behavioral Health Center in Maryland. Personalized therapy provides occupational, physical, speech, and ABA therapy, and Clinical Psychology services to adults and children. Personalized therapy prides themselves in providing comprehensive yet “personalized” therapy to the whole family.

Ultimate Therapy

Phone: 301-997-1155
Fax: 301-997-1199
Address: 40900 Merchants Lane
Blair Building, Suite 202
Leonardtown, MD 20650
Email: info@ultimate-therapy.com
Website: www.ultimate-therapy.com
Service: Our practice provides one-to-one quality therapy designed to reduce your pain, improve your strength, range of motion and functional mobility.

Winters Chiropractic and Physical Therapy

Phone: 301-475-7165
Fax: 301-880-7286
Address: 40900 Merchants Lane, Suite 101
Leonardtown, MD 20650
Hours: 10 a.m. -7 p.m. Mon. – Thurs.
9:30 a.m. – 5 p.m. Fri.
Website: www.docwinters.com
Service: Offers many services such as chiropractic adjustments, physical therapy, disability certifications, massage therapy, and more.

TRANSPORTATION

Senior Rides Program

St. Mary's County Department of Aging & Human Services

Phone: 301-475-4200, ext. *1066
Fax: 301-475-4503
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri., last entry 4:30 p.m.
Email: Debbie.Barker@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Volunteer drivers provide door to door transportation for low to moderate-income seniors unable to access other forms of public transportation and lack other reliable transportation options. Donations accepted. Fees may apply.

"Give Seniors A Lift"

AAA Transportation

Phone: 301-952-1193 or 800-577-1050
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Email: info@aaatransport.net
Website: www.aaatransport.net
Service: Provides medical transportation services within Southern Maryland to include transfers from facility to hospital, inter-facility transports, and wheelchair transportation services. All major insurances accepted.

MASS, Inc.
(Martin Shuttle Service)

Phone: 301-373-4407 or 240-298-7592
Address: 42572 Anne Court
Hollywood, MD 20636
Email: gomassinc@aol.com
Service: Provides door-to-door service to local errands and appointments. Transportation is also provided to Washington DC, Baltimore, and Northern VA. Service also provided to airport, train and bus terminals, errands and medical appointments.

Maryland Transit Administration

Phone: 800-743-3682 or 410-539-5000
Address: 6 St. Paul Street
Baltimore, MD 21202
Website: www.mta.maryland.gov
Service: People with disabilities, seniors age 65 and older, and Medicare cardholders can present Maryland issued identification that can provide them with a reduced fare on bus, light rail, Metro, and MARC service. Service is available from California and Charlotte Hall to Washington DC, Monday – Friday.

Patriot Medical Transport System, LLC

Phone: 301-290-5202 or 866-931-0911
Fax: 301-290-5240
Address: 30265 Charlotte Hall Road
Charlotte Hall, MD 20622
Email: info@patriotmedicaltransport.com
Website: www.patriotmedicaltransport.com
Service: Provides medical transportation services within Southern Maryland to include transfers from facility to hospital, inter-facility transports, and wheelchair transportation services. All major insurances accepted.

Smart Ride, Inc.

Phone: 410-535-6932
Fax: 410-414-5085
Address: 120 Dares Beach Road
P.O. Box 1846
Prince Frederick, MD 20678
Website: www.smaetrideinc.com
Service: Smart Ride is a full service transportation company that provides airport shuttle, train stations, bus stations, medical transportation, and group trips. Fares vary with trip, advanced reservation required, 10% Senior Discount. They also offer after hours pick up between 10 p.m. – 5 a.m. at an additional fee. Please call for prices.

St. Mary's County Health Department
Medical Transportation

Phone: 301-475-4296
Fax: 301-475-9430
Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/medical-transportation
Service: This program is strictly for medical appointments and is a last resort service. You must have a valid Medical Assistance card to qualify. Please call at least two days prior to appointments in St. Mary's County and at least three days for appointments outside of the county to arrange for transportation. For appointments outside of the county, transportation is only available for medical services that are unavailable in St. Mary's County.

St. Mary's County Transit System/Public Transportation (STS)

Phone: 301-863-8400, ext. 1120/1121
Fax: 301-866-6797
Address: 44829 St. Andrews Church Road
P.O. Box 409
California, MD 20619
Hours: 5:30 a.m. – 11 p.m. Mon. – Fri.
Email: sts.dispatcher@stmarysmd.com
Website: www.stmarysmd.com/dpw/
Service: Public transportation is available for everyone. Door to door transportation is available for senior citizens and adults with disabilities for medical appointments and visits upon approval of application.

VISION SERVICES

Eye Care America

Phone: 877-887-6327
Fax: 415-561-8567
Address: 655 Beach Street
P.O. Box 429098
San Francisco, CA 94142
Email: pubserv@aao.org
Website: www.aao.org
Service: Provides free dilated, medical eye examinations and treatment for any diagnosed disease. To qualify, individuals must be a US citizen, 65 or older, not belong to an HMO or VA, and have not seen an ophthalmologist in three or more years. Eyeglasses, prescription drugs, hospital services, and other medical professional fees are not provided.

Maryland State Library for the Blind

Phone: 800-964-9209 or 410-230-2424 **TTY:** 800-934-2541
Fax: 410-333-2095
Address: 415 Park Avenue
Baltimore, MD 21201
Email: reference@lbph.lib.md.us
Website: www.lbph.lib.md.us
Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

National Federation of the Blind

Phone: 410-659-9314
Address: 200 East Wells Street
at Jernigan Place
Baltimore, MD 21230
Email: pmaurer@nfb.org
Website: www.nfb.org
Service: Serves as a resource center for services, assistive services, and educational materials for persons who are blind. Free phone service is available to transmit same day newspaper articles via phone.

NOTES

VITAL RECORDS

Division of Vital Records

Phone: 410-764-3038
Address: 6550 Reisterstown Road
Baltimore, MD 21215
Website: www.dhmh.maryland.gov/vsa/Pages/Home.aspx
Service: Provides records of birth, death, and marriage.

St. Mary's County Health Department Vital Records Division

Phone: 301-475-4427
Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4:15 p.m. Mon. – Fri.
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/birth-certificates/
Services: St. Mary's County residents born after 1940 can fill out an application, bring it to the health department with photo ID, and a birth certificate is issued. The fee for each certificate is $35. If you were born before 1939, the information must be processed through the Maryland State Division of Vital Records.

VOTER REGISTRATION

St. Mary's County Board of Elections

Phone: 301-475-7844, ext. 1100
Fax: 301-475-4077
Address: 41650 Tudor Hall Road
P.O. Box 197
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m. Mon. – Fri.
Website: www.stmarysmd.com/supervisorofelections
Service: Voter registration and absentee ballots; provides voter information and assistance.

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St. Mary's County Department of Aging & Human Services

Locations

Garvey Senior Activity Center

Phone: 301-475-4200, ext. *1050
Address: 41780 Baldridge Street
P.O. Box 653
Leonardtown, MD 20650

Loffler Senior Activity Center

Phone: 301-737-5670, ext. 1658
Address: 21905 Chancellors Run Road
Great Mills, MD 20634

Mailing Address:
P.O. Box 653
Leonardtown, MD 20650

Northern Senior Activity Center

Phone: 301-475-4002, ext. *3101
Address: 29655 Charlotte Hall Road
Charlotte Hall, MD 20622

Mailing Address:
P.O. Box 653
Leonardtown, MD 20650

Division of Human Services

Phone: 301-475-4200, ext. *1680
Address: Potomac Building
23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650