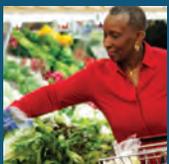
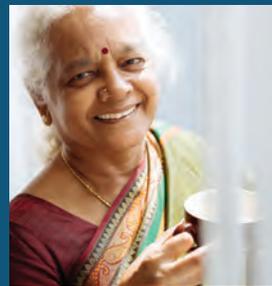
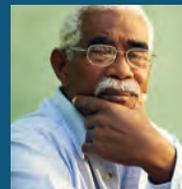


2019-2020

# THE DIRECTORY

## ANNE ARUNDEL COUNTY

Older Adults • Individuals with Disabilities • Caregivers



**LET US HELP YOU  
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Anne Arundel Senior Services Provider Group, Inc. • Friends of Arundel Seniors, Inc.  
Anne Arundel County Department of Aging and Disabilities

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# TABLE OF CONTENTS

## Resources for Older Adults, Individuals with Disabilities, Caregivers, and anyone who wants to plan their future in Anne Arundel County 2019–2020

Introductory Letters.....6, 8  
 Anne Arundel Senior Services Provider Group Inc ..... 10  
 Friends of Arundel Seniors .....12  
 Important Telephone Numbers.....13  
 Storm Related Numbers.....13  
 Commission on Disability Issues.....14  
 What is MAP?.....15  
 The Area Agency on Aging Advisory Council .....16  
 Census Information .....17  
 Quick Links to Programs .....18  
 Community First Choice and Community Base Options Waiver...19



The Americans with Disabilities Act (ADA)..... 20  
 Abuse: Know The Signs And Where To Get Help ..... 25  
 Top 10 Things to Know About Assisted Living ..... 26  
 Top 10 Tips For Family Caregivers ..... 28  
 Senior Nutrition Program ..... 29  
 Top 10 Things to Know About Medicare ..... 30  
 Advance Directives Information Sheet ..... 32  
 What Exactly Is Respite Care ..... 36  
 Living Well. Anne Arundel County Department of Aging and Disabilities Evidence Based Programs ..... 38  
 County Map and Senior Center/Nutrition Site Locations ..... 40  
**Anne Arundel County Resources ..... 43**

### Department of Aging and Disabilities

2666 Riva Road, Suite 400, Annapolis, MD 21401

### Department of Aging and Disabilities North

7320 Ritchie Hwy, Glen Burnie, MD 21061

410-222-4257 – Fax 410-222-4360/410-222-4346

[www.aacounty.org/aging](http://www.aacounty.org/aging) • [www.Facebook.com/ArundelSeniors](https://www.facebook.com/ArundelSeniors)

E-mail: [info\\_and\\_assistance@aacounty.org](mailto:info_and_assistance@aacounty.org)

Toll Free 800-492-2499–TTY users, please call via Maryland Relay 711.

Inclusion in this directory does not constitute endorsement by the Anne Arundel County Department of Aging and Disabilities or any other county agency, the Friends of Arundel Seniors, Inc., or the Anne Arundel Senior Services Provider Group, Inc.



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2019-2020

# THE DIRECTORY

## ANNE ARUNDEL COUNTY

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**For advertising information,**

contact What's Up? Media,  
201 Defense Highway, Suite 203,  
Annapolis, MD 21401  
410-266-6287.

The acceptance of advertising does not constitute endorsement by the Friends of Arundel Seniors or the Anne Arundel County Department of Aging and Disabilities of products and services. The publisher reserves the right to reject any advertisement or listing that is not in keeping with the standards of this publication.

## What Services Are Available

AASSPG members are marked with **SPG** next to their name

Anne Arundel County Department of Aging and Disabilities Programs ....	43	Hospice Care .....	66
Active Adult Community.....	44	Housecleaning .....	66
Adult Day Care.....	44	Housing, Counseling.....	66
Advocacy .....	44	Income Assistance .....	66
Assisted Living .....	45	Information and Assistance.....	67
Assistive Telephones.....	47	Insurance Services .....	68
Bereavement Services .....	47	LGBT Resources.....	68
Case Management .....	47	Libraries.....	69
Cemeteries .....	48	Loan Closets.....	69
Complaints and Information .....	48	Lunch Sites.....	69
Congregate Housing.....	48	Massage Therapy .....	70
Consumer Credit .....	48	Marketing and Media.....	70
Dentists .....	48	Mediation.....	70
Disability Services.....	49	Medical Products and Services .....	70
Discounts.....	52	Medicare, Medicaid.....	70
Discrimination.....	52	Mental Health .....	70
Education.....	52	Moving/Relocation Services .....	71
Elder Abuse .....	53	Nursing Care Facilities .....	71
Elder Law.....	53	Parks and Recreation.....	72
Emergency Information .....	55	Pets and Pet Care Services .....	72
Emergency Response .....	56	Pharmacies and Pharmacy Assistance Programs.....	72
Employment and Job Counseling..	56	Physicians.....	73
Estate Sale Services .....	56	Real Estate Services.....	74
Exercise, Biking, Walking .....	56	Referral and Planning Services.....	74
Eye Care .....	56	Rehabilitation, Physical Therapy .....	75
Financial Services and Programs...	57	Respite Care .....	75
Food and Nutrition .....	58	Senior Activity Centers .....	75
Funeral Homes .....	58	Subsidized Housing .....	76
Health Organizations .....	58	Support Groups .....	76
Hearing Aids .....	60	Tax Information and Assistance.....	77
Home Based Primary Care .....	61	Temporary Shelter .....	77
Home Care: Concierge Care Services.....	61	Transportation .....	78
Home Care, Non-Medical .....	61	Veterans.....	78
Home Health Care .....	64	Victim and Witness Assistance .....	79
Home Improvement, Design, Repairs, and Maintenance .....	64	Vital Records.....	79
Home Inventory Services .....	65	Volunteer Assistance and Opportunities.....	79
Hospitals.....	65	Voting.....	80



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# A MESSAGE FROM THE COUNTY EXECUTIVE

## Steuart Pittman



I welcome you to the 2019-2020 edition of *The Directory for Older Adults, Individuals with Disabilities, and Caregivers*.

As County Executive, I am honored to serve the citizens of Anne Arundel County and I am committed to building a transparent administration. I encourage your participation to create a government that supports every community and their citizens to build better opportunities for everyone who calls Anne Arundel County home.

Older adults represent a very important segment of our community, one that is rapidly growing and is predicted to increase by over 40% by 2030. For this reason, it is very important that older adults and those who serve them are aware of the many programs and services offered by the Department of Aging and Disabilities and other service organizations in the county as they navigate the future.

Whether you are an active older adult looking to expand your educational, mental, physical and social growth, a senior requiring special services, or a caregiver needing guidance and assistance, you will find something to help you in this Directory.

More important, as we create new programs designed to assist you in the future, we need to hear from you. Let us know what your needs are. Visit your local senior center and talk to the director and members. Engage with the Area Agency on Aging Advisory Council, or call the Department of Aging and Disabilities at 410-222-4257.

We hope you will find this Directory a valuable resource and we look forward to hearing from you.



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disown them.

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# A MESSAGE FROM THE DIRECTOR

## Pamela Jordan



Welcome to the 2019-2020 edition of *The Directory*, your Anne Arundel County guide to services and resources for older adults, people with disabilities, caregivers and anyone who wishes to plan for the future. The Department's mission is to improve the quality of life for county residents of all means by providing options and resources to help them remain in the home of their choice for as long as possible.

In partnership with the Anne Arundel County Senior Services Provider Group, Inc., Friends of Arundel Seniors, Inc. and What's Up? Media, we are dedicated to empowerment by helping you navigate the different options for housing, transportation, respite and family caregiver support, nutrition, education and socialization. We support the community in maintaining and achieving a healthy and active lifestyle.

With the exponential increase in the population of adults over the age of 60 predicted for Anne Arundel County we are seeing trends that today's active older adults are seeking new opportunities for growth and contribution so our programs are designed to serve diverse needs.

One way we connect with the community is through your local senior activity center. Those seeking to expand their knowledge, challenge their physical skills, broaden their worlds, soothe their spirits or pursue volunteer positions, will be delighted to know that they can find opportunities to do that and more at one of our seven senior activity centers.

The centers enjoy tremendous community support from interesting and engaging instructors, performers and purveyors of the arts, and vendors. The staff and volunteers from the Department of Aging and Disabilities are always trying to create a meaningful and engaging experience whether you are 55 or 105. Centers are open every weekday except major holidays from 8:30 a.m. - 4 p.m. and membership is free.

As always, we will continue serving the needs of all older adults, individuals with disabilities and caregivers in the community. I hope this directory will be useful in planning that visit to one of our centers and obtaining the information you need to plan for your future.

For more information, please visit any of our locations or call 410-222-4257 (TTY users please call via Maryland 711) to speak one of professional options counselors. We look forward to meeting your needs in Anne Arundel County.

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- Short-Stay Rehab
- Dialysis
- 24 Hour Nursing
- Wound Management
- Long-Term Care
- Physical Therapy
- Speech Therapy
- Occupational Therapy

# A MESSAGE FROM The Anne Arundel Senior Services Provider Group, Inc. (SPG)



Bob Keeley, Ashley Johnson, Jane Birch, Tammy Turner



Tracy Merrill, Donna Buttman, Leslie Albertson, Ellen Christian, Joshua Winger

## Dear Seniors, Families, Caregivers, and other Senior Professionals,

The Anne Arundel Senior Provider Group “SPG” is a nonprofit membership organization comprised of businesses and individuals who provide services to older adults, their caregivers, and families. From its earliest days, SPG has attended to the needs of its members and the community by holding monthly meetings. These meetings offer networking opportunities amidst a forum of professional presentations that educate and enlighten audiences on issues important to the senior population.

The members of SPG are listed throughout the Directory. They can be easily identified by the “SPG” notation in red next to their business name. These members work tirelessly throughout the year to provide a broad range of exceptional options for care and services to the residents of Anne Arundel County.

Additionally, SPG annually provides grants to nonprofit organizations that serve the senior population in Anne Arundel County. Grant applications are accepted through the 15th of April and are awarded in May of each year.

Guest and new members are always welcome to attend our meetings. The meetings are held monthly on the second Tuesday of the month, from 8:30am-10am in Severna Park. For meeting locations, upcoming events, or general information, please visit our website at [www.seniorprovidergroup.org](http://www.seniorprovidergroup.org) or reach us at [seniorprovidergroup@gmail.com](mailto:seniorprovidergroup@gmail.com).

Sincerely,  
**The 2019 SPG Board**

**President:**  
 Ellen Christian / Care Patrol

**Vice-President:**  
 Leslie Albertson / Taylor Properties

**Membership:**  
 Tracy Merrill / Right at Home

**Secretary:**  
 Donna Buttman / Assisted Living Locators

**Treasurer:**  
 Joshua Winger / Byrd&Byrd

**Grants:**  
 Ashley Johnson / Partners In Care Maryland Inc

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 Bob Keeley / Edward Jones Investments  
 Jane Birch / Black Dogs Real Estate Investments LLC  
 Tammy Turner / Hospice of the Chesapeake  
 Lisa Kirby / Northern Pharmacy Group  
 Kristina Strauss / Comfort Keepers

---

**Senior Provider Group:**  
 P.O. Box # 130,  
 Severna Park, MD 21146  
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# Friends of Arundel Seniors

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- bathtub safety grips
- tub mats
- bathtub benches
- smoke detectors
- elevated toilet seats
- toilet safety frames
- hand-held shower heads
- highly visible house numbers
- jar vises

The Friends of Arundel Seniors works closely with the county Department of Aging and Disabilities for referrals and for screening applicant requests. Actual installations are performed by volunteer members of **Partners In Care**, a community nonprofit serving older adults, and by volunteers in the local **Kiwanis Clubs** in Annapolis and Anne Arundel County.

Items are installed at no or low cost depending on the ability of the individual to afford the needed equipment. Therefore, FOAS depends on community support—funding comes from county grants and from gifts donated by local groups and individuals. It also receives funding from the publication of this annual directory, *The Directory for Older Adults, Individuals with Disabilities, Caregivers*, and those who want to plan their future. This free directory is a joint effort of FOAS, the Senior Services Provider Group, the county Department of Aging and Disabilities, and What's Up? Media Group, which makes a donation to FOAS from the profits from advertising in this resource guide.

For information, or to make a donation, call the Anne Arundel County Department of Aging and Disabilities, at 410-222-4257. FOAS can also be reached at Friends of Arundel Seniors, P.O. Box 6248, Annapolis, MD 21401-0248.

**F**riends of Arundel Seniors assists Anne Arundel County residents who are age 55 and older and disabled adults of any age. The purpose of this private, taxexempt, and all volunteer organization is to provide a safety net for the well being of seniors and those with disabilities in the county.

Clients often live alone, are frail, and are in immediate need of assistance that cannot be obtained elsewhere. Referrals for FOAS assistance come from the Anne Arundel County Department of Aging and Disabilities, the county Department of Social Services, Senior Activity Centers, other community agencies, and from seniors themselves.



# Important Anne Arundel County Telephone Numbers

ANY COUNTY AGENCY .....	3-1-1
AA Co. Board of Elections .....	410-222-6600
AA Co. County Council .....	410-222-1401
AA Co. County Executive .....	410-222-1821
AA Co. Dept. of Aging and Disabilities ...	410-222-4257
AA Co. Department of Health .....	410-222-7095
AA Co. Emergency Management .....	410-222-0600
AA Co. Government .....	410-222-7000
AA Co. Police (non-emergency).....	410-222-8050 410-222-8610
AA Co. Police (Northern District) .....	410-222-6135
AA Co. Police (Eastern District) .....	410-222-6145
AA Co. Police (Southern District) .....	410-222-1961
AA Co. Police (Western District) .....	410-222-6155
AA Mobile Crisis Response (Mental Health).....	410-768-5522
Adult Protective Services .....	410-421-8400
Animal Control.....	410-222-8900
BGE Emergency .....	800-685-0123
Bulk Item Pickup .....	410-222-6100
Community Cleanup .....	410-222-6104
District Court for AA County (Annapolis).....	410-260-1370 800-944-2688 (in MD) TTY800-735-2258
District Court for AA County (Glen Burnie).....	410-260-1800 800-944-2688 (in MD) TTY800-735-2258
Domestic Violence Hotline .....	410-222-6800
Eldercare Locator.....	800-677-1116
Water/Sewer Emergency .....	410-222-8400

## Storm Related Numbers

Police/Fire/Life threatening emergencies..... 9-1-1

## AA County Emergency Operations

Storm related emergencies only ..... 410-222-0600

## AA County Roads

Downed traffic signs and signals..... 410-222-1940

Trees across roads, flooding of county roads

- South County ..... 410-222-1933
- Central County ..... 410-222-7940
- North County ..... 410-222-6120

## AA County Water and Wastewater

Sewer Emergency Services ..... 410-222-8400  
(not storm related – faucet water)

FEMA (Federal Emergency Management Agency) ..... 800-621-3362

## American Red Cross

Disaster service, need home or shelter.. 866-438-4636

## BGE

To report power loss ..... 877-778-2222

## AA County Inspections and Permits

Damaged building..... 410-222-7790

## AA County Landfill Operations

Trash collection, curb, bulk, and recycling ..... 410-222-6102

Debris clean-up

- South County ..... 410-222-1933
- Central County ..... 410-222-7940
- North County ..... 410-222-6120

## AA County Health Department–Wells

Inspections for flooded private wells ..... 410-222-7398

## Additional Important Telephone Numbers

Fraud Hotline ..... 855-303-9470

Governor’s Office ..... 410-974-3901

Maryland Attorney General ..... 410-576-6300

Poison Control Center ..... 800-222-1222

Federal Do-Not-Call Registry ..... 888-382-1222

City of Annapolis/Mayor’s Office ..... 410-263-7997

# Anne Arundel County Commission on Disability Issues



Left: County Executive Pittman admires the recent artwork from the Artists Without Limits Art Exhibit 2019

Right: District 6 County Councilwoman Lisa Rodvien and County Executive Pittman present Artist Nancy Jenkins with citations

The Anne Arundel County Commission on Disability Issues welcomes you to the 2019-2020 edition of *The Directory for Older Adults, Individuals with Disabilities, Caregivers*. Members of the Commission invite you to use this directory to find services and resources that will enhance your life and the lives of friends and family members living in Anne Arundel County with disabilities. The Anne Arundel County Commission on Disability Issues, established in 1995, promotes and enhances the quality of life for persons with disabilities by advising county government on

the coordination and development of government policies, programs, services, and allocation of resources for persons with disabilities and by proposing the means to meet the needs of persons with disabilities. The Commission sponsors two events annually. In the spring, the **Artists Without Limits Art Exhibit** showcases the artwork of Anne Arundel County Artists of all ages. In October, **disAbility Awareness Day** honors individuals, businesses, and others for their accomplishments and contributions in the field of disability services.

The Commission is composed of 21 voting members and several ex-officio county and state agency

representatives who are involved in some way in disability issues—in many cases, providing services that impact the lives of individuals with disabilities. The Commission meets monthly on the fourth Tuesday, ten times per year.

The Anne Arundel County Department of Aging and Disabilities is committed to serving county residents and visitors with disabilities. In compliance with the intent and the spirit of the Americans with Disabilities Act, our commitment is to ensure accessible facilities, programs, and services.

Anyone needing special accommodations must contact the Department of Aging and Disabilities at 410-222-4383 or by e-mail at [disabilities\\_info@aacounty.org](mailto:disabilities_info@aacounty.org) at least seven days prior to an event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in alternate formats upon request.

# How Do I Get Help?



**MARYLAND ACCESS POINT**

YOUR LINK TO HEALTH & SUPPORT SERVICES

## The Anne Arundel County Department of Aging & Disabilities MAP **is here for you!**

If you have questions about services for older adults, individuals with disabilities, caregivers or wish to plan your future, **call MAP** and one of our highly-trained professionals will help you!

**If you prefer, visit one of our Department of Aging and Disabilities Customer Service Centers at 2666 Riva Road, 2nd floor in Annapolis or 7320 Ritchie Highway in Glen Burnie!**

**1-844-MAP-LINK (627-5465) or  
410-222-4257**



# The Area Agency on Aging Advisory Council



Back row: Mary Ann Yarborough, Randy Marshall, Martin Christon, Patty Cho  
Front row: Lynn Campbell (Chair), Donna Belt (Co-Chair)

**T**he Area Agency on Aging Advisory Council is pleased to be a part of the 2019-2020 edition of *The Directory for Older Adults, Individuals with Disabilities, and Caregivers*. This publication provides valuable information on a myriad of life enhancing services, programs and resources available in Anne Arundel County. *The Directory* is available at the Department of Aging and Disabilities customer service centers in Annapolis and Glen Burnie, at any one of the seven senior centers listed on page 40 and at local libraries, businesses, professional offices and faith-based organizations.

Our Council was established by the Older Americans Act of 1965 (Sec 1321.57) to serve in an advisory capacity to the Department of Aging

and Disabilities and the County Executive on matters that will further the County's and Area Agency's mission of developing and coordinating community-based systems of services for all older persons in our planning and service area. The Council is composed of senior center, general public and affiliate service provider representatives.

Advisory Council primary duties include:

- Evaluating programs funded by the Area Agency on Aging including the Area plan
- Providing advice to County officials on any matter relating to older citizens.
- Representing the interests of and acting as an advocate for the senior citizens of Anne Arundel County.

- Identifying gaps in services to seniors and providing recommendations for corrective action.
- Attending Council meetings and actively participating in the deliberations and activities.

The Council also assists the Department of Aging and Disabilities in staffing outreach events and co-sponsors the Older Americans Month Celebration held annually in May. We have established a 2019 goal of promoting the education of our county seniors on the risks of opioid usage. We will also collaborate with the Transportation Commission on the development of the Transportation Functional Master Plan.

---

**For additional information visit:**  
<http://www.aacounty.org/boards-and-commissions/area-agency-on-aging-advisory-council/index.html>



ANNE  
ARUNDEL  
COUNTY  
CENSUS

**EVERYONE COUNTS!**



Every 10 years, the U.S. Census Bureau conducts a count of every person living in the United States. An accurate count is important to ensure federal and State resources make it down to Anne Arundel County to help fund schools, roads, community centers, resources for older adults, individuals with disabilities, family caregivers, and much more. In order for each community in our county to get these resources, every count matters.

---

**SAVE THE DATE FOR APRIL 1, 2020,  
TO FILL OUT YOUR CENSUS FORM.**

**For general inquiries,  
please call the Department  
of Aging & Disabilities at  
410-222-4257.  
Everyone counts!**

# Anne Arundel County Department of Aging & Disabilities Program Guide

Remember, if you don't know where to start, call Information & Assistance (page 32) at 410-222-4257 or visit us in the Department of Aging & Disabilities' MAP Customer Service Center at 2666 Riva Road in Annapolis on the 2nd Floor, or at our North location at 7320 Ritchie Highway in Glen Burnie.

The following is a list of all programs offered at The Department of Aging & Disabilities. Please see the noted pages for program descriptions and contact information.

**Adult Evaluation and Review Services**..... 58

**Adult Public Guardianship**..... 43, 67

**Americans With Disabilities Act (ADA) Office** ..... 50

**Assisted Living Assistance** ..... 43, 45

**Caregiver Support**

- National Family Caregiver Support Program ..... 43, 75, 76
- Respite Care Referral Program ..... 43, 61, 75
- Telephone Reassurance..... 44, 61, 79



## Long-Term Care Bureau

- In-Home Aide Services ..... 43, 47, 64
- Home and Community-Based Options Waiver, Community First Choice and the Community Personal Assistance Services Program ..... 43, 45, 50, 64, 70
- Senior Care ..... 43
- Senior Center Plus ..... 76

## Health Insurance Counseling (State Health Insurance Assistance Program, SHIP)

- Senior Medicare Patrol ..... 44, 67, 70

**Senior Nutrition/Home Delivered Meals**..... 43

**Legal Assistance** ..... 53, 54

**Ombudsman Program**..... 43, 44, 45, 53, 72, 80

**Senior Center and Nutrition Sites** ..... 40, 41, 69

## Community First Choice (CFC):

This program is an option to aid elderly and disable individuals who would otherwise require nursing home or immediate care facility care.

### Eligibility guidelines:

- To be eligible an individual must be a Maryland resident and must have community Medical Assistance.
  - Individuals must meet a nursing facility level of care

### Services available include:

- personal assistance,
  - nurse monitoring,
- personal emergency response systems (PERS),
  - supports planning
  - home delivered meals.

## Community Personal Assistance Services (CPAS):

This program provides personal assistance services, including assistance with activities of daily living, to Medicaid participants.

### Eligibility guidelines:

- To be eligible an individual must be a Maryland resident and must have community Medical Assistance.
  - CPAS does not require the individual to meet a nursing facility level of care to participate.  
The individual must get a CPAS level of care.

### Services include:

- personal assistance,
- supports planning, and
- nurse monitoring.

These programs have no caps on the number of eligible individuals who can be enrolled. This means that anyone who meets the eligibility requirements is able to receive services through these programs. If interested in these programs please contact your local **Maryland Access Point at 410-222-4257**



# The Americans with Disabilities Act (ADA)

---

## 10 MOST FREQUENTLY ASKED QUESTIONS

### 1. What is the Americans with Disabilities Act (ADA)?

The ADA is the first comprehensive civil rights law for people with disabilities, providing protection from discrimination in all aspects of employment, in access to public programs and services offered by state and local governments, and access to goods and services provided by businesses such as restaurants, stores, hotels, or medical facilities. The ADA was initially signed into law by George H.W. Bush on July 26, 1990 and was amended in

2008. The 2008 amendment is known as the ADA Amendments Act (ADAAA) of 2008.

### 2. Why is the ADA Significant?

According to the 2010 Census, 56.7 million people living in the United States reported having one or more disabilities. We expect the number of people living with one or more disabilities to increase significantly in the

future due to our population aging and advances in medicine that increase the survival rates of people who experience permanent injuries due to illnesses, injuries, and/or combat.

### 3. What are the Different Title's if the ADA?

Title I- Focuses on Employment. Employers with 15 or more employees cannot discriminate against people with disabilities in any aspect of the employment process to include recruitment, hiring, promotions, training, pay, or other areas of employment. The U.S. Equal Employment Opportunity Commission (EEOC) enforces Title I of the ADA.

Title II- Focuses on state and local governments. State and local governments must provide their programs, services, and activities in a manner that ensures accessibility and inclusion for everyone. State and local governments are required to make reasonable modifications to their policies, practices, or procedures when necessary to provide accessibility unless the modification would fundamentally alter the nature of the program or would create an undue hardship. The U.S. Department of Justice (DOJ) enforces Title II of the ADA.

Title III- Focuses on public accommodations. Businesses that provide goods or services to the public are required to be accessible to people with disabilities. This includes places such as restaurants, retail stores,

movie theaters, doctors' offices, recreation facilities, fitness facilities, and many others. The U.S. Department of Justice (DOJ) enforces Title III of the ADA.

Title IV- Focuses on telecommunications. Telephone and television access needs to be accessible to people who may have low vision or who are blind, as well as, people who may be are of hard of hearing or who are deaf. The Federal Communications Commission (FCC) enforces Title IV of the ADA.

Title V- Focuses on miscellaneous provisions. These provisions include rules about accessibility standards, definitions, and the impact of state or local laws on the ADA.

#### 4. What is the definition of disability under the ADA?

The ADA does not specifically list types of disabilities under the definition. Rather, the ADA provides a functional definition of disability which should be applied on an individual basis.

The ADA defines disability as: A person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such impairment, or a person who is perceived by others as having such impairment.

#### 5. What is a service animal under the ADA?

A service animal, as defined under the ADA, is a dog or miniature horse that has been trained to do work or perform tasks for an individual with a disability. The work or task is a specific action taken by the dog or miniature horse to assist the person with a disability. An example of work or a task is dog that can detect the onset of a seizure in someone who has epilepsy and that can help the person by notifying them so they can get to a safe place before the seizure begins. Another example of work or a task is for someone experiencing PTSD, the dog will do a sweep of the home prior to the person's entrance to ensure



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- Housing
- Transportation
- Advanced Directives
- Benefits for Energy Assistance, Property Taxes, etc.
- Medicare
- In-Home Care
- Tips for Family Caregivers
- Assistive Technology
- Nutrition for Older Adults

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there is no one in the home and the home is safe. A final example of a service animal's work or task may be the animal's ability to guide a person who has low vision or is blind.

### **6. Are emotional support, therapy, comfort or companion animals considered service animals under the ADA?**

No. Only dogs or miniature horses who are trained to perform a specific job or task for the individual with the disability is considered a service animal with protection under the ADA. As a result, the reasonable accommodation of allowing a service animal in places where animals are otherwise not allowed only pertains to service animals as defined by the ADA.

### **7. What questions can state and local government staff and/or business owners ask to determine if a dog or miniature horse is a service animal?**

If the dog or miniature horse is not obviously a service animal, employers, state or local government staff, and/or people who work for the business can only ask two (2) questions:

- a. Is the dog a service animal required because of a disability?**
- b. What is the work or task that the dog has been trained to perform?**

Requesting or requiring any documentation of the disability, the dog's training, or certification is not allowed. There is no local or national certification process for service animals.

### **8. Can a service animal be any breed of dog?**

Yes. The ADA does not define or restrict the type of dog that can be a service animal.

### **9. How does the ADA apply to where I live? Do I have rights under the ADA if I have a disability and rent or own a home?**

The Fair Housing Act provides protections for people with disabilities in housing. The ADA may apply to any public areas, such as a rental office, but all other aspects of disability protections for housing fall under the Fair Housing Act. The Fair Housing Act includes provisions for service animals, emotional support animals, reasonable accommodations, and reasonable modifications.

### **10. Where can I find more information about the ADA?**

The Americans with Disabilities Act Office, Anne Arundel County Government 410-222-4383

**The Department of Justice**  
<https://www.ada.gov/>

**The ADA National Network**  
<https://adata.org/>



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Behaviors such as threats, explosive temper, insults, constant monitoring or "checking in", excessive texting, humiliation, intimidation, excessive jealousy/insecurity, or isolation from someone.

### › Physical Abuse

Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, pinching, kicking, strangling, or using an object or weapon to harm.

### › Financial Abuse/Exploitation

Using money, property, or access to someone else's accounts for one's own benefit without consent of the owner.

### › Sexual Abuse

Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control.

### › Stalking

Being repeatedly watched, followed, or harassed through actions resulting in unwanted or obsessive attention. The use of technology such as texting and social networking to bully, harass, or intimidate someone verbally and emotionally is also considered stalking.

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---

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#### FOR RESIDENTS OF NURSING HOMES AND ASSISTED LIVING

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Ombudsman Program

**410-222-4257**

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#### FINANCIAL ABUSE/ EXPLOITATION

AA County States Attorney

**410-222-1740**



## TOP 10 THINGS TO KNOW About Assisted Living

### **1. When is it time for assisted living?**

Deciding to move a family member into an assisted living residence can be a difficult situation. When a family member begins to require a level of care that you can no longer safely handle on your own, assisted living may be your best option. Assisted living provides an alternative for long-term care for your loved

one who does not require skilled nursing care in a nursing home.

### **2. What is assisted living?**

Assisted living residences provided home-like environment with 24 hour supervision and support services to help individual who require assistance with activities of daily living.

### **3. What services are provided?**

Meal preparation, household chores, medication management, and assistance with bathing, dressing, and grooming are some of the services an assisted living can provide. Assisted living facilities are required to contract with a licensed registered nurse to oversee the clinical care provided to its residents.

### **4. How do I choose an assisted living residence?**

Begin by speaking with family and friends to obtain information and personal recommendations. Next, make a list of features that will be important for your family member.

### **5. Are there any resources to help with finding an assisted living residence?**

To help you narrow your search, you may to contact the Assisted Living Program of the Anne Arundel County Department of Aging and Disabilities. Staff are available to answer your questions and assist you with narrowing your choices based on your individual needs and preferences. Once you have a list of residences to visit, you can begin to set up appointments to take a tour.

### **6. What should I look for when I visit?**

When you tour a residence, be sure to request a copy of the residence's Uniform Disclosure Statement. This document provides information about which services the residence provides and

whether the fee for that service is included in the monthly housing fee. It is important to know what is included in the base monthly rate, what services are available at an additional cost and the circumstances under which fees may increase.

### **7. When should I schedule my visit?**

Consider visiting the facility during mealtime to get a better picture of the routine of the facility. It may also be beneficial to schedule a second visit at a different time in the day to observe activities and staff interactions with residents. Address any concerns with the assisted living manager.

### **8. My family has chosen an assisted living residence. What next?**

Request a copy of the Resident Agreement (contract). Be sure you understand the commitment you are making before signing. Consider having the Resident Agreement reviewed by an attorney.

### **9. Are there any financial resources?**

Generally, the cost of assisted living is covered by the individual's income and savings. Long-term care insurance policies may cover some of expenses for a specific period of time. Veterans and their

spouses may be eligible for the Aid and Attendance benefit to help with the cost of assisted living. For low-income seniors, the Medicaid Community Options Waiver and Senior Assisted Living Group Home Subsidy are two programs offering financial assistance.

### **10. Is there anything else I need to know?**

Do your homework. Take time to visit different residences, interview staff and residents, and check survey reports. Get all of your questions answered to your satisfaction by the assisted living residents and trust your instincts.



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# Top 10 Tips for Family Caregivers

## 1. You are #1.

As difficult as it may be, you must take care of your own physical and emotional needs first. Eat healthy meals, get sufficient rest, take time for yourself, exercise and ensure you schedule your own preventative care appointments.

Maintain your friendships and get help immediately if you are feeling overwhelmed, angry, and depressed or are using prescription drugs or alcohol to cope.

Family rituals, meditation, and prayer can generate inner peace – and boost the immune system!

## 2. There is no “one” way to provide care.

Each caregiving situation is different; each caregiver and care recipient is unique. Caregiving may involve driving to appointments or it may involve around-the-clock, hands-on care. No one person can do it all and no one way is the only way.

## 3. Your safety and the safety of the care recipient are of utmost importance.

Learn to recognize when your loved one is no longer able to live independently. Learn how to deliver physical care safely. If you cannot physically help your loved one in a safe manner, let someone else do it.

## 4. Know your enemy.

Educate yourself about your loved one’s disease. Routinely reassess your loved one’s needs and your ability to provide care.

## 5. Plan ahead for medical, legal & financial issues.

Talking together is the single most important thing that a family can do when they care for and plan for the end of life for someone they love. Do you know where to find financial information and other important documents (Maryland MOLST, Advance Directive)? Do you know who the designated Medical and Legal Powers of Attorney are?

## 6. Ask for help.

Specifically identify the care and help needed and call a family meeting. Have a written agenda and information from physicians, case managers, etc. If others are unable to help with the hands-on care, can they contribute financially so that you can hire respite care; can they prepare some meals or help with yard work, transportation to appointments, or manage finances?

## 7. Accept help.

Keep a list of tasks that would be helpful (walking the dog, cutting the grass, preparing a dinner, errands). When someone offers to help, show them the list and let them pick what they can do.

## 8. Contact your employer about employee assistance programs.

Many employers understand the benefits of providing assistance and resources to family caregivers. It's just good business!

## 9. Contact your local Area Agency on Aging (AAA).

In Anne Arundel County, call (410) 222-4257 for Information and Assistance.

## 10. Identify a support system.

Maintain your friendships and stay in touch with family members. Locate caregiver support groups in your community or on-line. If needed, seek professional support from your doctor or a therapist/counselor who understands caregiver stress.



# Senior Nutrition Program

As a program of the Department of Aging and Disabilities, the Senior Nutrition Program goals are to enrich the lives of older adults by providing nutritious meals and services that promote dignity, well-being, and independence.

## Congregate Meal Program

Served 5 days a week at 18 nutrition sites throughout the county (including the 7 Senior Centers) Congregate dining offer an opportunity to meet new or old friends and engage in social activities while having a nutritious meal. Meals are prepared fresh daily by local caterers and are designed to provide 1/3 recommended dietary allowance for older adults.

## Home-Delivered Meal Program

Helping senior adults to age in place and remain in the comfort of their home a hot lunch and cold dinner are delivered 5 days a week to eligible participant.

## Shop 'N Eat

(Subsidizing Healthy food Options Plus Nutrition Education And Training) -provides opportunities for developing healthy eating habits for senior residents through the use of subsidized grocery cash cards.

## Senior Farmers Market Coupon Program

is a seasonal voucher program for eligible senior citizens to buy fresh produce from local Maryland Farmer's Markets.

# Top 10 Things to Know About Medicare

## 1. What is Medicare?

Medicare is health insurance for people who are 65 and older. Medicare is also available for people younger than age 65 who have been determined to be disabled under Social Security Disability rules.

## 2. What is Medicare Part A and how much does it cost?

Medicare Part A is insurance for inpatient hospitalization, skilled nursing facility care and hospice care. Medicare Part A is premium-free for most people. Medicare Part A has deductible and co-insurance amounts. These deductible and co-insurance amounts are detailed online at [www.medicare.gov](http://www.medicare.gov).

## 3. What is Medicare Part B and how much does it cost?

Medicare Part B is insurance for outpatient health care. Medicare Part B has a monthly premium. The base premium for 2019 is \$135.50/month. People who are higher earners pay more for their monthly Medicare Part B premiums. Deductible, co-insurance, and premium amounts are detailed online at [www.medicare.gov](http://www.medicare.gov).

## 4. What is Medicare Part D?

Medicare Part D is outpatient prescription drug coverage. There are varying costs to this program including premium costs, deductible costs, and co-payment costs. Specifics on these costs are available online at [www.medicare.gov](http://www.medicare.gov).

## 5. What is Medigap insurance?

Medigap (also called Medicare Supplement) is insurance sold by private companies to offset the out-of-pocket costs for Medicare Parts A and B.

## 6. What is Medicare Advantage (Part C)?

Medicare Advantage (also called Part C) is an alternative to Original Medicare. These are private companies that have contracted with Medicare to offer Medicare coverage through a managed care design. These are typically through a Health Maintenance Organization (HMO) or Preferred Provider Organization (PPO) design.

## 7. Is there any help with the costs of Medicare?

For people with limited income, help is available for both Medicare and Medicare prescription drug costs.

## 8. When do I enroll into Medicare?

The answer depends on many variables: Are you still working and insured by employer-group insurance? Is your employer primary or secondary to Medicare? Are you eligible for Medicare because you are turning 65 or because you are under 65 and disabled?



### 9. What resources does Medicare offer to help with these complex decisions?

You may call 1-800-Medicare (1-800-633-4227) or visit [www.medicare.gov](http://www.medicare.gov) for more information.

### 10. Is there any other source of one-on-one help with sorting out my Medicare options?

The Anne Arundel County Department of Aging and Disabilities offers one-on-one counseling through the State Health Insurance Assistance Program (SHIP).

SHIP counselors are specially trained volunteers who provide free, confidential and unbiased information to help you make an informed Medicare decision.



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# Advance Directives Information Sheet

## What You Should Know About Advance Directives

Everyone has the right to make personal decisions about health care. Doctors ask whether you will accept a treatment by discussing the risks and benefits and working with you to decide. But what if you can no longer make your own decisions? Anyone can wind up hurt or sick and unable to make decisions about medical treatments. An advance directive speaks for you if you are unable to and helps make sure your religious and personal beliefs will be respected. It is a useful legal document for an adult of any age to plan for future health care needs. While no one is required to have an advance directive, it is smart to think ahead and make a plan now. If you don't have an advance directive and later you can't speak for yourself, then usually your next of kin will make health care decisions for you. But even if you want your next of kin to make decisions for you, an advance directive can make things easier for your loved ones by helping to prevent misunderstandings or arguments about your care.

## What can you do in an advance directive?

An advance directive allows you to decide who you want to make health care decisions for you if you are unable to do so yourself. You can also use it to



say what kinds of treatments you do or do not want, especially the treatments often used in a medical emergency or near the end of a person's life.

### 1. Health Care Agent.

Someone you name to make decisions about your health care is called a "health care agent" (sometimes also called a "durable power of attorney for health care," but, unlike other powers of attorney, this is not about money). You can name a family member or someone else. This person has the authority to see that doctors and other health care providers give you the type of care you want, and that they do not give you treatment against your wishes. Pick someone you trust to make these kinds of serious decisions and talk to this person, to make sure he or she understands and is willing to accept this responsibility.



## How do you prepare an advance directive?

Begin by talking things over, if you want, with family members, close friends, your doctor, or a religious advisor. Many people go to a lawyer to have an advance directive prepared. You can also get sample forms yourself from many places, including the ones given as examples at the end of this information sheet. There is no one form that must be used. You can even make up your own advance directive document.

To make your advance directive valid, it must be signed by you in the presence of two witnesses, who will also sign. If you name a health care agent, make sure that person is not a witness. Maryland law does not require the document to be notarized. You should give a copy of your advance directive to your doctor, who will keep it in your medical file, and to others you trust to have it available when needed. Copies are just as valid as the originals. You can also make a valid advance directive by talking to your doctor in front of a witness.

## When would your advance directive take effect?

Usually, your advance directive would take effect when your doctor certifies in writing that you are not capable of making a decision about your care. If your advance directive contains health care instructions, they will take effect depending on your medical condition at the time. If you name a health care

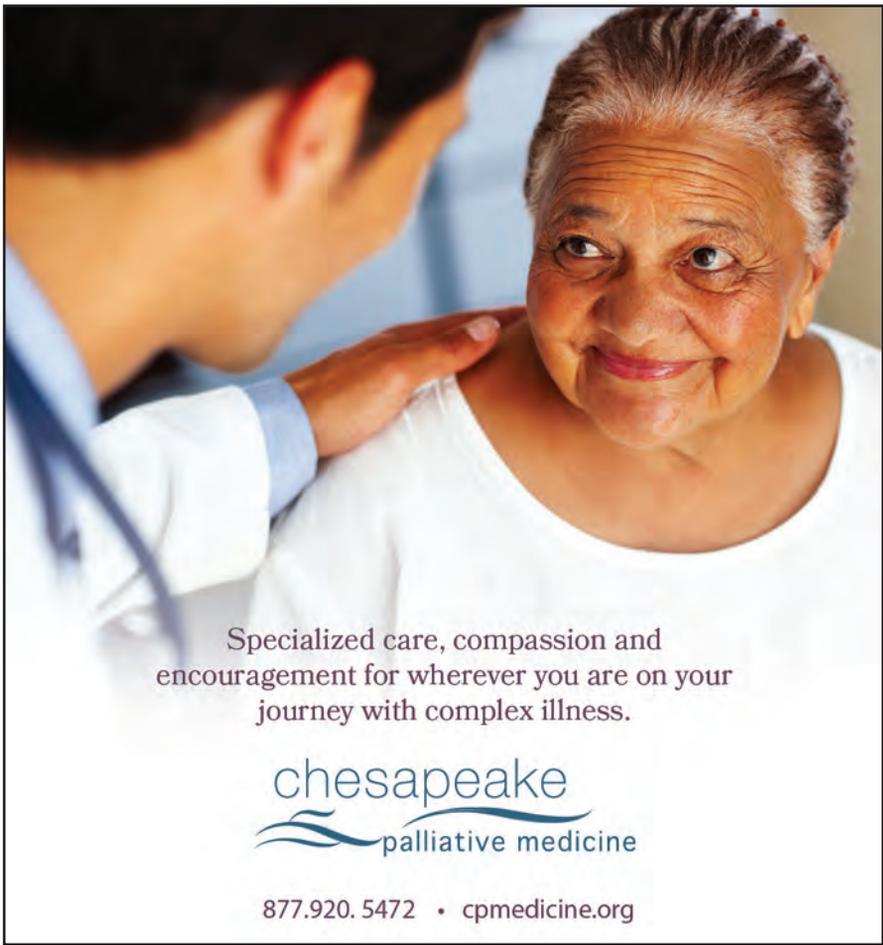
## 2. Health Care Instructions.

You can let providers know what treatments you want to have or not to have. (Sometimes this is called a “living will,” but it has nothing to do with an ordinary will about property.) Examples of the types of treatment you might decide about are:

- a. Life support – such as breathing with a ventilator
- b. Efforts to revive a stopped heart or breathing (CPR)
- c. Feeding through tubes inserted into the body
- d. Medicine for pain relief

Ask your doctor for more information about these treatments. Think about how, if you become badly injured or seriously ill, treatments like these fit in with your goals, beliefs, and values.





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agent, you should make clear in the advance directive when you want the agent to be able to make decisions for you.

**Can you change your advance directive?**

Yes, you can change or take back your advance directive at any time. The most recent one will count.

**Where can you get forms and more information about advance directives?**

There are many places to get forms, including medical, religious, aging assistance, and legal organizations. Three places are shown below, but these are just examples. Any of these forms are valid in Maryland, but not all may be in keeping with your beliefs and values. Your advance directive does not have to be on any particular form.

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**Call Caring Connections (NHPCO)**

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**Out-of-home respite care** can be provided at an assisted living facility that offers short-term stays or at an adult medical day center. These centers, for individuals who are physically and/or cognitively challenged, provide socialization and functional assistance. The Department of Aging and Disabilities facilitates a Senior Center Plus program at some of the area Senior Activity Centers. This program offers a level of care between independent Senior Center participation and adult medical day care at a very low cost.

The process for **in-home respite care** begins by analyzing your needs as well as those of your loved one. What kinds of assistance will you be looking for? Personal care? Medication management? Nutrition Support? Transportation? Companionship? In addition, are there tasks you are unable to do or those you just don't like to do?

Next, determine how often would you want assistance? A particular day of the week? A particular time of the day? For many of you, respite care may actually be full-time care for your loved one so that you are able to maintain your employment.

Now, off the top of your head, can you think of anyone you could ask to help. **Informal respite** care often starts with other family members. Family members who don't share the day-to-day caregiving may not fully appreciate the situation. State clearly where help is needed. Have a schedule and ask family members to sign-up when they are available to give you a break.

# What Exactly Is Respite Care?

Respite has historically been defined as “a short period of rest or relief from something difficult or unpleasant.” Respite care for a family caregiver can be realistically defined as time for a walk in the fresh air, or getting your hair done, or running to the grocery store. These breaks can occur intermittently or routinely. Occasionally, the family caregiver may need a longer break from caregiving duties to attend an out-of-state event or to take care of their own medical needs.

It is important to keep in mind that obtaining respite care is not about giving up your role as the caregiver. Rather, respite care means **SHARING** the responsibility of caregiving; that sharing actually strengthens your ability to continue providing care. You are still the caregiver; you are merely giving up tasks so that you can maintain a loving, familial relationship with your loved one.

Friends and neighbors are often available to help intermittently so don't be afraid to ask and if help is offered, accept! Be specific regarding how they can help such as a two hour break twice a month so you can run errands. Contact your faith community to ask if they have volunteer members who can provide a short break. High school students are often looking for community service hours; chatting with your loved while you prepare dinner might also provide the student with a live history lesson as a bonus!

For longer periods of respite care, you may need to hire a **professional home care worker.**

Home care workers can assist with personal care, medication reminders, grocery shopping preparing meals, transportation, light housekeeping, and companionship. In-home care can be paid privately, through long-term care insurance (check for restrictions), through income eligibility programs, and through grants. In-home care workers are either independent contractors or home care agency staff. The Department of Aging and Disabilities Respite Care Referral Program staff can assist you with finding an independent contractor who has been screened and educated through the Department

or can provide you with a list of home care agencies who provide services in Anne Arundel County. When hiring a respite care worker, keep your expectations reasonable. Obtaining respite services requires persistence, patience and preparation but in the long run, respite care promotes and supports balance in the caregiver's life.

---

**Contact the Respite Care Referral Program through email at [Respite\\_Care](mailto:Respite_Care@aacounty.org) at [aacounty.org](http://aacounty.org) or by calling 410-222-4377/4339.**

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# Living Well

ANNE ARUNDEL COUNTY DEPARTMENT  
OF AGING AND DISABILITIES EVIDENCE  
BASED PROGRAMS

## **Living Well with Diabetes**

is a 6 week workshop designed for people with Pre Diabetes, Type 1 or Type 2 Diabetes, and/or their caregivers. Over the course of 6 weeks, participants come once a week for 2.5 hours. While participants start

off learning the skills of action planning and decision making, they will intertwine topics such as dealing with stress, making dietary decisions, communicating with health care professionals and exercise.

**Living Well with Hypertension** is a 2.5 hour highly interactive workshop designed for people who have been diagnosed with hypertension or high blood pressure. This class is an add-on to the Living Well with Diabetes workshop, and teaches participants about blood pressure, home monitoring, salt/sodium intake and much more.

**Living Well with Chronic Conditions** is a 2.5 hour 7-week workshop. This workshop teaches self-management skills and is designed to help participants who have been diagnosed with heart disease, arthritis, high blood pressure, COPD, chronic pain or any other chronic condition.

**Stepping On** is a 7- week falls prevention workshop. Learn about exercises and home safety tips to help prevent falls; techniques to recover from a fall; and how vision, hearing, medication and footwear can affect fall risk. Gain professional advice from a physical therapist, pharmacist, vision expert and community safety specialist.

**All workshops are free of charge. To register for any of the above programs, please call**

**410-222-4366**



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

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**Services**

- ❖ Home and Companionship services such as accompany to outside activities and/or appointments; meal prep, laundry, general housekeeping and errands
- ❖ Assistance with Palliative care, Hospice Support, Hospital or Rehabilitation Discharge at home

**410-919-0190 • 202-904-7617**  
[susan@chesapeakecaregivers.com](mailto:susan@chesapeakecaregivers.com)  
[www.chesapeakecaregivers.com](http://www.chesapeakecaregivers.com)

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## Come to Live Here

At Tribute at Melford we've dedicated our lives to ensure there is purpose in every breath of each resident we are honored to serve, with the understanding that older adults and their loved ones depend on us not only to live, but to live well. It's a challenge we welcome - every day.

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17300 Melford Boulevard | Bowie, MD 20715  
 301.329.5565 | [Hello@TributeAtMelford.com](mailto>Hello@TributeAtMelford.com)  
[ThriveSL.com/Melford](http://ThriveSL.com/Melford)  
 A Thrive Senior Living Community

# Senior Activity Centers

## Located Within Anne Arundel County

**Annapolis**, Wiley H. Bates Heritage Park, 119 South Villa Avenue, Annapolis, MD 21401 • 410-222-1818; Fax 410-222-1216 • [annapoliscenter@aacounty.org](mailto:annapoliscenter@aacounty.org)

**Arnold**, 44 Church Road, Arnold, MD 21012  
410-222-1922; Fax 410-222-1924  
[arnoldcenter@aacounty.org](mailto:arnoldcenter@aacounty.org)

**Brooklyn Park**, 202 Hammonds Lane, Baltimore, MD 21225 • 410-222-6847; Fax 410-222-6846  
[bpcenter@aacounty.org](mailto:bpcenter@aacounty.org)

**O'Malley**, 1275 Odenton Road, Odenton, MD 21113 • 410-222-6227; Fax 410-222-6229 • [omalleycenter@aacounty.org](mailto:omalleycenter@aacounty.org)  
O'Malley Annex, 1270 Odenton Road, Odenton, MD 21113 • 410-222-0140

**Pasadena**, 4103 Mountain Road, Pasadena, MD 21122 • 410-222-0030; Fax 410-222-0032  
[pasadenacenter@aacounty.org](mailto:pasadenacenter@aacounty.org)

**Pascal**, 125 Dorsey Road, Glen Burnie, MD 21061  
410-222-6680; Fax 410-222-6685  
[pascalcenter@aacounty.org](mailto:pascalcenter@aacounty.org)

**South County**, 27 Stepneys Lane, Edgewater, MD 21037 • 410-222-1927; Fax 410-222-1989  
[southcenter@aacounty.org](mailto:southcenter@aacounty.org)

All of the above centers are nutrition sites.

## NUTRITION SITES

PLEASE SEE PG. 69 FOR MORE INFORMATION

**Annapolis Senior Center**  
119 S.Villa Ave., Annapolis, MD 21401

**Arnold Senior Center**  
44 Church Rd., Arnold 21012

**Bay Forest**  
940 Bay Forest Ct., Annapolis 21403

**Brooklyn Park Sr. Ctr.**  
202 Hammonds Ln, Brooklyn Pk. 21225

**Claiborne Place**  
130 Hearne Rd., Annapolis 21401

**College Parkway Place**  
570 Bellerive Dr., Annapolis, 21409

**Glen Forest**  
7975 Crain Hwy, Glen Burnie, 21061

**Glen Square Senior Housing**  
102 Crain Hwy, Glen Burnie, 21061

**Glenwood Nutrition Site**  
701 Glenwood St., Annapolis, 21401

**Heritage Crest**  
6670 Roberts Ct Glen Burnie, 21061

**Morris Hill Community Center**  
351 Arundel Corp Rd., Glen Burnie 21060

**O'Malley Senior Center**  
1275 Odenton Rd., Odenton 21113

**Pasadena Senior Center**  
4103 Mountain Rd., Pasadena 21122

**Pascal Senior Center**  
125 Dorsey Rd., Glen Burnie, 21061

**Pinewood East Senior Housing II PWII**  
7900 Benesch Cr., Glen Burnie, 21060

**Pinewood Village Senior Housing PWI**  
7885 Gordon Ct., Glen Burnie, 21060

**Pumphrey (Lloyd Keaser Comm.Ctr)**  
5757 Belle Grove Rd, Baltimore 21225

**South County Senior Center**  
27 Stepney's Ln, Edgewater 21037

## Annapolis

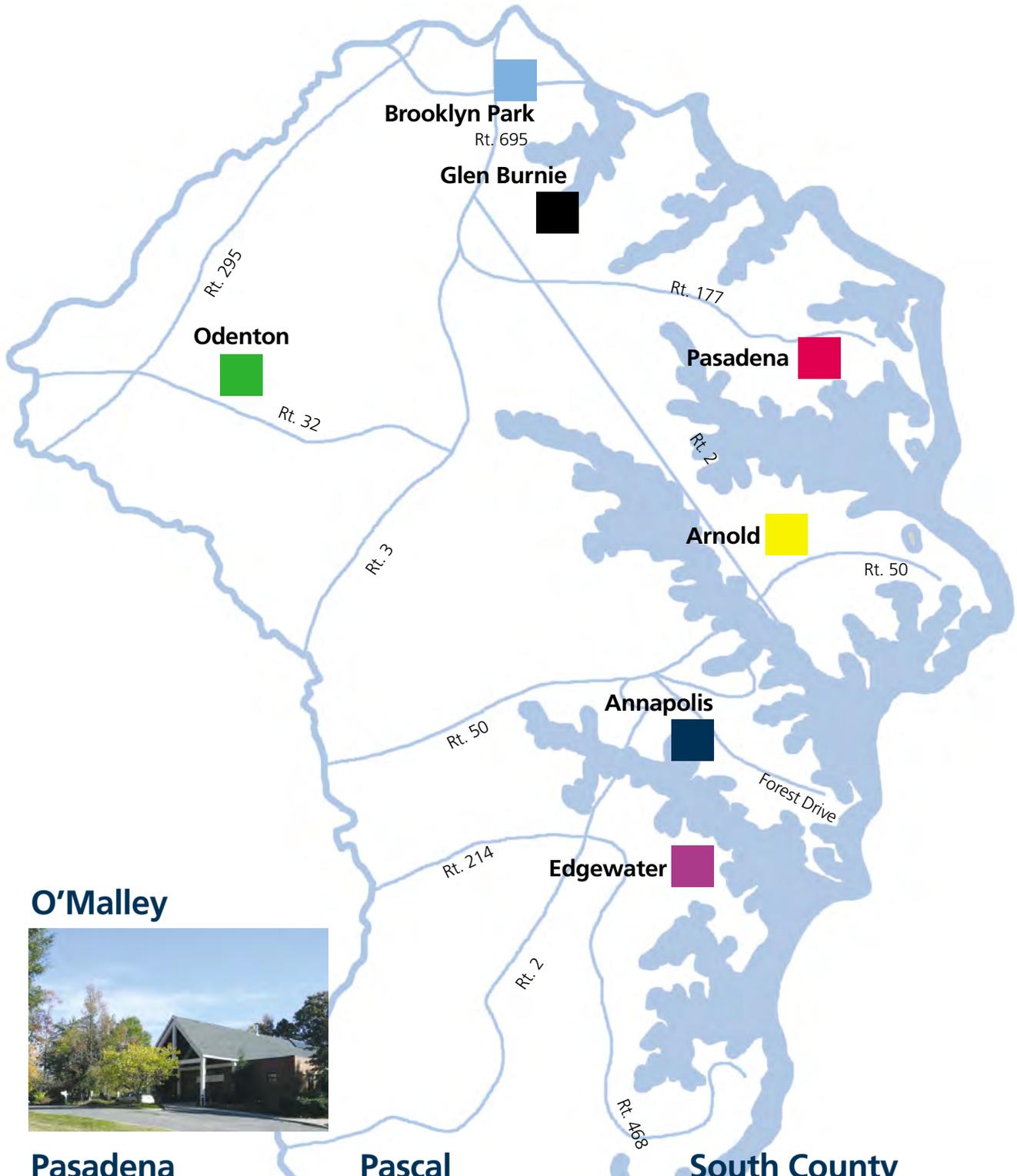


## Arnold



## Brooklyn Park





**O'Malley**



**Pasadena**



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(L-R): **Prisca A. Diala, MD**, Medical Retina; **Orin M. Zwick, MD**, Oculofacial Plastic & Reconstructive Surgery; **Maria C. Scott, MD**, Medical Director, Cataract & Refractive Surgery; **Tamara K. Fackler, MD**, Medical Retina; **Heather A. Nesti, MD**, Glaucoma & Cataract Surgery

LASIK | Laser Cataract Surgery | Dry Eye | Glaucoma | Retina | Eyelid Surgery

# Resources

## For Older Adults, Individuals with Disabilities, and Caregivers in Anne Arundel County

**SPG Seniors Directory Listings 2019**  
**Anne Arundel County Department of**  
**Aging & Disabilities Programs**  
**AA County Dept. of Aging and**  
**Disabilities/Main Office**

410-222-4257

Toll Free 800-492-2499

TTY users please call via MD Relay 711

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Provides programs, services, information, education and special events to improve the quality of life for older adults, adults with disabilities and caregivers. Family members and caregivers also are encouraged to call for information and assistance.

**AA County Dept. of Aging and**  
**Disabilities/MD Access Point (MAP)**  
**Program/Information & Assistance**

410-222-4257

Toll Free 1-844-627-5465

TTY users please call via MD Relay 711

[www.aacounty.org/aging](http://www.aacounty.org/aging)

One stop, user-friendly access at the county Dept. of Aging and Disabilities to services offered by multiple agencies for persons age 50 and older, persons age 18 and older with a disability, and caregivers for seniors and adults with disabilities. Information and Assistance Specialists continue to provide a single contact point for information about all programs and services, assist in defining needs and locating appropriate services, and help with completing forms and applications for benefit programs. Speakers available.

**AA County Dept. of Aging and**  
**Disabilities/Adult Public Guardianship**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Serves as court-appointed public guardian of person for Anne Arundel County residents who are 65 years or older. Provides information and education about medical advance directives, alternatives to guardianship, and the guardianship process.

**AA County Dept. of Aging and**  
**Disabilities/Assisted Living Program**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Monitors and provides technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally

eligible residents residing in these ALFs. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for older adults and those with disabilities. Works collaboratively with Adult Protective Services and the Long-Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

**AA County Dept. of Aging and**  
**Disabilities/Community First Choice**

410-222-7183

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Provides personal care, assistance with dressing, toileting, meals, shopping, laundry and other activities of daily living. Recipients receive Supports Planners and Nurse Case Monitoring services. Income eligibility must be established.

**AA County Dept. of Aging and**  
**Disabilities/Health Promotion**  
**Workshops**

410-222-4366

Living Well with Diabetes: 6-week workshop which teaches self-management skills for those with diabetes.

Living Well with Chronic Conditions: 7-week workshop which teaches self-management of chronic conditions such as arthritis, heart disease, COPD and mental health conditions. Stepping On: 7-week falls prevention workshop builds self-confidence and reduces falls by learning balance and strength exercises; includes presentations/discussions with experts in various fields related to falls prevention. Call 410-222-4366 for workshop schedule and to register.

**AA County Dept. of Aging and**  
**Disabilities/Grief Counseling Program**

410-222-0263

TTY 410-222-4355

[www.aacounty.org/aging](http://www.aacounty.org/aging)

A specialized program that provides grief counseling to individuals at home.

**AA County Dept. of Aging and**  
**Disabilities/Home and Community-**  
**Based Options Waiver**

Enrolled Participants: 410-222-4366

Registry Waitlist: 410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)

This state-wide program provides services

to eligible individuals age 18 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial and technical qualifications must be met.

**AA County Dept. of Aging and**  
**Disabilities/Local office of the Long-term**  
**Care Ombudsman Program**

410-222-4257

Toll Free 800-492-2499

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Advocates for residents in nursing homes and assisted living. Receives complaints; works to resolve problems and improve residents' care and quality of life. Educates the public about topics such as long-term care facilities and services, residents' rights, and elder abuse. A free, confidential service.

**AA County Dept. of Aging and**  
**Disabilities/Long Term Care Bureau/In**  
**Home Aide Services (IHAS) and Senior**  
**Care (SC) Program**

410-222-4366

[www.aacounty.org/aging](http://www.aacounty.org/aging)

In partnership with the AA County Department of Social Services, the SC/IHAS program provides case management and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services are available for eligible clients. This program allows clients to remain in the community as they age.

**AA County Dept. of Aging and**  
**Disabilities/National Family Caregiver**  
**Support Program**

410-222-4257

Toll Free 800-492-2499

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Program for caregivers to help relieve stress associated with their role. It offers information, assistance, educational programs, respite and supplemental services.

**AA County Dept. of Aging and**  
**Disabilities/Respite Care Referral**  
**Program**

410-222-4257

Toll Free 800-492-2499

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Maintains a registry of pre-screened,

self-employed caregivers who provide geriatric aide services on an hourly, daily, or overnight basis for older adults or those with disabilities, in their own homes. Services provided are determined by the family's need and may include personal care as well as household tasks. The home care workers charge fees; there is no charge for the referral service.

**AA County Dept. of Aging and Disabilities/Senior Nutrition Program**  
410-222-4464

[www.aacounty.org/aging](http://www.aacounty.org/aging)  
The Senior Nutrition Program has four components: Home-Delivered Meal Program, Congregate Meal Program (meals served at senior centers and community sites), SHOP 'N' EAT Program, and Senior Farmer's Market Coupon Program.

**AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP)**  
410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)  
SHIP provides health insurance assistance and information to Medicare-eligible persons, their caregivers, and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options, and Medicare Part D options.

**AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol)**  
410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)  
Provides public education to Medicare beneficiaries to increase senior awareness of health care fraud. One-on-one assistance available in reporting suspected Medicare/Medicaid fraud and abuse.

**AA County Dept. of Aging and Disabilities/Telephone Reassurance**  
410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)  
Provides a daily well-check telephone call to older adults and adults with disabilities who are living alone in Anne Arundel County. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family, or county police.

**Active Adult Community**

**SPG The Gardens of Annapolis**  
931 Edgewood Road  
Annapolis, MD 21403  
410-295-5644

[www.gardensofannapolis.com](http://www.gardensofannapolis.com)  
Premier 62 and better independent living community for individuals who enjoy a carefree life in a luxurious and affordable environment. You will have all the comforts of home!

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**Adult Day Care**

**SPG Active Day of Annapolis**  
2525 Riva Road, Suite 100  
Annapolis, MD 21401  
410-573-9100 (Phone), 410-573-9102 (Fax)  
[www.acteday.com](http://www.acteday.com)  
E-mail: [info@acteday.com](mailto:info@acteday.com)  
Nutritious catered lunch, afternoon snack. PT/OT speech therapy. Yoga, activities, games, discussions, crafts. Nurse assisted medication management. Travel to medical appointments, rehabilitation. Services for disability, dementia care, memory care.

**SPG Foundations Medical Adult Day Services**  
1025 W. Nursery Road, Suite 112  
Linthicum, MD 21090  
410-789-7772  
[www.foundationsgroup.net](http://www.foundationsgroup.net)

**Woods Adult Day Care Center**  
410-987-0360  
[www.woodsadultdayservices.com](http://www.woodsadultdayservices.com)  
Offers programs of social/health-related services five days a week for persons who need 24-hour supervision. Includes nursing, therapeutic activities, counseling, hot lunch, and transportation.  
*Please see our ad on 45*

**Advocacy**

**AA County Office of Community Engagement and Constituent Services**  
410-222-1785  
[www.aacounty.org](http://www.aacounty.org)  
The Office of Community Engagement and Constituent Services serves as the direct link between County Executive Stuart Pittman and the citizens of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county the Best Place.

**AA County Dept. of Aging and Disabilities/Main Office**  
410-222-4257

**AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program**  
410-222-4257  
Toll Free 1-844-627-5465  
TTY users please call via MD Relay 711  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

**AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program**  
410-222-4257

**AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP)**  
410-222-4257

**AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol)**  
410-222-4257

**AARP – Membership Services**  
410-895-7637 (Maryland)  
1-866-542-8163  
1-888-687-2277  
[www.aarp.org](http://www.aarp.org)  
AARP is a membership organization dedicated to enhancing the experience of aging through advocacy, information, and services. Call for chapter locations and telephone numbers.

**Annapolis Commission on Aging**  
Phone: 410-263-7997  
Fax: 410-216-9284  
<https://www.annapolis.gov/566/Commission-on-Aging>  
The Commission on Aging serves as an advisory board to the City Council. It studies matters affecting older adults and makes recommendations, works with City senior living facilities to help address issues and educates the public. Members meet the last Thursday of the month at the Annapolis Senior Center Wiley H Bates Heritage Park at 11:00am.

**The Arc Central Chesapeake Region**  
410-269-1883 Annapolis  
410-770-9895 Severn  
TTY 800-735-2258  
[www.thearcccr.org](http://www.thearcccr.org)  
Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, employment training, community living, individual support, and fiscal management services.

**Associated Black Charities**  
410-659-0000  
[www.abc-md.org](http://www.abc-md.org)  
A public foundation that advocates and facilitates the creation of measurably healthier and more prosperous communities through responsible leadership and philanthropic investment.

**At Home Chesapeake**  
410-647-1997 (Severna Park)  
[www.athomechesapeake.org](http://www.athomechesapeake.org)  
A non-profit membership organization, part of the nationwide Village to Village Network, where members actively participate in creating opportunities for advocacy, education, health management, and social connectivity for themselves and others so that they can live in their communities for a lifetime.

**Laurel Advocacy and Referral Services (LARS)**  
301-776-0442  
[www.laureladvocacy.org](http://www.laureladvocacy.org)  
Crisis intervention in the Laurel area by a group of religious member organizations. Hours of operation: Monday, Wednesday,

and Friday from 9 a.m. – 2 p.m., with additional hours from 5 p.m.–7 p.m. on Mondays.

**MD Dept. of Veterans Affairs Regional Benefit Offices**

410-230-4444  
Toll Free 800-446-4926  
www.veterans.maryland.gov  
Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

**MD Office for Refugees and Asylees (MORA)**

410-767-7514  
http://dhr.maryland.gov/maryland-office-for-refugees-and-asylees/  
Provides referrals to refugees to ease their transition into American society.

**NARFE (National Active and Retired Federal Employees Association)**

703-838-7760 (Alexandria, VA)  
Toll Free 800-456-8410  
www.narfe.org  
Protects and improves the retirement benefits of federal retirees and their families. Provides information on federal retirement, health insurance, and life insurance benefits available to members and non-members. Federal retirement support services. Meetings held at various county sites each week. Call for locations, dates, and times.

**State’s Attorney’s Office/Community Outreach**

410-222-1740  
www.aacounty.org/departments/sao/  
Provides community presentations on elder fraud and abuse, cyber safety, identity theft, gang prevention and awareness, and dating violence.

**United Seniors of MD**

www.unitedseniorsmd.com  
United Seniors of MD (USM) is an umbrella organization of public, non-profit, and private groups interested in promoting and protecting the well-being of every older citizen in the State of MD.

**Assisted Living**

**AA County Dept. of Aging and Disabilities/Assisted Living Program**  
410-222-4257

**AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver**  
Enrolled Participants: 410-222-4366  
Registry Waitlist: 410-222-4257

**AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program**  
410-222-4257

**SPG Arbor Terrace Waugh Chapel**

2535 Evergreen Rd  
Gambrills, MD 21054  
410-497-6771  
www.ArborWaughChapel.com/Life  
Arbor Terrace Waugh Chapel offers a fresh approach to senior living with assisted living, one-of-a-kind Bridges neighborhoods and memory care designed for those affected by Alzheimer’s disease and other dementias.

**SPG Assisted Living Well Compassionate Care LLC**

271 W. Pasadena Road  
Millersville, MD 21108  
410-609-0904  
www.pelicanhillcare.com

**SPG Atria Manresa**

85 Manresa Road  
Annapolis, MD 21409  
410-349-9529  
www.atriaseniorliving.com

**SPG Brightview Annapolis**

1935 Generals Highway  
Annapolis, MD 21401  
443-243-2529  
www.brightviewseniorliving.com

**SPG Brightview Crofton River Walk**

1301 Clarity Dr  
Crofton, Md 21114  
410-849-6267  
www.brightviewcroftonriverwalk.com

**SPG Brightview Severna Park**

469 Jumpers Hole Road  
Severna Park, MD 21146  
410-544-1605  
www.brightviewseniorliving.com

**SPG BrightView South River**

8 Lee Airpark Drive  
Edgewater, MD 21037  
410-956-7310  
www.brightviewseniorliving.com  
Vibrant Place, Vibrant People, Vibrant Lifestyle, Vibrant Company, Assisted Living apartments. Offering seniors the assistance they need and the full life they deserve.

*Please see our ad on Inside Back Cover*

**SPG Charlotte Hall Veterans Home**

29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-884-8171  
www.charhall.org  
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care.

*Please see our ad on page 24*

**TTY users can call Maryland Relay 711**

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*“A Tradition of Caring since 1975”*



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---

We are a non-profit organization serving Anne Arundel County.

**8227 Cloverleaf Drive, Suite 300  
Millersville  
410-987-0360  
www.WoodsAdultDayServices.com**

**SPG Dementia Care Management, Inc.**  
**d/b/a Silver Stay**  
 1311 Waneta Court  
 Odenton, MD 21113  
 410-279-8772  
 www.silverstay.com

**SPG Heartlands at Severna Park**  
 715 Benfield Road  
 Severna Park, MD 21146  
 410-729-1600  
 www.HeartlandsAssistedLiving.com  
 Heartlands at Severna Park offers an upscale resident experience, gracious surroundings, fine dining, private suites, 24-hour in-house nursing staff and excellent activities calendar.  
*Please see our ad on Inside Front Cover*

**Oak Lodge Senior Home Assisted Living**  
 7751 Outing Avenue  
 Pasadena, MD 21122  
 410-439-5643; 410-255-6070  
 www.oaklodgeassistedliving.com  
 Beautiful, private bedrooms with private bathrooms in a quiet, residential area of Pasadena. We offer meals, laundry, housekeeping, medication administration, and 24-hour supervision.  
*Please see our ad on page 46*

**Peartree House Assisted Living**  
 8001 Middlebury Drive  
 Pasadena, MD 21122  
 410-437-5050  
 8004 Shadow Oak Lane  
 Pasadena, MD 21122  
 410-439-4697  
 www.thepeartreehouse.com  
 We are a small, home-like community offering each resident their own private room/bath. We provide nutritious meals, activities, laundry, and housekeeping, as well as assistance with bathing, dressing, and grooming. Rooms include furniture, an emergency call system, and cable TV. We treat each resident with dignity, compassion and respect. We have around-the-clock awake caregivers.

**SPG Regency Park Senior Living Community**  
 730 Maryland State Route 3 South  
 Gambrills, MD 21054  
 410-923-1200  
 www.RegencyParkAssistedLiving.com  
 Regency Park offers superior comfort and care. Generously staffed and professionally managed with accommodations for 55 residents, including a secure unit offering a safe, stimulating environment for individuals with Alzheimer's disease.  
*Please see our ad on page 47*

**SPG Servants 4 Seniors**  
 8010 Catherine Avenue  
 Pasadena, MD 21122  
 410-439-9353  
 mmatthews@aplace4seniors.com  
 www.aplace4seniors.com  
 Servants 4 Seniors Resource Network offers seniors and their families a wealth of coordinated resources to help secure quality care for senior loved ones in their golden years.  
*Please see our ad on page 66*

**SPG Somerford Place**  
 Alzheimer's Assisted Living  
 2717 Riva Road  
 Annapolis, MD 21401  
 410-224-7300  
 www.somerfordplaceannapolis.com  
 Alzheimer's/Dementia specific community. Twenty-four-hour nursing. Caring, dedicated staff specifically trained in memory care. Our award-winning Bridge to Rediscovery program helps residents to rediscover the joy of everyday life.  
*Please see our ad on Back Cover*

**SPG Spring Arbor of Crofton**  
 1495 Riedel Road  
 Crofton, MD 21114  
 410-324-2790  
 www.springarborliving.com  
 Privately owned and operated senior living with memory care community. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it's how you live that matters!

**SPG Spring Arbor of Severna Park**  
 345 Ritchie Highway  
 Severna Park, MD 21146  
 410-544-7774  
 www.springarborliving.com  
 Privately owned and operated senior living with memory care community. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it's how you live that matters!  
*Please see our ad on page 11*

**Sunrise Senior Living of Annapolis**  
 800 Bestgate Road  
 Annapolis, MD 21401  
 410-266-1400  
 www.sunriseannapolis.com  
 Sunrise of Annapolis offers assisted living and memory care services. Located across from Anne Arundel Medical Center, we pride ourselves in our experienced and dedicated team, personalized assistance and care, engaging social activities, and delicious home-cooked meals.

**Loving Caring  
in a Home  
Based Setting**

- Beautifully appointed private rooms
- Three home-cooked meals daily plus snacks
- Personal assistance with bathing, grooming, and dressing
- Medication administration
- Housekeeping services
- Laundry services
- Entertainment and activities
- 24-hour supervision

**Oak Lodge  
Senior Home**  
Assisted Living

7753-7755 Outing Ave  
Pasadena, MD  
410-439-5643  
www.oaklodgeassistedliving.com

**SPG Sunrise Senior Living of Severna Park**

43 West McKinsey Road  
 Severna Park, MD 21146  
 410-544-7200  
 www.sunrisesevernapark.com  
 Sunrise of Severna Park offers independent living, assisted living and memory care. Our community is nestled on ten beautiful acres with walking paths and in close proximity to the public library, community center and many shops and restaurants. Our tenured and dedicated team takes pride in providing resident-centered care, enriching activities and delicious, well-balanced meals.  
*Please see our ad on page 27*

**Tribute at Melford**

17800 Melford Blvd  
 Bowie, MD 20715  
 301-329-5565  
 www.ThriveSL.com/Melford  
 Thrive Senior Living doesn't focus on care! We feel that focusing on "care" is too low of a standard. At Thrive, we build meaningful relationships with our residents. Tribute at Melford is a 140 Senior Living Apartment community offering various styles and a host of amenities. Services and transportation provided along with an on-call Delegating Registered Nurse to oversee needs.  
*Please see our ad on page 39*

**Assistive Telephones**

**MD Accessible Telecommunications (MAT)**

Toll Free 800-552-7724 V/TTY  
 410-767-6960 V/TTY  
 www.mdrelay.org  
 moreinfo@mdrelay.org  
 MD Accessible Telecommunications distributes free amplified and captioned phones, hands-free phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

**MD Relay**

Toll Free 800-552-7724 V/TTY  
 Video Phone 443-453-5970  
 www.mdrelay.org  
 moreinfo@mdrelay.org  
 MD Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone. Dial 711 to place a Relay call.  
*Please see our ad on page 35*

**TTY users can call Maryland Relay 711**

**Bereavement Services**

**AA County Dept. of Aging and Disabilities/ Grief Counseling Program**  
 410-222-0263

**Chesapeake Life Center at Hospice of the Chesapeake**

90 Ritchie Highway  
 Pasadena, MD 21122  
 888-501-7077  
 www.chesapeakelifecenter.org  
 Provides grief and traumatic loss support and education to children, adults, families and others in the community. Also, programs and services for those impacted by unexpected diagnosis or advancing illness.

**Case Management**

**AA County Dept. of Aging and Disabilities/Long Term Care Bureau/ Senior Care (SC)/In Home Aide Services (IHAS) Program**  
 410-222-4366  
 www.aacounty.org/aging

**SPG Aging Services Management, LLC**

PO Box 267  
 Annapolis, MD 21012  
 410-349-4835 (office), 301-219-7645 (cell)  
 www.agingervicesmgmt.com  
 ASM offers counseling, information and referrals, in-home assessments and care

**REGENCY PARK**  
 SENIOR LIVING COMMUNITY

*Assisted Living and Memory Care*

**Home is more than a place...  
 It's a feeling.**

**A**t Regency Park, comfort and caring are what we're all about! With 55 suites, we're small enough for close, caring relationships, yet large enough to be generously staffed and professionally managed. Our sixteen acres are peaceful and give lovely views. Local ownership assures responsiveness and flexibility.

*Quiet Waters offers a gracious, safe and stimulating environment designed especially for individuals with Alzheimer's and other memory disorders.*

**For more information or to schedule a personal visit, call 410-923-1200**

**Located in Lower Crofton Area  
 730 Route 3 South  
 Gambrills, MD 21054**

**WWW.REGENCYPARKASSISTEDLIVING.COM**

EQUAL HOUSING OPPORTUNITY

planning, placement, monitoring, service coordination, and support for family members and care recipients. An Aging Life Care Association Member serving Anne Arundel and surrounding counties since 2000.

*Please see our ad on page 49*

### Alliance in Aging

Lynn Carr, RN, MA, CCM  
P.O. Box 4073

Annapolis, MD 21403

410-507-0915 (cell)

410-867-2042 (office)

lynn@allianceinaging.com

www.allianceinaging.com

Certified Nurse Care Manager, specializing in senior care for over 30 years. Provides support through difficult transitions.

*Please see our ad on page 49*

### SPG Response Senior Care, LLC

1831 Forest Drive, Suite G

Annapolis, MD 21401

410-571-2744

www.response-seniorcare.com

Personal in-home care provided by experienced, qualified employees.

Consultation and supervision by R.N.

Hourly live-in. Licensed by the State of

Maryland, bonded, insured, employee

criminal background performed. FREE

CONSULTATION.

*Please see our ad on page 65*

## Cemeteries

### Anatomy Gifts Registry

410-863-0491 Office

410-863-0497 Fax

Toll Free 800-300-5433

www.anatomygifts.org e-mail: info@

anatomygifts.org

Dignified Body Donation. A nationwide,

non-profit whole-body donor program,

benefiting medical research and education.

Please call for information on enrollment or

Donor Services.

### Lakemont Memorial Gardens

900 W. Central Avenue

Davidsonville, MD 21035

410-956-3060

www.dignitymemorial.com/lakemont-

memorial-gardens

Premier memorial cemetery located in

Anne Arundel County MD-Dignity Memorial

Network.

### MD Veterans Cemetery/Crownsville

410-923-6981

www.veterans.maryland.gov/cemetery-

and-memorial-program/

1122 Sunrise Beach Rd

Crownsville, Maryland 21032

Burial benefits for the veteran include: a gravesite in an available space, opening and closing of the grave, perpetual care, a Government marker, a burial flag and a Presidential Memorial Certificate, at no cost to the family.

### State Anatomy Board

410-767-6500 (Baltimore)

Toll Free 877-463-3464

www.health.maryland.gov/anatomy/

State's cadaver donation program. Cadavers

are used to support medical, dental

education, and research. Donor forms are

available by calling or writing the board.

## Complaints and Information

### AA Conflict Resolution Center

410-266-9033

programs@aacrc.info

www.aacrc.info

Provides mediation services in disputes

between family members, landlords

and tenants, neighbors, employees and

employers, businesses, etc. Mediation helps

people resolve conflicts peacefully and

without going to court. Conflict resolution

classes and training are available. No fee.

Anger management classes are offered to

members of the community at a cost of

\$100.

### MD Attorney General's Consumer Protection Office

410-528-1840 Health Advocacy Unit Hotline

Toll Free 877-261-8807

TTY 410-576-6372

www.marylandcares.org

Investigates medical billing complaints,

reimbursement disputes, and denial of care.

Complaint form online. Furnishes mediation

services to consumers to help resolve

complaints against businesses and health

insurance carriers. For all other disputes or

mediation (unrelated to insurance or medical

issues) call the general number 410-528-

8662.

### MD Office of People's Counsel

410-767-8150

Toll Free 800-207-4055

www.opc.state.md.us

Consumer complaints, disputes about utility

bill. Represents consumer of utility services

before the Public Service Commission,

certain federal agencies, and the courts.

### MD Secretary of State's Office

410-974-5549

Toll Free 800-825-4510

www.sos.state.md.us

Registers, regulates, and renews charitable

organizations, professional solicitors, and

fund raising counsels doing business in

the State of MD. Provides the public with

information on status, legitimacy, and

spending patterns of these organizations.

Speakers are available.

## Congregate Housing

### Congregate Housing Services Program

410-267-8000 Annapolis Housing Authority -

Morris Blum Apartments

667-600-3160 Catholic Charities Arundel

Woods

410-519-6085 Catholic Charities Friendship

Station

www.aacounty.org/services-and-programs/

independent-housing-options-for-seniors

Provides supportive services in various

apartment buildings to low and moderate

income seniors age 62 years or older who

have moderate difficulty with one or more

activities of daily living. Services offered

include congregate meals, housekeeping,

laundry, personal assistance and service

management. Financial assistance available

based on income.

## Consumer Credit

### Commissioner of Financial Regulation

410-230-6100

Toll Free 888-784-0136

www.dlir.state.md.us/finance

The Maryland Department of Labor,

Licensing, and Regulation (DLRR) is

committed to safeguarding and protecting

Marylanders. We're proud to support

the economic stability of the state by

providing businesses, the workforce, and

the consuming public with high quality

customer-focused regulatory, employment

and training services.

### Guidewell Financial Solutions

410-747-6803

Toll Free 800-642-2227 All Other

Counseling

Toll Free 866-731-8486 Housing Counseling

– pre-purchase, foreclosure prevention,

reverse mortgage

www.cccsmd.org

A non-profit agency that offers free budget

counseling, debt repayment planning,

community education, and student loan

counseling.

## Dentists

### AA County Department of Health Dental Access Program

410-222-7138 Annapolis

410-222-6861 Glen Burnie

www.ahealth.org/programs/adult-health-

services/dental

Assists income-limited adults in obtaining

dental care from participating volunteer

dentists at discounted rates.

### AA County Department of Health Emergency Dental Care Coordination Program

410-222-3090 or 410-222-7138

TTY 410-222-7153

www.ahealth.org/reach-plus/

Provides access to a Dental Care

Coordinator, assistance with finding no-cost

or low-cost dental care, and emergency

dental services including relief from pain

and reflection.

### Anne Arundel Medical Center (AAMC) Community Health Center

410-990-0050

701 Glenwood St. (inside Morris Blum

senior housing) and 1419 Forest Dr.,

Annapolis

[www.myaamg.org/community-clinic](http://www.myaamg.org/community-clinic)  
Primary care medical center where a team of health professionals provides continuous, comprehensive, and coordinated care throughout a person's life.

#### North County Health Services Center

410-222-6861  
[www.aahealth.org](http://www.aahealth.org)  
Community health center which offers dental services to those who meet income eligibility requirements.

#### **SPG** Spa Creek Dental, Inc.

185 Admiral Cochrane Drive  
Annapolis, Maryland 21401  
443-800-1754  
[spacreekdental.com](http://spacreekdental.com)

#### University of MD School of Dentistry

410-706-7101  
Walk-in clinic  
[www.dental.umaryland.edu](http://www.dental.umaryland.edu)  
Provides complete family dental care. Urgent care clinic is a walk-in clinic for patients experiencing pain or swelling. Open M-F on a first-come, first-served basis. Arrive early. Before beginning any treatment, dental health care providers conduct a complete examination to determine the best course of dental care. Faculty reviews and evaluates all treatment provided by students. Personal payment plans, some types of insurance, and Medical Assistance are accepted.

### Disability Services

#### AA County Commission on Disability Issues

410-222-4383  
Toll Free 800-492-2499  
TTY users call via MD Relay 711  
[www.aacounty.org/aging](http://www.aacounty.org/aging)  
Promotes and enhances the quality of life for people with disabilities by advising the County Executive and the County Council on the coordination and development of government policies, programs, and services and on the allocation of resources for people with disabilities.

#### AA Community College,

##### Adult Basic Skills

410-777-1823  
7000 Arundel Mills Cir  
Hanover, Maryland 21076  
[www.aacc.edu/resources/academic-services/adult-basic-skills-and-ged/](http://www.aacc.edu/resources/academic-services/adult-basic-skills-and-ged/)  
Adult Basic Skills (ABS) classes are designed for students who do not have a high school diploma and need to review and improve basic skills in math, science, social studies and reasoning through language arts. Students in ABS classes may be referred to the GED Ready practice test once qualifying scores have been achieved.

#### AA Community College, Disability Support Services

410-777-2306  
410-777-1304  
[www.aacc.edu/advising/DSSwelcome](http://www.aacc.edu/advising/DSSwelcome)  
Assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

#### AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program

410-222-4257  
Toll Free 844-627-5465  
TTY users please call MD Relay 711  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

#### Abilities Network

410-266-7941  
Toll Free 800-966-7940  
Toll Free 800-492-2523  
[www.abilitiesnetwork.org](http://www.abilitiesnetwork.org)  
A non-profit organization, that helps to create a personal path to independence by seeing abilities, not disabilities. It provides customized services to children and adults with disabilities, as well as their families and caregivers, throughout Maryland. It offers autism services, community and employment partners, epilepsy services, and move management services.

## ALLIANCE IN AGING

Your Connection To Elder Care Options



**Lynn Carr, RN, MA, CCM**  
410-867-2042 (O) | 410-507-0915 (C)  
Email: [lynn@allianceinaging.com](mailto:lynn@allianceinaging.com)  
P.O. Box 4073  
Annapolis, MD 21403

### Why Choose a Care Manager?

Alliance in Aging's certified nurse care manager, specializing in senior care for over 30 years, provides support to the elderly and their family through difficult transitions.

*Alliance in Aging identifies, coordinates and monitors the best mix of care and services in Anne Arundel County.*

### What You Can Expect:

- Personalized & compassionate service
- Advocacy & support



For more information visit us online at [www.allianceinaging.com](http://www.allianceinaging.com)

# AGING SERVICES MANAGEMENT, LLC

*a senior care management service*



PROVIDING SUPPORT AND ASSISTANCE TO SENIORS AND THEIR FAMILIES FOR OVER 19 YEARS.

✦ SINGLE CONSULTATION

✦ ASSESSMENT AND CARE PLANNING

✦ ONGOING CARE MANAGEMENT

Helping seniors to navigate the healthcare system

JENNIFER L. SAPP, M.S.W., M.S.G.

301.219.7645 or 410.349.4835

[jennifer@agingservicesmgmt.com](mailto:jennifer@agingservicesmgmt.com)

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

**Accessible Resources for Independence**

410-636-2274

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

Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. We provide independent living services to anyone with a disability at any age including children, seniors, and veterans at no charge. Our mission is to maximize the independence of people with disabilities so they enjoy self-directed, productive lives. ARI provides services to enhance quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transitioning services and more...all designed to help people with disability take part in and contribute to their communities.

**Americans with Disabilities Act Office**

410-222-4383

TTY users, call via MD Relay 711

[www.aacounty.org/aging](http://www.aacounty.org/aging)[www.ada.gov](http://www.ada.gov)

Coordinates and serves as a resource for AA County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Serves as a resource for other private sector ADA and Federal Fair Housing issues. The staff supports and participates in the AA County Commission on Disability Issues.

**The Arc Central Chesapeake Region**

410-269-1883 Annapolis

410-770-9895 Easton

TTY 800-735-2258

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

Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, employment training, community living, individual support, and fiscal management services.

**Bello Machre, Inc.**

443-702-3000

TTY 800-735-2258

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

Bello Machre provides a lifetime commitment of loving care, guidance, and opportunity for people with developmental disabilities throughout Central Maryland. In addition to helping families with in-home care and support, the Hertha and Jesse Adams Ray of Hope Program offers assistance with expenses such as specialized summer camp, physical therapy, and adaptive equipment. Bello Machre also offers a lifetime of loving, compassionate care in our community based residential homes. The Meaningful Day Program provides individualized day services including supported employment; job development and training; and community based social, recreational, and educational opportunities.

**Blind Industries and Services of MD**

410-737-2600 (Baltimore)

Toll Free 888-322-4567

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

A non-profit organization that offers rehabilitation, training, and employment opportunities to citizens who are blind or visually impaired. The rehabilitation program for seniors includes home teaching, support groups, and SAIL (Seniors Achieving Independent Living). It also distributes white canes.

**Developmental Disabilities****Administration (DDA)**

410-234-8200

Toll Free 1-877-874-2494

TDD 410-363-9430

<http://dda.health.maryland.gov>

Part of the MD Dept. of Health and Mental Hygiene. Services are obtained by contacting the Central MD regional office at number above. Individual must apply and be determined eligible for services.

**Disability Rights Maryland**

410-727-6352, Ext. 0

Toll Free 800-233-7201

TTY 410-235-5387

<http://disabilityrightsmd.org/>

A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are accorded the full rights and entitlements afforded to them by state and federal laws.

**Division of Rehabilitation Services**

410-974-7608 (Annapolis)

410-636-9010 (Linthicum)

TTY 410-974-7742

Videophone 410-415-9310

[www.dors.maryland.gov](http://www.dors.maryland.gov)

A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind include teaching individuals over age 55 who are not seeking employment, homemaking skills, orientation, mobility, and Braille lessons. Counselor for all deaf clients located in this office.

**Easter Seals Society of Central MD**

410-277-0940

301-588-8700

Toll Free 800-886-3771

[www.easterseals.com/DCMDVA](http://www.easterseals.com/DCMDVA)

Provides services to children and adults with disabilities and other special needs and support to their families. Adult services for participants of Easter Seals adult day centers include ergonomic assessment for adults, low vision for adults, O.T., P.T., stroke support group, information, and referral.

**Foundation Fighting Blindness**

410-423-0600

Toll Free 800-683-5555

TTY 800-683-5551

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

Seeks to drive the research that will provide prevention, treatments, and cures for people affected by retinitis pigmentosa, macular degeneration, Usher Syndrome and the entire spectrum of retinal degenerative diseases. FFB offers information and referral services for affected individuals and their families as well as for doctors and eye care professionals. The Foundation also provides comprehensive information kits on retinitis pigmentosa, macular degeneration, and Usher Syndrome.

**Gallagher Services for People with Developmental Disabilities**

410-252-4005

[www.catholiccharities-md.org](http://www.catholiccharities-md.org)

A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with intellectual and developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, engaging in the community, and meeting their individual needs, as well as medical needs.

**HEAR NOW—Hearing Aid Bank**

Toll Free 800-328-8602

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

Provides hearing aids to low income and poverty-stricken adults and children. Also collects old/used hearing aids for recycling. Applications available by telephone and online.

**Home and Community-Based Options Waiver**

410-222-4257

[www.dhmf.maryland.gov](http://www.dhmf.maryland.gov)

A program of the MD Dept. of Health and Mental Hygiene, that promotes home and community-based services for adults with disabilities ages of 18 and older.

**Low Vision Center**

301-951-4444

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

A non-profit organization that helps people with low vision to maintain their independence. Resources are offered without charge. Please call for an appointment.

**Magothy United Methodist Church of the Deaf**

410-255-2420

410-371-8389 Deaf Senior's Program

Fax 410-255-0984

TTY 410-255-4530

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

Committed to the betterment of the deaf community through advocacy and education. Interpreter services available as needed.

**Maryland Accessible Telecommunications (MAT)**

Toll Free 800-552-7724 V/TTY  
410-767-6960

Video phone 443-453-5970

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

[moreinfo@mdrelay.org](mailto:moreinfo@mdrelay.org)

MD Accessible Telecommunications distributes free amplified and captioned phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

**MD Dept. of Transportation MVA/ Annapolis and Glen Burnie**

410-768-7000

Toll Free 800-950-1682

TTY 800-492-4575

[www.mva.maryland.gov](http://www.mva.maryland.gov)

Licenses and regulates vehicles, dealers, driving schools, title services, auto dismantlers, and vehicle manufacturers. Provides disability/handicap passes and plates to those with written verification from a physician.

**MD Relay**

Toll Free 800-552-7724 V/TTY

Video Phone 443-453-5970

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

[moreinfo@mdrelay.org](mailto:moreinfo@mdrelay.org)

MD Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone. Dial 711 to place a Relay call.

*Please see our ad on page 35*

**MD State Library for the Blind and Physically Handicapped**

410-230-2424

Toll Free 800-964-9209

TTY 410-333-8679

TTY 800-934-2541

[www.lbph.lib.md.us](http://www.lbph.lib.md.us)

Provides comprehensive library services to eligible blind and physically handicapped. Books on audio cassette and in Braille are available. Must fill out application. Services are free.

**MD Technology Assistance Program**

Toll Free 800-832-4827

TTY 866-881-7488

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

Helps MD residents with disabilities and their families qualify for low interest loans to buy equipment and make accessibility renovations. Also available, a demonstration lab where individuals can come to view and borrow technology. Visit Equipment Link Online Classified ([www.myatprogram.org](http://www.myatprogram.org)) to list or find donated equipment/devices. WorkABILITY Loan Program provides home-based and business loans for people with disabilities.

**MD Transit Administration (MTA)/Call-A-Ride Service**

410-664-2030

Toll Free (General Information

866-743-3682)

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

[www.mta.maryland.gov/content/brochures-publications](http://www.mta.maryland.gov/content/brochures-publications)

MTA Call-A-Ride Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

**MD Transit Administration (MTA)/ Mobility/Para-transit**

410-764-8181 Reservation

410-539-5000 Information

Toll Free 866-743-3682

TTY 410-539-3497

[www.mta.maryland.gov/mobility/](http://www.mta.maryland.gov/mobility/)

[www.mta.maryland.gov/content/brochures-publications](http://www.mta.maryland.gov/content/brochures-publications)

MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

**MD Transit Administration (MTA)/ Reduced Fares**

410-767-3441

TTY 410-333-2051

[www.mta.maryland.gov/senior-reduced-fare-program](http://www.mta.maryland.gov/senior-reduced-fare-program)

[www.mta.maryland.gov/content/brochures-publications](http://www.mta.maryland.gov/content/brochures-publications)

People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

**Metropolitan Washington Ear, Inc.**

301-681-6636

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

Free services for those who are blind, visually impaired, and physically disabled who cannot effectively read printed materials/ Toll-free 24-hour dial-in newspaper and magazine reading service: Washington Post, USA Today, Wall Street Journal, etc. Also sponsors radio reading services, a look up service upon request for classified advertisements, yellow pages, and other information and live description and audio recording program notes for productions at ten local theaters.

**Muscular Dystrophy Association, Inc.**

410-494-7106

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

A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide

comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; medical equipment loan closet; and volunteer opportunities.

**National Federation of the Blind (NFB) of Maryland**

410-715-9596

410-602-9030 Senior Issues

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

A national consumer advocacy organization which provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services, protection of civil rights, development and evaluation of technology and support for blind persons and their families. Free electronic newspaper service. NFB-newsline: Toll Free 866-504-7300.

**Opportunity Builders, Inc.**

410-787-0700

TTY 800-735-2258

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

Provides vocational training and employment services to adults with developmental disabilities. Also works with families to encourage the client's independence and opportunities.

**The Parents Place of Maryland**

410-768-9100 V/TDD

Toll Free: 800-394-5694

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

We are a resource center for families whose children have disabilities or special healthcare or educational needs up to age 21.

**Providence Center**

410-766-2212

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

Provides services for individuals with developmental disabilities. Some of those services are: vocational training, sheltered and supported employment, job placement and adult day care, leisure programs, senior retirement support, in-home and job support.

**Service Coordination, Inc.**

801 Cromwell Park Drive

Glen Burnie, MD 21061

410-863-0360

Hearing impaired, use MD Relay 711

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

Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. It assists in the development of plans for clients by exploring options and then helps to arrange and monitor needed supports, and advocates as necessary.

**Unified Community Connection of Central Maryland**

410-484-4540

TTY 800-451-2452

www.unified.org

Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

**V-LINC (LINC and Volunteers for Medical Engineering)**

410-554-9134

www.v-linc.org/

www.v-linc.org/services.html

Focus is on improving the independence and quality of life for individuals with disabilities. It provides innovative technology solutions and training that assist individuals in their home, community and workplace. Meets individualized needs of clients by providing uniquely designed assistive technology and adaptive devices that are not commercially available, thereby enhancing clients' abilities to live and work independently. Serves all ages and disability groups. Services are provided for a small fee for completed devices if the client is able to pay.

**Discounts****AA County Public Schools, Senior Citizen Event Card**

410-222-4257

www.aacounty.org/aging

Free admission to school-sponsored cultural or athletic events. Can be obtained from the county Dept. of Aging and Disabilities and AA Co. Public Schools (410-222-5000).

**AA County Office of Transportation/Taxi Voucher Service**

410-222-7440

www.aacounty.org/services-and-programs/taxi-voucher-program

Provides coupons for discounted taxi cab service within the county to persons 55 years and older and people 18 or older with disabilities, who meet income guidelines. Motorized wheelchairs cannot be accommodated.

**MD Transit Administration (MTA)/Reduced Fares**

410-767-3441

www.mta.maryland.gov/senior-reduced-fare-program

www.mta.maryland.gov/content/brochures-publications

People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

**Discrimination****AA County Human Relations Commission**

410-222-1234

410-222-1220

<http://www.aacounty.org/boards-and-commissions/human-relations-commission-of-anne-arundel-county/index.html>  
Advise and counsel Anne Arundel County residents with regard to discrimination complaints in employment, housing, public accommodations, financing, and disabilities in government or private sectors.

**Annapolis Human Relations Commission**

410-263-7998

www.annapolis.gov/1386/Human-Relations-Commission

A city board of volunteers that seeks to ensure equal opportunity in Annapolis. Established in 1963, it consists of 15 Annapolis residents appointed by the Mayor with the approval of the City Council. The Commission can accept complaints of discrimination on the basis of race, color, gender, religion, national origin, age, marital status, familial status, physical or mental disability, and sexual orientation.

**Equal Employment Opportunity Commission**

410-209-2742

Toll Free 800-669-4000

TTY 800-669-6080

www.eeoc.gov

Provides counseling and assistance with discrimination based on age, race, gender, disability, religious affiliation, etc.

**Education**

AA Community College, Adult Basic Education

410-777-2901 for information or assessment appointment.

www.aacc.edu/learn-basic-skills/

Provides Adult Basic Education for those age 16 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

**SPG AA Community College/Lifelong Learning**

101 College Parkway, JOHN 203

Arnold, MD 21012

410-777-2171

www.aacc.edu/about/schools-of-study/continuing-education/center-on-aging

**AA Community College, Disability Support Services**

410-777-1311

Toll Free 800-735-2258

www.aacc.edu/resources/disability-support-services/

AACC's Disability Support Services assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

**AA County Dept. of Aging and Disabilities/Health Promotion Workshops**

410-222-4366

**AA County Dept. of Aging and Disabilities/Main Office**

410-222-4257

Toll Free 800-492-2499

www.aacounty.org/aging

**AA County Literacy Council**

410-269-4419

www.icanread.org

Provides free tutoring in reading, writing, and adult basic education. Private tutoring available in libraries and at various other locations. Seeks and trains adult volunteers to tutor.

**AARP–Driver Safety**

Toll Free 1-888-687-2277

Toll Free 1-888-227-7669 or 1-877-846-3299

www.aarp.org/home-garden/transportation/info-06-2011/aarp-transportation-for-those-who-dont-drive.html

AARP Driver Safety Program for motorists age 50+. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. Instruction classes for seniors held at Arnold, O'Malley, Pascal, and South County Senior Activity Centers. Fee.

**Center for Help (Centro de Ayuda)**

410-295-3435

www.centrodeayuda.org

Provides educational services and referrals to the county's Hispanic community including adult literacy, English as a Second Language, family support, job referral, and assistance in accessing services. Eligibility: Latino residents of AA County. Works in partnership with government services and area non-profits.

**Road Scholar**

Toll Free 800-454-5768

TTY 877-426-2167

www.roadscholar.org

Road Scholar is a network of more than 1,600 educational and cultural institutions that host short-term, non-credit, residential academic programs. Faculty-taught classes in a variety of liberal arts and science subjects. Combined travel and education for age 55+ and spouse of any age at very reasonable prices.

**University of MD Extension**

410-222-3900

<http://extension.umd.edu/anne-arundel-county>

A statewide, non-formal education system within the College of Agriculture and Natural Resources and the University of MD Eastern Shore. Educational programs and problem-solving assistance are available to citizens.

## Elder Abuse

### AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program

410-222-4257  
Toll Free 800-492-2499  
www.aacounty.org/aging

### AA County Dept. of Social Services/Adult Protective Services

410-421-8400  
http://dhr.maryland.gov/office-of-adult-services/adult-protective-services/  
Adult Protective Services (APS) assists adults who lack the physical or mental ability to provide for their own basic needs. Reports of abuse, neglect, and exploitation are investigated and services are implemented to protect the vulnerable adult.

### Anne Arundel Medical Center's Abuse and Domestic Violence Program

443-481-1209  
www.aahs.org/domesticviolence  
Free, anonymous crisis counseling, personal advocacy, injury documentation, community referrals, and community presentations.

### Sexual Assault Crisis Center

410-626-7800  
www.annapolisywca.org  
Provides sexual assault counseling, crisis intervention, urgent mental health care, therapy, and physician appointments. In-home family intervention also available. Mental health Warmline: 410-768-5522. YWCA Domestic Violence Program 410-222-6800  
www.annapolisywca.org  
A 24-hr. Hotline available for domestic abuse victims. Counseling for victims, abusers, and children. Safe shelter for victims and children. Legal services for victims; advice and representation in civil cases.

## Elder Law

### AA County Lawyer Referral and Information Services

410-222-6859  
www.aabar.org  
A phone referral service only. Provides referrals to an attorney specializing in the client appropriate area of law. First 30 minutes of consultation is \$35. Hours: M-F, 9 a.m.–2 p.m.

### AA County Register of Wills

410-222-1430  
Toll Free 800-679-6665  
www.registers.maryland.gov/main/annearundel.html  
Assists personal representatives and attorneys in probating estates and personal property.

### SPG Byrd & Byrd, LLC

Attorneys at Law  
14300 Gallant Fox Lane, Suite 120  
Bowie, MD 20715  
301-464-7448  
www.byrdandbyrd.com  
A general practice law firm, with an emphasis on elder law, estate planning and Medicaid matters. Our firm can also assist with general litigation, contract disputes, and personal injury cases.  
*Please see our ad on page 53*

### SPG Candace H. Beckett-Chesapeake Elder Law, LLC

1997 Annapolis Exchange Parkway, Ste. 300  
Annapolis, MD 21401  
410-972-4540; 410-370-0673  
www.chesapeake-elder-law.com  
Senior-friendly law practice with an emphasis on elder law, estate planning, asset protection, Medicaid issues, probate, and powers of attorney. Member of National Association of Elder Law Attorneys (NAELA).  
*Please see our ad on page 53*

## “The Senior Friendly Attorney”







**Candace H. Beckett**  
Attorney and Counselor of Law

410-370-0673 (Direct)  
410-972-4540 (Office)

1997 Annapolis Exchange Parkway, Suite 300  
Annapolis, MD 21401  
www.chesapeake-elder-law.com  
cbeckett@aol.com

*Elder Law*  
*Wills and Trusts*  
*Estate Planning*  
*Probate*  
*Asset Protection*  
*Medicaid Planning*  
*Powers of Attorney*

Reasonable Fees  
Home/Hospital Visits



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**Not just  
Good Lawyers  
... Good Counsel**

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*Estate Planning*  
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*Probate*  
*Family Law*  
*Personal Injury*  
*Construction Law*  
*Business Law Services*

We are a law firm that offers wise and experienced counsel and guidance. Our attorneys have over 100 years of combined experience. Each attorney's practice focus is unique and can meet your different legal needs. Our key objective is to provide our clients with the knowledge and tools to achieve every benefit the law allows.

Byrd & Byrd, Attorneys at Law, based in Prince George's County also serving surrounding counties and D.C.

**(301) 464-7448**

**www.byrdandbyrd.com**






Call about Medicaid Mondays








**SPG Daniel G. Downer, Jr. Attorney at Law**

107 Ridgely Avenue, Suite 9  
Annapolis, Maryland 21401  
410-570-1200

**Disability Rights Maryland**

410-727-6352, Ext. 0  
Toll Free 800-233-7201  
TTY 410-235-5387

<http://disabilityrightsmd.org/>

A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are accorded the full rights and entitlements afforded to them by state and federal laws.

**SPG Frame and Frame, LLC**

8562 Fortsmallwood Road  
Pasadena, MD 21122  
410-255-0373  
[www.frameandframelaw.com](http://www.frameandframelaw.com)

**James Mason, Esq., CPA Attorney at Law**

600 Baltimore-Annapolis Blvd., Suite 200  
Severna Park, MD 21146  
410-647-2000

[jmason@jmasonlaw.com](mailto:jmason@jmasonlaw.com)

Ensure that plans address tax and legal issues by drawing on my CPA experience and Master's degree in taxation. Estate planning, probate, elder law.

*Please see our ad on page 55*

**Maryland Legal Aid**

410-972-2700  
Toll Free 800-666-8330  
[www.mdlab.org](http://www.mdlab.org)

A private, non-profit law firm providing free civil legal services to low-income persons. Local office provides assistance in civil areas of law for clients who qualify by household income and by issues.

**Maryland Legal Aid/Long Term Care Assistance Project**

Toll Free 866-635-2948  
[www.mdlab.org](http://www.mdlab.org)

A statewide project that provides free civil legal help to low income Marylanders. May be able to assist with involuntary discharges, nursing homes and assisted living residents' rights issues, contract review, and Medical Assistance long term care issues.

**Maryland Senior Legal Helpline**

Toll Free 866-635-2948  
[www.peoples-law.org/maryland-senior-legal-helpline](http://www.peoples-law.org/maryland-senior-legal-helpline)

A fee-based telephone legal service for all residents in Maryland aged 60 years or older. When you call the Senior Helpline, you may talk to a lawyer for legal advice, brief legal services or for a referral to another lawyer or to an appropriate public or private agency. Does not provide services in criminal cases, "fee-generating" cases and traffic court cases.

**MD Volunteer Lawyers Service**

410-547-6537  
Toll Free 800-510-0050

Note: Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m.  
[www.mvlslaw.org](http://www.mvlslaw.org)

A nonprofit organization that provides free legal services to low and moderate income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

**Senior Citizens' Law Project of AA County**

410-972-2700  
Toll Free 800-666-8330  
[www.mdlab.org](http://www.mdlab.org)

A private, non-profit corporation, Maryland Legal Aid provides free legal services to residents of AA County age 60 or over. Contributions are accepted. Free representation for certain types of legal problems. Specializes in problems with housing and evictions, consumer issues and other civil areas. Available to provide presentations to groups regarding legal matters affecting seniors. Generally it does not prepare wills, living wills, or powers of attorney but can provide referrals.

# STAVELY & SALLITTO ELDER LAW, LLC



CATHERINE STAVELY  
ESQUIRE



ELENA SALLITTO  
ESQUIRE



Empowering the Elderly

We empower the elderly and people with disabilities to live with dignity, on their own terms, and to achieve the best quality of life possible. We provide services in a welcoming, informal office setting and treat our clients as family. We are mindful of the challenges our clients face and offer meetings in their homes, in hospitals, in nursing homes, or wherever they are most comfortable. We help protect families from debilitating care costs, keeping assets available for spouses and dependent family members or those with disabilities.

**Legal Services include:**

- Planning for Medical Assistance/Long Term Care Applications and Appeals
- Special Needs Financial Life Plans
- Powers of Attorney, Medical Directives, Guardianships
- Creation and Administration of Wills and Trusts
- Prevention and Detection of Financial Exploitation

**Catherine Stavelly** is a leader in Elder Law with over 20 years experience. She consistently is recognized as one of the top lawyers in the field.

**Elena Sallitto** is a Certified Elder Law Attorney (CELA) through the National Elder Law Foundation, one of only seven in Maryland. She has practiced for over 10 years under the name of Elena Sallitto Boisvert.



124 South Street • Annapolis, MD 21401 • 410-268-9246 • 410-570-6459 • [Catherine@StavellyLaw.com](mailto:Catherine@StavellyLaw.com) • [Elena@StavellyLaw.com](mailto:Elena@StavellyLaw.com)

**SPG Sinclair Prosser Law**

900 Bestgate Road, #103  
Annapolis, MD 21401  
410-573-4818

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

Estate Planning and Elder Law Attorneys.  
Member of the American Academy of  
Estate Planning Attorneys since 1995.  
Services include Free estate planning  
seminars, Revocable Living Trusts, Wills,  
Power of Attorney, Health Care Directives,  
Probate, Special Needs Planning, Medicaid  
Planning and Estate Administration.

*Please see our ad on page 55*

**Sixty Plus 2.0 Legal Program**

410-706-0174 Option 1

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

Low cost legal services for qualifying  
persons. Simple wills, powers of attorney,  
and advanced medical directives. Income  
limits apply.

**Stavelly & Sallitto Elder Law, LLC**

124 South Street, Suite 1  
Annapolis, MD 21401  
410-268-9246

Financial planning for nursing care, medical  
assistance applications, powers of attorney,  
guardianships, and VA benefits.

*Please see our ad on page 54*

**Emergency Information****AA County Fire Dept. Headquarters**

911 Emergencies  
410-222-8200  
TTY 410-222-8747

[www.aacounty.org/fire](http://www.aacounty.org/fire)

Provides essential emergency and  
non-emergency services and integrated  
all-hazard emergency management to  
citizens. Protects life, safety, and property  
through education, response to fire  
activity, medical, environmental, natural, or  
technological emergencies.

**American Red Cross of Central MD**

410-764-7000  
410-624-2000  
Toll Free 800-787-0091

[www.redcross-cmd.org](http://www.redcross-cmd.org)

Mission is to help people prevent,  
prepare for, and cope with emergencies.  
Volunteer blood donor service, financial  
assistance to disaster victims, emergency  
communications, and financial assistance  
to military personnel and their family  
members. First Aid, CPR, water safety  
training. Nurse Assistant training.  
Babysitter training. International tracing of  
family members lost due to war and natural  
disasters.

**Offices of Emergency Management**

410-222-0600 County  
410-216-9167 City

[www.aacounty.org/departments/office-of-emergency-management](http://www.aacounty.org/departments/office-of-emergency-management)  
[www.annapolis.gov](http://www.annapolis.gov)

## ESTATE PLANNING AND ELDER LAW ATTORNEYS

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- Health Care Directives
- Special Needs Planning
- Medicaid Planning
- Probate
- Guardianship
- Wills and Trusts
- Retirement
- Estate Administration
- Disability Planning
- Asset Protection
- Prenuptial Agreements
- FREE Educational Seminars



From left to right: Attorneys Victor A. Lembo, Colleen Sinclair Prosser, Jon J. Gasior, Laura T. Curry and Alexander M. Pagnotta

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Offices in Annapolis, Bowie, Millersville and Waldorf  
**(410)573-4818 or (301)970-8080**

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**[www.sinclairprosserlaw.com](http://www.sinclairprosserlaw.com)** 



## JAMES MASON, ESQ., CPA

Attorney at Law

Elder Law & Estate Planning

- Wills & Trusts
- Living Wills
- Powers of Attorney
- Asset Protection
- Probate
- Guardianship
- Tax & Business Law
- Medical Assistance Advice



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**410-647-2000**

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Web: [www.jmasonlaw.com](http://www.jmasonlaw.com)

### James Mason, Attorney at Law

Your plans can address tax and legal issues by drawing on my experience as a CPA and a Masters in Taxation degree recipient. Estate planning, Probate, Elder law.

County/city offices are responsible for the coordination of resources, in conjunction with regional, state, and federal partners, to assist citizens before, during, and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

## Emergency Response

### Alzheimer's Association MedicAlert and Safe Return Program

Toll Free 800-272-3900

[www.medicalert.org/safereturn](http://www.medicalert.org/safereturn)

A national program of the Alzheimer's Association that assists in the identification and safe, timely return of individuals with Alzheimer's disease and related dementias who wander off. Identification products including bracelet or necklace and wallet cards, 24-hour toll-free emergency crisis line, support and education are part of the program.

### Annapolis City Police Dept.

Emergencies, dial 911

Non-emergency, 410-268-9000

410-268-4141

TTY 410-268-1844

410-268-2583 Anonymous tips

[www.annapolis.gov](http://www.annapolis.gov)

Provides assistance with crime, abuse, and Neighborhood Watch programs.

Free conflict resolution sessions Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

### AA County Fire Dept. Headquarters

911 Emergencies

410-222-8200

TTY 410-222-8747

[www.aacounty.org/departments/fire-department](http://www.aacounty.org/departments/fire-department)

Provides essential emergency and non-emergency services and integrated all-hazard emergency management to citizens. Protects life, safety, and property through education, response to fire activity, medical, environmental, natural, or technological emergencies.

### AA County Police Dept./Community Relations

911 Emergencies

410-222-2400 Community Relations

410-222-SAFE (7233)

410-222-8610 Non-Emergency

TTY 800-735-2258

[www.aacounty.org/Police](http://www.aacounty.org/Police)

General phone number for Police Dept. for information on forming Neighborhood Watch programs, fingerprint kits, Operation Identification, senior liaison programs, scams, personal safety, and home security.

### MD Poison Center/University of MD

Toll Free 800-222-1222

TTY users, call via MD Relay 711.

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

Reach Poison Experts (specially trained pharmacists and nurses) who are ready to manage poisoning overdose calls 24/7. Call for emergencies or information about: medicine, household products, bites and stings, food poisoning, plants, chemicals, and overdoses.

### MedicAlert Foundation

Toll Free 888-633-4298 or 800-432-5378

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

Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when wearer is unable to speak.

### Offices of Emergency Management

410-222-0600 County

410-216-9167 City

[www.aacounty.org/departments/office-of-emergency-management](http://www.aacounty.org/departments/office-of-emergency-management)

[www.annapolis.gov](http://www.annapolis.gov)

County/city offices are responsible for the coordination of resources, in conjunction with regional, state and federal partners, to assist citizens before, during and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

## Employment and Job Counseling

### AA Workforce Development Corporation/Senior Focused Program

410-987-3890

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

Government funded employment programs for low income seniors age 55 and older in AA County.

### Community Action Agency of AA County

410-626-1900

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

Committed to providing services and opportunities that eliminate the causes and conditions of poverty in AA County. The programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, home ownership, reverse mortgage counseling, and employment counseling for youth and adults. Bilingual Spanish staff available.

### Goodwill Industries of the Chesapeake

410-837-1800

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

Provides training, employment, and family support services to individuals with disabilities or other disadvantaging conditions.

### MD State Employment/Job Service

410-424-3240

[www.dllr.state.md.us/county/anne/](http://www.dllr.state.md.us/county/anne/)

Job placement, information and assistance, workshops, and seminars for all ages.

## Estate Sale Services

### Chesapeake Transitions

502 Corbin Parkway

Annapolis, MD 21401

410-897-0050

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

From promotion to presenting items in favorable ways, to handling all day-of logistics, we manage your entire estate sale. Our sales are always well staffed and well attended.

## Exercise, Biking, Walking

### Arundel Mills Milers

410-553-8103

[www.umms.org/bwmc/community/classes-events/mills-milers-walking-program](http://www.umms.org/bwmc/community/classes-events/mills-milers-walking-program)

Daily walking program, M-F. Visit the Guest Services booth located near entry #4 in the breezeway to pick up a waiver and registration card.

### SPG Jing Ying Institute Of Kung Fu and Tai Chi

1195 Baltimore Annapolis Blvd, #6

Arnold, MD 21012

410-431-5200

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

### MD Senior Olympics

240-777-4930

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

This organization promotes and provides athletic competition for seniors age 50 and older through their Offices on Aging at the state and county levels. Activities are held year-round. Registration is required; call for information.

### Marley Station Mall Walkers Program

410-766-2033

The Marley Station Mall Walkers walk the Mall 7:30-10 a.m. Monday through Friday. Call the mall for additional information.

Westfield Annapolis Mall Walkers Program

410-266-5432

Walking at 7:00 a.m. daily,

Sunday 9 a.m.

## Eye Care

### Anne Arundel Eye Center

127 Lubrano Drive, Suite 301

Annapolis, MD 21401

410-224-2010

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

Drs. Samuel Boles, M.D., Nicole Kershner, O.D., and Kathryn Turner, O.D.

Offering complete ophthalmic exams and diagnostic surgical eye care with a specialty in cataract and glaucoma diagnosis and treatment. Accepting most insurances. Convenient hours available.

**Chesapeake Eye Care & Laser Center**

2002 Medical Parkway  
 Sajak Pavilion, Suite 320  
 Annapolis, MD 21401  
 410-571-8733: 877-DR4-2020 Toll Free  
 www.ChesapeakeEyeCare.com  
 We offer the latest procedures using advanced technology and leading-edge surgical techniques in a state-of-the-art surgery center. Specialties: Custom Laser Cataract Surgery, Eyelid Surgery, LASIK, Glaucoma, Retina, Dry Eye.

*Please see our ad on page 42*

**Crofton Family Eye Care**

1702 Transportation Blvd, Ste. I  
 Crofton, MD 21114  
 410-721-2500  
 www.croftonfamilyeyecare.com  
 We are a private, professional practice providing comprehensive eye and vision care. Dr. Nina Doyle's specialty is in the area of low vision, geriatric eye care, and vision rehabilitation.

*Please see our ad on page 57*

**EyeCare America**

877-887-6327  
 www.aao.org/eyecare-america  
 Assists seniors age 65 and older to see an ophthalmologist, who have not seen a doctor in 3 years or more with or without insurance. Not covered: glasses, hospital services, medications. A one-time only referral. Glaucoma EyeCare Program is available to eligible callers who have not had an exam in the past 12 months. Apply online.

**Financial Services and Programs**

**AA County Dept. of Aging and Disabilities/Representative Payee Program**

410-222-4257  
 www.aacounty.org/aging  
 Program managed by Anne Arundel County Department of Social Services provides volunteers to assist older adults with money management. Participants must be enrolled in a case management program in order to be eligible for Rep Payee program.

**SPG Edward Jones Investments**

1321 Generals Highway, Suite 301  
 Crownsville, Maryland 21032  
 410-923-6496  
 www.edwardjones.com

**SPG James Mwombela**

888 Bestgate Road #315  
 Annapolis, MD 21401  
 410-897-9401  
 LegacyFG.com

**SPG Merrill Lynch**

100 East Pratt Street, 22nd Floor  
 Baltimore, MD 21202  
 410-547-5190  
 www.ml.com

**SPG Reverse Mortgage Answers, LLC**

614 Old Edmondson Ave, Ste. 200  
 Baltimore, MD 21228  
 410-788-7070  
 dthreadgill@rmanswers.org

**TTY users can call Maryland Relay 711**

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- Medical Eye Examinations
- Vision Therapy and Rehabilitation
- Modern Optical and Digital Lens Design

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 Crofton, MD 21114  
**(410) 721-2500**



Dr. Nina Nghi Doyle

[www.croftonfamilyeyecare.com](http://www.croftonfamilyeyecare.com) | *See that we care.*

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MANAGING YOUR MOVE HAND-IN-HAND

At the initial consultation, we come up with a plan that suits your needs, whether it be a full move, a downsize, or simply decluttering/organizing. We then develop a schedule that fits your time frame to achieve the desired result. When you decide to move forward, we will work with you and/or your family to eliminate the pressure from the process and provide a comfortable new location for you, even if you decide to age in place.

## Join us at our Estate Sales!

**10 REASONS TO USE OUR SERVICE**

- You have no boxes to pack.
- You have no boxes to unpack.
- You don't have to look at a flashing 12:00 on your appliances.
- You don't have to oversee any aspect of the move.
- You don't have to arrange the move-in details.
- You don't have to worry about what will fit.
- You don't have to worry about what to do with your unwanted items.
- You don't have to handle any aspects of your donations or estate sale.
- Your new place is move-in ready before you arrive.
- You're not alone during your move.



410-897-0050 • [WWW.CHESAPEAKE.TRANSITIONS.COM](http://www.chesapeake.transitions.com) 

## Food and Nutrition

(See also Lunch Sites)

### AA County Food and Resource Bank

410-923-4255

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

Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program (by referral only) which assists clients with wheelchairs, scooters, walkers, bedside commodes, etc. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. An appointment is required for referrals. Donations are appreciated. Hours of operation: Mon.–Fri. 9 a.m.–12 noon and 1 p.m.–3 p.m.

### AA County Dept. of Aging and Disabilities/Senior Nutrition Program

410-222-4464

[www.aacounty.org/aging](http://www.aacounty.org/aging)

### AA County Dept. of Social Services-Annapolis and Glen Burnie

1-855-284-0650 Main Call Center

410-269-4500 – Annapolis

TTY 410-269-4512

410-421-8539 – Glen Burnie

TTY 410-421-8551

[www.dhr.maryland.gov/local-offices/anne-arundel-county/](http://www.dhr.maryland.gov/local-offices/anne-arundel-county/)

The Dept. provides access to Medical Assistance, Food Stamps, Temporary Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence, and many other programs. Holiday Sharing 410-269-4461. Emergency assistance is available.

## Funeral Homes

### Beall Funeral Home

6512 NW Crain Hwy. (Rt. 3 South)

Bowie, MD 20715

301-805-5544

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

Beall Funeral Home offers complete personalized services, out-of-town arrangements, cremation. Family-owned and operated.

*Please see our ad on page 59*

### John M. Taylor Funeral Home, Inc.

147 Duke of Gloucester Street

Annapolis, MD 21401

410-263-4422

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

Serving the community since 1862. Taylor Funeral Home offers burial, cremation and celebration of life services tailored to meet your needs and budget.

### Lasting Tributes Cremation & Funeral Care

814 Bestgate Rd

Annapolis, MD 21401

410-897-4852

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

Lasting Tributes is family owned and designed to simplify the funeral buying process with its all-inclusive model-Green Burial, Traditional Cemeteries, Flowers Shop, Monument Company and Crematory.

*Please see our ad on page 42*

## Health Organizations

### AA County Dept. of Health/Adult Evaluation and Review (AERS)/Nurse Monitoring Service

410-222-4361 (AERS)

410-222-7183 (NMS)

[www.ahealth.org/aging-and-disability-services/](http://www.ahealth.org/aging-and-disability-services/)

AERS conducts comprehensive evaluations in the home for people who are at risk of institutionalization due to functional limitations and low Income. Registered nurses and licensed social workers assist individuals with identifying services and make recommendations and referrals to support living in the community. Referrals come through MAP. NMS provides visits to participants in the Community First Choice and Community Options Waiver. Registered nurses monitor the participants' health and safety.

### ALS Association (ALSA)

301-978-9855

Toll Free 866-348-3257

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

Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for ALS and PLS.

### American Cancer Society

Toll Free 800-227-2345

410-721-4304, ext. 3

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

A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

### American Diabetes Association

410-265-0075

Toll Free 800-342-2383

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

The mission of this association is to prevent and cure diabetes and to improve the lives of people affected by diabetes. To fulfill this mission the ADA funds research, provides information, and advocates.

### American Heart Association

410-685-7074 Baltimore

Toll Free 800-242-8721

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

Mission is to build healthier lives free of cardiovascular diseases and stroke. Printable information on heart attack and stroke prevention and treatment is available on the above website. CPR course information also can be found on the website and is sorted by zip code.

### American Lung Association

Toll Free 800-LUNGUSA

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

Its mission is to save lives by preventing lung disease and promoting lung health through advocacy, education, and research. Services include smoking cessation, support groups for people with chronic lung disease, asthma management programs, and a toll-free helpline.

### American Parkinson Disease Association

Local 410-315-9953

Toll Free 800-223-2732

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

The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Meets at the Elks Lodge in Severna Park. Call for days and times.

### American Red Cross/Chesapeake Region

410-624-2000

1-800-redcross (for blood donation)

Toll Free 800-733-2767

[www.redcross.org/local/maryland-delaware.html](http://www.redcross.org/local/maryland-delaware.html)

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

### Anatomy Gifts Registry

410-863-0491 Office

410-863-0497 Fax

Toll Free 800-300-5433

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

Dignified Body Donation. A nationwide, non-profit whole body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services.

### AA County Ostomy Association, Inc.

410-672-5219

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

A chapter of the United Ostomy Association of America, Inc., the local support group meets the first Thursday of the month at 7:30 p.m. on 7th floor of the Health Sciences

**TTY users can call  
Maryland Relay 711**

Bldg. at Anne Arundel Medical Center. This non-profit, volunteer-based organization is dedicated to providing reassurance and emotional support for people who have had or will have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy, or a continent procedure. It also publishes a newsletter.

#### **AA County Dept. of Health**

410-222-7095

TTY 410-222-7153

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

This is the general number for the county Dept. of Health which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

#### **Arthritis Foundation, Mid Atlantic Branch**

443-738-9630

Toll Free 800-365-3811

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

Provides information on arthritis research and the importance of appropriate treatment and offers free literature, water and land exercise programs, physician referral, and education program.

#### **Bay Community Support Services, Inc.**

410-224-4205, Ext. 101

301-863-8870, Ext. 13

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

A full-service agency that provides support services for individuals with disabilities in Maryland in all stages of life. Direct services include residential, individual and family support services, community living arrangements and vocational services.

#### **Chesapeake Palliative Medicine**

90 Ritchie Highway

Pasadena, MD 21122

443-837-1525

443-837-3376

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

Experts in helping people with advanced illness manage pain and other symptoms. We help patients and families navigate healthcare and reduce unnecessary suffering with a care plan that makes sense.

#### **Leukemia and Lymphoma Society**

443-471-1600

Toll Free 800-242-4572

[www.LLS.org/md](http://www.LLS.org/md)

Provides information and support, financial assistance, education, advocacy and research on blood cancer.

#### **Maryland Health Connection**

1-855-642-8572

<http://marylandhealthconnection.gov>

Maryland Health Connection is our state's health insurance marketplace. We're your one-stop shop for health insurance in Maryland. Here you can shop, compare and select a health plan that meets your needs and those of your family. Even if you've never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children's Health Program (MCHP). No matter what type of insurance you qualify for – public or private—we've got you covered.

#### **MD Kidney Disease Program**

410-767-5000

<http://mmcp.dhmdh.gov/familyplanning/sitepages/kidneydisease.aspx>

Provides for the payment of Medicare deductibles and co-insurance for end stage renal disease. New electronic claims administration system gives increased functionality for providers to enter and submit claims electronically.



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Funeral  
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Family Owned and Operated



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COMPLETE FUNERAL SERVICES AND PERSONALIZATION SERVICES

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- Routine and Sick Calls
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- Prescribe Medications
- Order In-Home Diagnostic Tests (x-rays ultrasounds, pacemaker checks)
- Referrals to Specialists
- Wound Care
- Immunizations
- End of Life Care
- Management of Acute and Chronic Illnesses, such as:
  - Diabetes • Heart Failure
  - High Blood Pressure
  - Thyroid Disorders • Stroke
  - Infections • Dementia
  - Depression & Anxiety



We accept Medicare and most private insurances

**Contact Medical**  
**(410) 255-0102**  
 onsitemedicalcalls@gmail.com

Providing Exceptional  
*Care with Dignity and Compassion*



Please call us to request a complimentary in-home meeting at **443.221.3317**

## NON-MEDICAL CONCIERGE CARE SERVICES:

- Companionship and Driving to Appointments and Activities
- Accompanying to Appointments including doctors, lawyers, business meetings, shopping, bridge, luncheons, etc.
- Errands and Grocery Shopping
- Meal Planning and Preparation
- Pet Care and Plant Care
- Home Management and Light Laundry
- Fitness Buddy
- Other Incidental à la carte services including: Mailing and Shipping Services, Bill Paying, Help with Medical Forms, Medical Trays, Correspondence, Notary Services



Photography by Pete Smith

**443.221.3317 • www.elderberryseniorservices.com**

163 MITCHELLS CHANCE ROAD, SUITE 240 • EDGEWATER, MARYLAND 21037

## MediAlert Foundation

Toll Free 1-888-633-4298  
 www.medicalert.org

Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when wearer is unable to speak.

## National Kidney Foundation of MD

410-494-8545  
 Toll Free 800-671-5369  
 www.kidneymd.org

Provides patient education, support and research, medical identification jewelry, emergency financial assistance, and free health disease screenings.

## National Multiple Sclerosis Society/MD Chapter

Toll Free 800-344-4867  
 www.nmss-md.org

Provides information and referral, community services navigation and financial assistance for individuals with MS.

## Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine

410-955-8795  
 www.hopkinspdmd.org

Offers community outreach and education programs for individuals with Parkinson's disease or other motion disorders, as well as their families and/or caregivers. Area support groups available. Free literature. Personal case management services.

## Unified Community Connection of Central Maryland

410-484-4540  
 TTY 800-451-2452  
 www.unified.org

Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

## Wellness House of Annapolis

2625 Mas Que Farm Road  
 Annapolis, MD 21403  
 410-990-0941

www.annapoliswellnesshouse.org  
 Wellness House of Annapolis provides free education, support, and wellness programs for individuals and families touched by cancer. Services range from counseling and support groups, to yoga and mediation.

## Hearing Aids

### American Speech, Language and Hearing Center

Toll Free 800-638-8255  
 www.asha.org

ASHA is the professional, scientific and credentialing association of 150,000+ audiologists, speech-language pathologists, speech, language and hearing scientists. Helps individuals locate providers of hearing aids, screenings, etc. Free consumer information. Online directory.

**SPG Chesapeake Hearing Centers, Inc.**

580-I Ritchie Hwy.  
Severna Park, MD 21146  
410-647-7795  
Founded in 1975, we are Maryland's oldest private practice audiology group. Seven convenient locations with ample free parking, our providers are educated, credentialed, and experienced. We evaluate, treat, and serve exactly the way we would want to be treated-with courtesy and respect. We are providers with most major insurance plans.

**HEAR NOW – Hearing Aid Bank**

Toll Free 800-648-4327  
www.starkeyhearingfoundation.org  
Provides hearing aids to low income and poverty-stricken adults and children. Also collects old/used hearing aids for recycling. Applications available by phone and online.

**Home Based Primary Care**

**OnSite Medical House Calls**

8015 Apple Valley Drive  
Pasadena, MD 21122  
443-694-5555 (cell); 410-255-0102 (office)  
OnSite Medical House Calls brings the doctor's office to the comfort and convenience of your home. The team of Nurse Practitioners who specialize in geriatrics, adult and family medicine.  
*Please see our ad on page 60*

**Home Care, Concierge Care Services**

**Elderberry Senior Services**

163 Mitchells Chance Road, Suite 240  
Edgewater, MD 21037  
443-221-3317  
www.elderberryseniorservices.com  
Contact: Linda Hubbard  
Individualized, personal, non-medical concierge care designed to meet the needs of those who prefer to live at home. We are here to help you with your day-to-day activities by providing superior comprehensive elder care concierge services. We assist and empower elders to maintain safe, independent, and thriving lifestyles at home. We are experienced, bonded and insured.  
*Please see our ad on page 60 .*

**Home Care, Non-Medical**

**SPG A Helper's Heart**

454 Laurel Valley Court  
Arnold, MD 21012  
410-571-5667  
www.ahelpersheart.com  
We love serving seniors. With love and compassion we assist with activities of daily living, including personal care, companionship, transportation, medication reminder and mobility assistance.

**SPG A Homemade Plan: In Home Senior Care**

130 Holiday Ct, Suite 106  
Annapolis, MD 21401  
443-837-7768  
www.ahomemadeplan.com  
Locally owned in-home senior care company that assists with daily activities which promotes safety and independence in the home. Live-in and hourly services available. Serving Anne Arundel and surrounding areas.  
*Please see our ad on page 63*

**AA County Dept. of Aging and Disabilities/Respite Care Referral Program**

410-222-4257  
Toll Free 800-492-2499  
www.aacounty.org/aging

**AA County Dept. of Aging and Disabilities/Telephone Reassurance**

410-222-4257  
www.aacounty.org/aging

**SPG Amada Senior Care**

134 Holiday Court, Suite 306  
Annapolis, MD 21401  
443-569-0799  
www.Amadaannapolis.com  
Highly trained caregivers provide in-home, non-medical care for seniors. Offering hourly and live-in 24-hour care. Free, expert review of long-term care policies and VA benefits which can pay for caregivers. Call for a complimentary care consultation.  
*Please see our ad on page 62*



**We help Mom stay at home**

- Personal care
- Respite & interim care
- Companionship
- Meals & light housekeeping
- Medication assistance
- Flexible and affordable

Experienced employees.  
Complimentary consultation and supervision by RNs.  
Licensed by the State of Maryland, bonded and insured.  
Residential Service Agency (RSA) License #R2435



**410-571-2744**

www.response-seniorcare.com



**Professional Geriatric Care Management Services**

- Plan of Care development
- In-home assessments
- Physician/hospital liaisons
- Assisted living referrals
- Monitoring and reporting

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**443-569-0799**

**www.Amadaannapolis.com**

License #R3762

\*Licensed as a residential service agency by the MD Department of Health & Mental Hygiene, office of Health Care Quality

**Angel Care Network**

P.O. Box 554  
Annapolis, MD 21403  
443-758-5969  
www.angelcarenetwork.com  
Providing in-home personal and companion care for seniors and disabled individuals. Available 2 to 24 hours.  
*Please see our ad on page 3*

**SPG Assisting Hands Home Care**

14300 Gallant Fox Lane, Suite 211  
Bowie, MD 20715  
301-965-0521  
www.assistinghands.com/bowie

**Chesapeake Caregivers**

1997 Annapolis Exchange Parkway, Suite 300  
Annapolis, MD 21401  
In-Home Care for all aspects of Adult Daily Living as well Dementia/Alzheimer's, Palliative Care assistance, assistance with discharge after hospitalization/rehabilitation. 24/7 availability, 4-hour min. RN Assessments, CNAs, and Compassionate Caregivers. Susan Degen 410-919-0190

**Chores and More/St. Margaret's Episcopal Church**

443-808-3875  
Volunteer program that offers temporary help for shut-ins of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor appointments.

**SPG ComForCare Home Care**

846 Ritchie Highway, Suite L-2  
Severna Park, MD 21146  
443-906-6282  
www.ComForCare.com/Maryland/greater-annapolis  
Compassionate care you can depend on. ComForCare nurse-supervised, licensed, bonded and insured caregivers provide in-home dementia and disability care, personal care, transition of care after a hospital or rehabilitation stay, transportation, medication reminders, light housekeeping, companionship and much more. Call for a free consultation.

**SPG Comfort Keepers**

1202 West St, Ste. 102  
Annapolis, MD 21401  
301-658-6665  
www.annapolis-1000.comfortkeepers.com  
Our team of top-rated home care professionals offer a full range of in-home companionship and personal care services. Through an interactive care coordination approach, our licensed, bonded, insured caregivers help seniors "age in place" successfully. From a few hours to 24/7 care daily, let us know how we can help.

**SPG Griswold Home Care**

550 M Gov. Ritchie Highway, Ste. 187  
Severna Park, MD 21146  
410-975-9750  
www.GriswoldHomeCare.com

**Extraordinary Home Care at Affordable Rates** *Since 1982*

- Proprietary screening process
- Ongoing FREE in-home visits
- Licensed, bonded & insured
- Private pay or insurance
- Alzheimer's, MS and ALS caregivers
- \$20.10 Hourly Care; \$219.40 Live-In Care

**Call Today for a FREE, no-obligation Care Proposal**

Anne Arundel/Kent & Queen Anne's Counties:

**410.975.9750**



*Exceptional Service for Over 36 years  
21 Years Serving the Local Community*

*Locally Owned and Operated*

visit us at:

**GriswoldHomeCare.com/AnneArundelMaryland**

License #140029



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Specializing in live-in and hourly care anyplace one calls home. Carefully selected, screened and experienced. Care givers provide short- or long-term care. No Deposits or upfront fees. You are in the driver's seat. Call for a free assessment. Locally owned and operated since 1999. *Please see our ad on page 22*

**SPG Home Instead Senior Care**

1511 Ritchie Highway, Ste. 301  
Arnold, MD 21012  
410-349-2320  
www.homeinstead.com/24

**SPG Home Care Assistance**

Village at Waugh Chapel  
2642 Brandermill Blvd  
Gambrills, MD 21052  
443-302-2771  
www.homecareassistance.com/annapolis

**Homewatch Caregivers**

1997 Annapolis Exchange Parkway  
Annapolis, MD 21401  
410-715-9175/301-596-0006  
www.hwgc.com/annapolis  
Providing compassion, dignity and peace of mind. Screened employees. Bonded and Insured. Short- or Long-term care. Personal care, medication, reminders, meals, transportation and housekeeping. Hourly to live-in care. *Please see our ad on page 23*

**SPG Options For Senior America**

801 Compass Way, Suite 4  
Annapolis, MD 21401  
410-224-2700  
www.optionscorp.com

**SPG Partners In Care- Member Care Services**

8151-C Ritchie Highway  
Pasadena, MD 21122  
410-544-4800; Toll Free 1-800-227-5500  
www.partnersincare.org  
The Member Care team provides assistance with navigating county and state agencies, offering resource referrals, and assistance with completing forms and applications. Neighborly assistance and resources are available for those transitioning home from hospital stays, as well as for caregivers in need of support in caring for a loved one. Additional services include friendly visits and phone calls, picking up groceries and prescriptions, and occasional light cleaning and laundry. Availability of these services is dependent on the gifts and talents of our volunteers.

**SPG Regent Healthcare**

2288 Blue Water Blvd, Suite 340  
Odenton, MD 21113  
410-872-0310  
www.regenthealth.com

Regent Healthcare has been serving the community since 2008. We provide companionship, personal care and nursing services giving peace of mind to our clients and the people who love them. Experienced employees are bonded and

insured. We are privately owned, Joint Commission accredited and hold the highest licensure offered in Maryland. *Please see our ad on page 63*

**SPG Response Senior Care, LLC**

1831 Forest Drive, Suite G  
Annapolis, MD 21401  
410-571-2744  
www.response-seniorcare.com  
Personal in-home care provided by experienced, qualified employees. Consultation and supervision by R.N. Hourly live-in. Licensed by the State of Maryland, bonded, insured, employee criminal background performed. FREE CONSULTATION. *Please see our ad on page 61*

**SPG Right At Home**

1831 Forest Drive, Ste. E, Annapolis  
410-846-0141  
www.rightathomemd.net  
Right at Home has been serving the community since 2004, employing highly trained, licensed, bonded and insured caregivers to provide care in your home. Our service quality and reliability are our difference. The Right Care, Right at Home. *Please see our ad on page 65*

**Stay at Home Senior Care**

9430 Farewell Road  
Columbia, MD 21045  
www.stayathomeseniorcaremd.com  
Non-medical, in-home senior care.

We can help your loved one stay **safe and independent** at Home!



**In-Home Senior Care**

Free Caregiver Interviews

Free Registered Nurse Assessments

Specializing in Alzheimer's/Dementia Care

Accepting all Long Term Care Insurance

Flexible Scheduling including Hourly and Live-in

No Down Payment/Deposit. No Term Commitment

(443)837-7768 All Caregivers are Screened and are Employees

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*Providing peace of mind to our clients and the people who love them.*

**Specializing in:**

- + Alzheimer's/Dementia Care
- + Hospice Support Services
- + Parkinson's Care
- + Post Stroke Care
- + Cardiac & Respiratory Conditions
- + GI Conditions

**Services include:**

- + Companion & Personal Care
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- + Skilled Nursing

**RN Supervisory oversight and customized care plans.**



Providing home care services in Anne Arundel, Prince George's, Howard and Baltimore counties. Now serving the Eastern Shore and Southern Maryland.

410-872-0310 [www.regenthealth.com](http://www.regenthealth.com)

24 hour live support. Licensed Bonded & Insured. Lic. R3994R

Companionship, meal planning and transportation, Incident transportation, shopping, errands, laundry, light housekeeping. Bonded and Insured.  
*Please see our ad on page 37*

**SPG Synergy HomeCare of Anne Arundel County**

420-I Chinquapin Round Road  
Annapolis, MD 21401  
410-263-4050  
www.synergyhomecare.com  
wecaremd03@synergyhomecare.com  
Synergy HomeCare, a Veteran's Administration and Long-Term Care contracted agency, allows clients to utilize services as needed for short-term or 24/7 care. Services include assistance with activities of daily living such as personal care, transportation, housekeeping, errand running, companionship, meal planning/preparation, and medication reminders. Caregivers provide services in a variety of settings, including independent and Assisted Living Communities.

**SPG True Companion Care Enterprises, LLC**

PO Box 461  
Arnold, MD 21012  
410-507-5578  
www.truecompanioncare.com

**SPG Visiting Angels Living Assistance Services**

137 Mitchells Chance Road, Suite #36  
Edgewater, Maryland 21037  
410-956-7771

## Home Health Care

**AA County Dept. of Aging and Disabilities/Long Term Care Bureau/In Home Aide Services (IHAS) Program**

410-222-4366  
www.aacounty.org/aging

**AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver**

Enrolled Participants: 410-222-4366  
Registry Waitlist: 410-222-4257  
www.aacounty.org/aging

**AA County Dept. of Aging and Disabilities/Community First Choice**

410-222-7183  
www.aacounty.org/aging

**SPG Access Wellness Healthcare**

914 Bay Ridge Road, Suite 180  
Annapolis, MD 21403  
410-424-7993  
www.accesswellhealthcare.com

**BrightStar Care**

2111 Baldwin Avenue  
Crofton, MD 21114  
www.brightstarcare.com  
Private duty senior home care including

personal care provided by experienced caregivers, skilled nursing services and therapies. Specializing in Alzheimer's and dementia care, and end-of-life support. Serving Anne Arundel and Prince George's Counties as well as Maryland's Eastern Shore.

*Please see our ad on page 1*

**OnSite Medical House Calls**

8015 Apple Valley Drive  
Pasadena, MD 21122  
443-694-5555 (cell); 410-255-0102 (office)  
OnSite Medical House Calls brings the doctor's office to the comfort and convenience of your home. The team of Nurse Practitioners who specialize in geriatrics, adult and family medicine.

**SPG Regent Healthcare**

2288 Blue Water Blvd, Suite 340  
Odenton, MD 21113  
410-872-0310  
www.regenthealth.com  
Regent Healthcare has been serving the community since 2008. We provide companionship, personal care and nursing services giving peace of mind to our Clients and the people who love them. Experienced employees are bonded and insured. We are privately owned. Joint Commission accredited and hold the highest licensure offered in Maryland.  
*Please see our ad on page 63*

## Home Improvement, Design, Repairs, and Maintenance

**Accessible Homes for Seniors**

Toll Free 800-638-7781  
<http://dhcd.maryland.gov/Communities/Pages/default.aspx>  
Provides zero percent interest deferred loans for a term of 30 years to finance accessibility improvements to the homes of seniors. All closing costs are included in the loan. Income guidelines apply. Information and applications can be obtained from the AA Dept. of Aging and Disabilities: 410-222-4257.

**SPG Aging in Place with Beauty and Grace**

562-235-1355  
www.AgingInPlaceWithBeautyAndGrace.com  
We are Certified Aging-in-Place Specialists (CAPS) and Maryland Home Improvement Contractors (MHIC). We provide in home living evaluation, design and solutions to keep you safe and comfortable, so that you can live an autonomous lifestyle well into your retirement years.

**Arundel Community Development Services, Inc.**

410-222-7600  
www.acdsinc.org  
A non-profit organization that assists AA County residents to obtain no interest or low interest loans to rehabilitate, repair, or provide handicap accessibility to their homes. Also assists clients with foreclosure prevention counseling. Residents of the City of Annapolis should contact the Annapolis Planning and Zoning Office at 410-263-7961.

**Designability, LLC**

418 Arundel Beach Rd., Severna Park, MD 21146  
443-994-2183  
www.designabilitybyrose.com  
Designability joins Occupational Therapy and Interior Design Services, specializing in universal design principles, home modifications, and space planning in the residential setting. Consultation and direct services are available for implementing a safe, functional, and comfortable living space for all.

**Freedom Mobility**

7271 Park Circle Drive  
Hanover, MD 21076  
888-414-6553  
www.freedommobilitysolutions.com  
There are many modifications that can increase the safety and convenience of any home. Stop by our Interactive State of the Art Showroom or schedule a Home Evaluation with our Certified Aging in Place Specialist today. We can help you Stay At Home Safely!

**Friends of Arundel Seniors, Inc.**

410-222-4257  
A non-profit organization run by volunteers who raise funds and collect donations to provide assistance to AA County residents who are 55 years of age and older or adults of any age with disabilities by installing home safety devices such as bathtub safety grips, tub chairs, smoke detectors, house numbers, etc.

**Habitat for Humanity of the Chesapeake**

410-366-1250  
www.habitatchesapeake.org  
Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute "sweat equity" and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium "ReStore" retail outlet thrift shops for home improvement items. Proceeds go to Habitat.

**SPG LS Systems, Inc.**  
 1417 Knecht Avenue, Suite 2A  
 Arbutus  
 410-552-1777  
 www.lssmd.com

**SPG Partners In Care- Repairs With Care**  
 8151-C Ritchie Highway  
 Pasadena, MD 21122  
 410-544-4800; Toll Free 1-800-227-5500  
 www.partnersincare.org  
 Partners In Care volunteers help members maintain their homes for safe and independent living. Services include nonprofessional skills such as light carpentry, repairing leaky faucets and toilets, replacing light bulbs, and addressing safety issues by installing handrails, repairing stairs, and installing bathroom safety equipment. Availability of repairs is dependent on the gifts and talents of our volunteers.  
*Please see our ad on page 71, 79*

**Rebuilding Together/AA County, Inc.**  
 410-923-9992  
 www.rebuildingtogetheraac.org  
 Home repairs for low income and elderly and/or homeowners with disabilities. Applications taken year round. Volunteers welcome.

**SPG Stay Home Safely, LLC**  
 1919 Eamons Way  
 Annapolis, MD 21401  
 443-679-6200  
 www.stayhomesafely.com

**Weatherization Assistance Program**  
 Toll Free 855-583-8976  
 dhcd.maryland.gov/Residents/Pages/wap/Default.aspx  
 Helps low-income households through the installation of energy conservation materials in their dwelling units. Must be eligible for MD Energy Assistance Program (MEAP) to participate in the Program.

**Home Inventory Services**

**SPG Chesapeake Inventory LLC**  
 1035 Lake Claire Drive  
 Annapolis, Maryland 21409  
 (301) 651-4103  
 chesapeakeinventory.com

**Hospitals**

**Anne Arundel Medical Center**  
 443-481-1000  
 www.aahs.org  
 A private, non-profit hospital that provides a medical group, imaging services, a substance use treatment center and other health enterprises.

**University of Maryland Baltimore Washington Medical Center**  
 301 Hospital Drive  
 Glen Burnie, MD 21061  
 410-787-4000  
 www.umms.org/bwmc

**Veterans Affairs MD Health Care System**  
 410-590-4140 Glen Burnie VA- Outpatient  
 410-305-5300 Fort Meade VA- Outpatient  
 Toll Free 800-463-6295  
 www.maryland.va.gov  
 Dedicated to providing quality, compassionate and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Loch Raven VA Community Living & Rehabilitation Center and six community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

**Expert Care for Your Loved Ones in Their Own Home**

Trustworthy. Reliable. Responsive.



**410.846.0141**  
**www.rightathomemd.net**

**The Right Care,  
 Right at Home**

License #R3345. Licensed as a residential service agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality.



## Hospice Care

### **SPG Hospice of the Chesapeake**

90 Ritchie Highway  
Pasadena, MD 21122  
410-987-2003  
800-745-6132

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

Provides physical, psycho-social and spiritual support to individuals affected by advanced illness wherever they call home and regardless of ability to pay. A multi-disciplinary team approach ensures quality, compassionate care.

*Please see our ad on page 31, 34*

## House Cleaning

### **Ameri-Maid**

1511 Ritchie Hwy., #105  
Arnold, MD 21012  
410-757-5571

[www.ameri-maid.com](http://www.ameri-maid.com)

Friendly, English-speaking personnel providing housecleaning. All employees are bonded and insured. We come weekly, bi-weekly, or monthly. We also clean windows and carpeting. Free estimates.

## Housing, Housing Counseling

### **AA County Dept. of Aging and Disabilities/Assisted Living**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)

### **Community Action Agency of AA County**

410-626-1900

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

Committed to providing services and opportunities that eliminate the causes and conditions of poverty in AA County. The programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, home ownership, reverse mortgage education, employment counseling for

youth and adults. The Youth Service Bureau offers comprehensive counseling and intervention. Bilingual Spanish staff available.

### **Gallagher Services for People with Developmental Disabilities**

410-252-4005

[www.catholiccharities-md.org](http://www.catholiccharities-md.org)

A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, enhancing job skills, engaging in the community, and meeting their individual needs.

### **MD Dept. of Human Resources**

Toll Free 800-332-6347

TTY 800-925-4434

<http://dhr.maryland.gov>

Provides help and information about numerous state-supported economic assistance programs, as well as abuse and neglect provisions. Living At Home: MD Community Choices program for eligible persons between the ages of 21 and 59 who have a disability. It is designed to help them live in the community.

### **SPG Servants 4 Seniors**

8010 Catherine Ave.

Pasadena, MD 21122

410-439-9353

[www.aplace4seniors.com](http://www.aplace4seniors.com)

*Please see our ad on page 66*

## Income Assistance

### **AA County Dept. of Social Services- Annapolis and Glen Burnie**

1-855-284-0650 - Main

410-269-4589 - Annapolis

TTY 410-269-4512

410-421-8539 - Glen Burnie

TTY 410-421-8551

[www.dhr.state.md.us/county/ann](http://www.dhr.state.md.us/county/ann)

Provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance

(TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence and many other programs. Clients must apply in person or online at [www.marylandsail.org](http://www.marylandsail.org).

### **Adventist Community Service Center**

50 Aquahart Road

Glen Burnie, MD 21061

Center is open on Tuesdays between 10 a.m. and 1 p.m. to distribute free food, clothing and a free lunch to those in need. New applicants need identification.

### **SPG Alzheimer's Association Greater MD Chapter**

1850 York Road, Suite D

Timonium, MD 21093

Toll Free 800-272-3900 Helpline

[www.alz.org/maryland](http://www.alz.org/maryland)

Non-profit organization dedicated to the elimination of Alzheimer's disease through the advancement of research; to improving and enhancing care and support for all affected; and to reducing the risk of dementia through the promotion of brain health. Services include a 24/7 Helpline to provide emotional, informational, and referral support; support groups for family caregivers, friends, and the person with dementia; care consultation, community and professional education, respite program for caregivers, and MedicAlert and Safe Return ID program.

### **Asbury Church Assistance Network**

410-647-7667

[www.asburytn.org/ministries.asp](http://www.asburytn.org/ministries.asp)

Food, non-perishable items. Limited financial assistance. Open Monday-Wednesday from 10 a.m. to 2 p.m. Requires photo ID.

### **North County Emergency Outreach (NCEON)**

410-766-1826

Community organization that assists clients with court evictions, utility turn-off notices, medication, and food. M-W-F 10am-2pm only.

### **Office of Home Energy Program (OHEP)**

410-626-1900

1-800-925-4434 Hearing impaired

[www.dhr.maryland.gov/ohep](http://www.dhr.maryland.gov/ohep)

Helps low income Maryland citizens pay heating bills; includes the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP). Download applications and brochures at this web site. Can apply through the AA County Dept. of Aging and Disabilities.

### **Salvation Army/Annapolis**

410-263-4091

Provides assistance to people in need. Food pantry, holiday assistance, clothing, utilities assistance, etc. Spiritual counseling and youth program also available. All ages assisted. Must be a resident of AA County. Call first. For Glen Burnie location, call 410-768-0477.

# Servants 4 Seniors

Senior Lifestyle Planning & Care Solutions  
A Free Service  
Help is just a phone call away!

---

Assisted Living Homes | Independent Living | In-Home Help

8010 Catherine Avenue • Pasadena, MD 21122  
O: 410-439-9353 • [www.servants4seniors.com](http://www.servants4seniors.com)



**SPAN, Inc., Serving People Across Neighborhoods**

410-647-0889

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

Emergency assistance network for those who have court ordered evictions, utility shutoffs, and need money for medications. Food pantry available. Accept volunteer assistance. Serves a large part of AA County. Call first.

**Social Security Administration/ Annapolis and Glen Burnie**

Toll Free 800-772-1213

Toll Free 866-528-9873 Glen Burnie

TTY 800-325-0778

[www.ssa.gov](http://www.ssa.gov)

Provides verification of contributions upon request and estimates of retirement benefits. Apply for benefits three months prior to age 66 for full benefits or age 62 for reduced benefits. Supplemental Security Income (SSI-monthly benefits available for low-income persons who have a disability or are over 65 years of age.

**South County Assistance Network (SCAN)**[www.scanfoodpantry.org](http://www.scanfoodpantry.org)

South County network which provides emergency food. No phone but open Thursday and Saturday, 9 a.m.-noon, at St. James' Parish, 5757 Solomons Island Road, Lothian 20711.

**Information and Assistance****Accessible Resources for Independence**

410-636-2274

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

Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. We provide independent living services to anyone with a disability at any age including children, seniors, and veterans at no charge. Our mission is to maximize the independence of people with disabilities so they enjoy self-directed, productive lives. ARI provides services to enhance quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transition services and more...all designed to help people with disability take part in and contribute to their communities.

**Anne Arundel County Office of Constituent Services**

410-222-1785

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

The Office of Constituent Services serves as the direct link between County Executive Stuart Pittman and the citizens of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county the Best Place.

**AA County Dept. of Aging and Disabilities/Adult Public Guardianship**

410-222-4257

TTY users call via MD Relay 711

[www.aacounty.org/aging](http://www.aacounty.org/aging)**AA County Dept. of Aging and Disabilities/Assisted Living Program**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)**AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program**

410-222-4257

Toll Free 844-MAP-LINK (627-5465)

TTY users please call via MD Relay 711

[www.aacounty.org/aging](http://www.aacounty.org/aging)**AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP)**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)**AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol)**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)**Answers for the Aging, Senior Life Services**

667-600-2100

Toll Free 888-502-7587

[www.catholiccharities-md.org/seniors](http://www.catholiccharities-md.org/seniors)  
Free telephone information, referral and counseling services for seniors, their families, friends and caregivers, assisting them to make informed decisions regarding care-giving, housing, in-home care, dementia care and more.

**Catholic Charities Senior Communities**

667-600-2280 – Senior Communities

667-600-2100 – Answers for the Aging

[www.cc-md.org/senior-communities](http://www.cc-md.org/senior-communities)[www.cc-md.org/seniors](http://www.cc-md.org/seniors)

Maryland's largest private provider of human services to people of all faiths and races. Services for seniors include rent-assisted senior housing communities at Arundel Woods in Glen Burnie, and Friendship Station and Friendship Village in Odenton; Senior Support Services programs-offers meals, housekeeping, laundry, and personal services to those who need a helping hand; and Answers for the Aging, a free telephone information and referral service for older adults and caregivers.

**Center of Help/Centro de Ayuda**

410-295-3434

410-295-3435

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

Provides educational services and referrals to AA County's Hispanic community including adult literacy, English as a Second Language, family support, job referral, citizenship classes, and assistance

in accessing services. Eligibility: Latino residents of AA County. Works in partnership with government services and area non-profits.

**Eldercare Locator**

Toll Free 800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

First step to finding resources for older adults in any U.S. community. Free national service of the U.S. Administration on Aging, U.S. Dept. of Health and Human Services. The service is intended to assist caregivers of any age and/or older adults themselves find the resources that they need.

**FIRN, Inc.**

410-992-1923

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

Assists immigrants with general information and referral, immigration counseling, immigrant legal services, U.S. citizenship, interpreters, translation services, notary services, birth certificates (applications, corrections, and translation), Social Services referrals, consumer information and help, and medical information and assistance. Multi-lingual physician referrals. Office closed on Wednesdays. Appointments required.

**OVER 30 YEARS!**

Bonded/Insured

Flexible Service Plans

Free Estimates

Quality Guaranteed

Supplies &  
Equipment Furnished

Donna Darling  
**(410) 757-5571**

**MD Volunteer Lawyers Service**

410-547-6537

Toll Free 800-510-0050

Note: Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m.

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

A nonprofit organization that provides free legal services to low- and moderate-income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

**National Cancer Institute/Information**

Toll Free 800-422-6237

<http://www.cancer.gov/contact/contact-center>

A program of the National Cancer Institute that provides free literature on cancer, clinical trials, research programs, research funding, and the NCI.

**OHLA (Organization of Hispanic/Latin Americans of Anne Arundel County)**

410-269-4424

OHLA resides in the Community Resource Center run by the AA County Dept. of Social Services. The bilingual staff offers on the spot assistance for many issues affecting the Hispanic/Latino community including interpreter services, translation, immigration, legal questions, mediation, etc. Services are free.

**Service Coordination, Inc.****Central Regional Headquarters**

9 Park Center Court, Suite 301, Owings Mills, MD 21117

410-235-8110

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

Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. Service Coordination assists in the development of plans for clients by exploring options, helping to arrange and monitor needed supports, as well as advocacy as needed. Service Coordination also provides Supports Planning through the Community First Choice and Community Personal Assistance Services Program in home and community-based settings. All Service Coordination staff are fully mobile.

**2-1-1 Maryland**

410-685-0525

Toll Free 800-492-0618

TTY 410-685-2159

[www.211md.org](http://www.211md.org)

United Way of Central Maryland provides free, confidential information and referral to health and human service agencies in MD 24 hours a day, 7 days a week in over 150 languages.

**United Way Community Partnership of AA County**

410-379-1319

[www.uwcm.org/annearundel](http://www.uwcm.org/annearundel)

The regional arm of the United Way of Central MD. Mission is to build bridges between those who have and those who need. Raise needed funds and evaluate services.

**Veterans of Foreign Wars**

410-230-4480

Fax: 410-230-4481

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

Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

**Insurance Services****AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP)**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)**SPG Amada Senior Care**

134 Holiday Court, Suite 306

Annapolis, MD 21401

443-569-0799

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

We are consumer advocates for people with long term care insurance policies. We don't sell insurance but help policy holders understand, navigate and unlock their policy. Our free policy review can help to access money for in-home caregivers or Assisted Living.

**SPG AXA Advisors**

6200 Old Dobbin Lane, Ste 100

Columbia, MD 21045

443-832-1972

[www.davidclark2.com](http://www.davidclark2.com)**Office of Eligibility Service/The Eligibility Determination Division**

Toll Free 800-226-2142

TTY 800-735-2258

Determines eligibility for Medicaid. Call for eligibility criteria.

**Maryland Health Connection**

1-855-642-8572

<http://marylandhealthconnection.gov/>

Maryland Health Connection is our state's health insurance marketplace. We're your one-stop shop for health insurance in Maryland. Shop, compare and select a health plan that meets your needs and those of your family. Even if you've never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children's Health Program (MCHP). No matter what type of insurance you qualify for – public or private – we've got you covered.

**LGBT Resources****Chase Brexton Health Care-Anne Arundel County Center**

410-837-2050

200 Hospital Drive, Suite 300, Glen Burnie, MD 21061

<http://chasebrexton.org>

At Chase Brexton, we are passionate about people and passionate about addressing their health care needs. Chase Brexton provides a different health care experience. Everyone is welcome!

**Equality Maryland**

410-685-6567

1201 South Sharp Street, Suite 109, Baltimore, MD 21230

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

Maryland's Lesbian, Gay, Bisexual, and Transgender Civil Rights Organization

**GLBT Hearts and Ears**

410-523-1694

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

Hearts & Ears, Inc. is a non-profit organization for Gay, Lesbian, Bisexual, Transgender, Intersex, and Questioning individuals with mental health issues and concerns.

**National Resource Center on LGBT Aging**

202-640-1705

1220 L Street, NW, Suite 800, Washington, DC 20005

[www.sageusa.org/programs/nrc.cfm](http://www.sageusa.org/programs/nrc.cfm)

Led by Sage (Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders), the National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults. The site provides significant information on LGBT Aging advocacy and important issues.

**PFLAG of Anne Arundel County**[www.pflagannapolis.org](http://www.pflagannapolis.org)

PFLAG's Annapolis/Anne Arundel County affiliate. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy. You are invited to gather with us on the first and third Tuesday of each month at 7:30 p.m. at the Universalist Unitarian Church located at 1920 Lawrence Avenue in Annapolis. We meet in the FAHS House – the yellow building to the left of the church building. Everyone is welcome!

## Libraries

### AA County Public Library Headquarters

410-222-7371

[www.aacpl.net](http://www.aacpl.net)

Call 410-222-7371 for specific hours and locations of the 15 branches. Library by Mail is available for the homebound. TTY users, please call via Maryland Relay 7-1-1.

### Library by Mail, AA County Library

410-222-6270

410-222-6271

TTY 410-222-4516

[www.aacpl.net](http://www.aacpl.net)

Personalized library service. Delivers the full range of library materials and services via the mail. For County residents of all ages who are homebound, either permanently or temporarily, due to illness, disability, or injury.

### MD State Law Library

410-260-1430

Toll Free 888-216-8156

[www.lawlib.state.md.us](http://www.lawlib.state.md.us)

The Maryland State Law Library serves the needs of Maryland's citizens and government by building and preserving collections of legal information resources, promoting access to these collections, and creating educational opportunities that enhance the understanding of legal information.

### MD State Library for the Blind and Physically Handicapped

410-230-2424

Toll Free 800-964-9209

TTY 410-333-8679

TTY 800-934-2541

[www.lbph.lib.md.us](http://www.lbph.lib.md.us)

Provides comprehensive library services to the eligible blind and physically handicapped. Books on audio cassette, in Braille and large print. Must fill out an application. Services are free.

## Loan Closets

### AA County Food & Resource Bank

410-923-4255

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

Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program which assists clients with wheelchairs, walkers, bedside commodes, etc. by referral only. Referrals are by appointment only. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. Donations are appreciated. Hours of operation are Monday to Friday, 9 a.m.–12 noon and 1 p.m.–3 p.m.

### Blind Industries and Services of MD

410-737-2600

Toll Free 888-322-4567

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

A non-profit organization that offers rehabilitation, training and employment opportunities to citizens who are blind or visually impaired. The rehabilitation program for seniors includes home teaching, support groups and SAIL (Seniors Achieving Independent Living). Distributes white canes.

## Lunch Sites

*\* Lunch sites at residential buildings are only open to residents of those buildings*

### Annapolis Senior Activity Center/ Nutrition Site

410-222-1003

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Arnold Senior Activity Center/ Nutrition Site

410-222-1903

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Bay Forest Senior Apartments \*

410-222-1082

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Independent living housing for seniors aged 62+. Nutrition program on site. Breakfast and hot noontime meals provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Brooklyn Park Senior Activity Center/ Nutrition Site

410-222-6869

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Claiborne Place \*

410-222-7911

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### College Parkway Place \*

410-222-1977

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### Glen Forest \*

410-222-0027

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### Glen Square Senior Housing \*

410-222-6264

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### Heritage Crest Senior Housing \*

410-222-6262

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals, classes, and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Morris Blum Apartments \*

410-222-1913

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### Morris Hill Community Center \*

410-789-5807

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### O'Malley Senior Activity Center/ Nutrition Site

410-222-6223

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Pasadena Senior Activity Center/ Nutrition Site

410-222-0033

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Pascal Senior Activity Center/ Nutrition Site

410-222-6240

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

### Pinewood Village I Senior Housing \*

410-222-6224

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

### Pinewood Village II Senior Housing \*

410-222-6288

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

**TTY users can call  
Maryland Relay 711**

**Pumphrey \***

410-222-6299  
[www.aacounty.org/aging](http://www.aacounty.org/aging)  
 Breakfast and hot noontime meals.  
 Sponsored by the AA County Dept. of Aging and Disabilities.

**South County Senior Activity Center/ Nutrition Site**

410-222-1912  
[www.aacounty.org/aging](http://www.aacounty.org/aging)  
 Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

**Massage Therapy****SPG Change Your Pace, LLC**

1511 Ritchie Highway, Suite 101B  
 Arnold, MD 21012  
 (410) 693-9403  
[massagebook.com/biz](http://massagebook.com/biz)

**Media and Marketing****What's Up? Media**

201 Defense Highway, Ste. 203, Annapolis, MD 21401  
 410-266-6287  
[www.whatsupmag.com](http://www.whatsupmag.com)

**Mediation****AA Conflict Resolution Center**

410-266-9033  
[aacrcprograms@gmail.com](mailto:aacrcprograms@gmail.com)  
[www.aacrc.info](http://www.aacrc.info)  
 Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Mediation helps people resolve conflicts peacefully and without going to court. Conflict resolution classes and training are available. No fee. Anger management classes are offered to members of the community at a cost of \$100.

**Annapolis City Police Department**

Emergencies, dial 911  
 Non-emergency, 410-268-9000  
 410-268-4141  
 TTY 410-268-1844  
 410-280-CLUE (2583) Anonymous tips  
[www.annapolis.gov/police](http://www.annapolis.gov/police)  
 City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

**State's Attorney's Office/Mediation Center**

410-260-1870  
[www.aacounty.org/departments/sao](http://www.aacounty.org/departments/sao)  
 Provides free mediation services as an alternative to resolving disputes in the court system and the community.

**Medical Products & Services****Americle Healthcare Inc**

740A Generals Hwy  
 Millersville, MD 21108  
 410-721-0958  
[www.Americleh.com](http://www.Americleh.com)  
 Americle Healthcare is a medical supply and equipment company that has been providing excellent service to the mid-Atlantic region for over 25 years.

**SPG Annapolis Healthcare Supplies**

117 Gibraltar Avenue  
 Annapolis, MD 21401  
 New address as of June 30, 2019:  
 2138 Generals Highway, Unit C  
 Annapolis, MD 21401  
 410-295-7300  
[www.annapolishealthcare.com](http://www.annapolishealthcare.com)  
 Offering: Stair Lifts, Durable Medical Equipment and Supplies (DME) and Home Medical Equipment and Supplies (HME) for medical needs, rentals and service. Medicare, Medicaid, Blue Cross/ Blue Shield, Tri-care and more accepted. Open Mon-Fri 9-5 p.m. and Saturdays 9-1 p.m. Appointments are available outside of normal store hours.  
*Please see our ad on page 5*

**SPG Health & Mobility**

342 Ritchie Highway  
 Severna Park, MD 21146  
 410-421-8070  
[www.healthandmobility.com](http://www.healthandmobility.com)  
 Health and Mobility is a family owned and operated store. We have been at the same location in Severna Park for 18 years. We bill Medicare and we offer a in home safety evaluation for our customer who want to stay in their homes and age in place. If you lose the ability to move with agility call HEALTH AND MOBILITY. Come by and check out our showroom.  
*Please see our ad on page 31*

**SPG Partners In Care/Connect America**

8151-C Ritchie Highway  
 Pasadena, MD 21122  
 410-544-4800; Toll Free 1-800-227-5500  
[connectamerica@partnersincare.org](mailto:connectamerica@partnersincare.org)  
 Helping older adults remain independent in their homes.  
 Personal Emergency Response System (PERS)  
 Partners In Care/Connect America (PERS) is a waterproof medical alert device you wear on your wrist or a pendant around your neck that is designed to reduce the concerns and risks of being alone. In the event of a scare, fall, or emergency, help is available at the touch of a button.  
 Maryland Medicaid Waiver Provider. Call for more information.

**Medicare, Medicaid****AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver**

Enrolled Participants: 410-222-4366  
 Registry Waitlist: 410-222-4257  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

**AA County Dept. of Aging and Disabilities/ SHIP (State Health Insurance Assistance Program)**

410-222-4257  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

**AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol)**

410-222-4257  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

**Medical Assistance (Medicaid)**

410-269-4500 Annapolis Office  
 410-421-8500 Glen Burnie office  
[www.cms.gov/MedicaidGenInfo/](http://www.cms.gov/MedicaidGenInfo/)  
 Medical insurance program for low-income persons of all ages. Pays for medical and other health-related services.  
 Medicare Toll Free 800-633-4227  
[www.medicare.gov](http://www.medicare.gov)  
 Provides comprehensive information and resources on Medicare and Medicaid.

**Mental Health****AA County Crisis Response System**

410-768-5522  
[www.aamentalhealth.org/warmline.html](http://www.aamentalhealth.org/warmline.html)  
 A service that provides all Anne Arundel County Residents in crisis with supportive assistance and linkages to resources within the community. The service to the community through Mobile Crisis Teams, Homeless Outreach Services, Urgent Care Clinic, Sexual Assault Clinic, Community Education and Crisis Beds.

**AA County Dept. of Health**

410-222-7095  
 TTY 410-222-7153  
[www.aahealth.org](http://www.aahealth.org)  
 This is the general number for the AA County Dept. of Health which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

**AA County Mental Health Agency**

410-222-7858  
[www.aamentalhealth.org](http://www.aamentalhealth.org)  
 Dedicated to ensuring that Medicaid recipients and other low income, non-insured county residents who meet certain criteria have access to a wide range of quality mental health services.

**Family and Children's Services**

410-571-8341  
 Toll Free 800-899-4601  
 www.fcsmmd.org  
 Provides in-home care services for seniors and young persons with disabilities and counseling for victims of sexual abuse. Sliding fee for counseling and in-home care by certified, bonded aides with RN supervision. Participates in AA County Dept. of Aging and Disabilities programs.

**Mental Health Association of Maryland**

443-901-1550  
 www.mhamd.org  
 Nonprofit citizens' organization that brings together consumers, families, and professionals by providing education and advocacy on behalf of individuals with mental illness.

**National Alliance for the Mentally Ill MD (NAMI)**

410-884-8691  
 Toll Free 887-878-2371 Warm Line  
 www.namimd.org  
 info@namimd.org  
 Volunteer, grass-roots organization affiliated with the MD state and national NAMI organization. Provides information, assistance, support, advocacy and education for those dealing with mental illness and their caregivers. Support groups and free classes for both consumers and family and public education meetings are held frequently. Call or e-mail for times and spaces.

**On Our Own of Anne Arundel County, Inc.**

410-224-0116  
 On Our Own of Maryland, Inc.  
 Toll Free 800-704-0262  
 www.onourownmd.org/affiliates.html  
 Self-help group for current and former recipients of mental health services. Fellowship, support, and advocacy. Call for times. Provides limited transportation.

**Pro Bono Counseling Project**

410-825-1001  
 Toll Free 877-323-5800  
 www.probonocounseling.org  
 Project is a non-profit referral source for free mental health counseling for people who are uninsured, underinsured, and/or low income. Serves entire state of Maryland and works with individuals, couples, and families. All services including referral and counseling are free if clients are within income eligibility limits.

**Sheppard Pratt Therapy Referral Services**

410-938-5000; Toll Free 888-938-4207  
 www.sheppardpratt.org/  
 Mental health agency that provides mental health counseling, addictions counseling, outpatient and inpatient programs.

**Villa Maria of Anne Arundel County Behavioral Health Clinic**

667-600-2494  
 www.catholiccharities-md.org  
 A program of Catholic Charities, it offers Community Behavioral Health clinic serving children, families and adults with mental health, emotional and behavioral needs. Psychiatric evaluation and medication monitoring, AA County school-based mental health services. Ages 4 through adult who have Medical Assistance.

**Moving Relocation Services**

**SPG Amada Senior Care**

134 Holiday Court, Suite 306  
 Annapolis, MD 21401  
 443-569-0799  
 www.AmadaAnnapolis.com  
 Provides senior placement services when staying at home is no longer an option. We help seniors and their families identify the best Assisted Living and Independent Living Communities for them based on location, amenities and budget at no cost to the family.

**SPG Changing Keys by Susan**

40 Murray Avenue  
 Annapolis, MD 21401  
 410-571-1499  
 www.changingkeysbysusan.com

**Chesapeake Transitions**

502 Corbin Parkway  
 Annapolis, MD 21401  
 410-897-0050  
 www.chesapeaketransitions.com  
 Reduce the stress by letting us handle the details of your move. We sort, pack, oversee the movers and completely set up your new home.

**SPG MOR Logistics, LLC**

2207 Pheasant Run Drive  
 Finksburg, MD 21048  
 844-667-8326

**Nursing Care Facilities**

**AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program**

410-222-4257 • Toll Free 800-492-2499  
 www.aacounty.org/aging

**Cadia Healthcare of Annapolis**

900 Van Buren Street  
 Annapolis, MD 21403  
 410-267-8653  
 www.cadiahealthcare.com  
 Cadia Healthcare of Annapolis is a 97-bed skilled nursing facility staffed by a dedicated multi-disciplinary team of caregivers. It also provides post-acute care, rehabilitation, pulmonary care, pain management, and more.

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MD Waiver Provider

Provider # 5416434-00



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Partners In Care

410-544-4800

connectamerica@partnersincare.org



**SPG Charlotte Hall Veterans****Home**

29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-884-8171

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

Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care.

*Please see our ad on page 24*

**FutureCare Chesapeake**

305 College Parkway  
Arnold, MD 21012  
410-647-0015

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

FutureCare Chesapeake is located in a beautiful woodland setting just minutes from Annapolis, Severna Park and Arnold. Short-term rehabilitation as well as long-term care and dialysis are available at FutureCare Chesapeake.

*Please see our ad on page 9*

**Joint Commission on Accreditation of Healthcare**

630-792-5000  
Toll Free 800-994-6610  
[www.jcaho.org](http://www.jcaho.org)

Independent, non-profit organization evaluates and accredits hospitals, nursing homes, managed care organizations, home care organizations, laboratory and ambulatory services. Complaint hotline: use the toll free number.

**Parks and Recreation****AA County Dept. of Recreation and Parks**

410-222-7300

[www.aacounty.org/RecParks](http://www.aacounty.org/RecParks)

Primarily responsible for the provision of a comprehensive system of recreational programs for county residents, including specialized recreational facilities, two swim centers, golf courses, baseball stadium, and therapeutic recreation. A Program Guide is available which details all programs and activities. A Senior Lifetime Park Pass is available for seniors 60+ for a one-time fee of \$40 for four regional parks.

**National Parks and Federal Recreational Lands--America the Beautiful Passes**

[www.nps.gov/planyourvisit/passes.htm](http://www.nps.gov/planyourvisit/passes.htm)  
202-208-6843

America the Beautiful Passes cover entrance fees at national parks and national wildlife refuges as well as standard amenity fees (day use fees). The Senior Lifetime Pass costs \$80 and the Senior Annual Pass costs \$20. The Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Documentation of age/disability and residency/citizenship is required.

Passes can be obtained in person with no additional fee; however, if ordered online or by mail there is a processing fee of \$10.

**Arundel Olympic Swim Center**

410-222-7933

301-970-2216

[www.aacounty.org/RecParks/swimcenters](http://www.aacounty.org/RecParks/swimcenters)

Senior swim classes and aerobic water workouts are conducted in a temperature-controlled, 50-meter indoor pool. Locker rooms are available. Call for fees, hours, and class schedules.

**Captain Avery Museum, Inc.**

410-867-4486

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

The Museum offers a full range of educational programs, exhibits and Museum tours throughout the year. Open Sundays 1-4 p.m. April 1-November. Tours also available by appointment. No admission charge; donations accepted.

**City of Annapolis Recreation and Parks Dept.**

410-263-7958

[www.annapolis.gov/recreation](http://www.annapolis.gov/recreation)

[recpark@annapolis.gov](mailto:recpark@annapolis.gov)

To enrich the quality of life for Annapolis area residents and advocate for healthy, active living by offering quality recreational programs and community facilities within an array of parks and natural open spaces.

**Compass Pointe Golf Course**

410-255-7764

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

Public golf course. AA County residents, seniors age 60 and over, senior rates available weekdays. Call for information.

**Eisenhower Golf Course**

410-571-0973

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

Public golf course. AA County residents, seniors age 60 and over, senior rates available weekdays. Call for information.

**MD Dept. of Natural Resources--State Parks**

410-260-8400

Toll Free 877-620-8367

TTY 410-260-8835

[www.dnr.maryland.gov](http://www.dnr.maryland.gov)

Provides wildlife programs, hunting programs, parks, and recreation facilities. Golden Age Pass provides senior citizens age 62+ with discount entry to parks and half price camping Sunday through Thursday. For application, call toll free 800-830-3974.

**North Arundel Aquatic Center**

410-222-0090

[www.aacounty.org/RecParks/swimcenters](http://www.aacounty.org/RecParks/swimcenters)

An eight-lane, 25-yard competition pool, a leisure pool, and an indoor water park. Open seven days a week. Discounts for seniors age 60 and older. Military discounts.

**Pets and Pet Care Services****AA County Animal Control Agency**

410-222-8900

[www.aacounty.org/animalcontrol](http://www.aacounty.org/animalcontrol)

Local animal control office that provides dog and cat licenses, rabies clinics, and animal adoptions. Call to request pickup of stray animals or carcass removal or to report animal abuse.

**People and Animals Who Serve Anne Arundel County (PAWS)**

410-222-0738

[www.aacounty.org/aging](http://www.aacounty.org/aging)

People and Animals Who Serve Anne Arundel County offers programs where volunteers on their own or with pets and/or children regularly visit isolated people in nursing homes, assisted living facilities and hospitals.

**SPCA (Society for Prevention of Cruelty to Animals)**

410-268-4388

410-268-2659

<http://www.aacspca.org/>

Local animal shelter which offers pet adoptions, a low cost spay/neuter clinic, dog obedience classes, lost pet assistance.

**Pharmacies and Pharmacy Assistance Programs****Annapolis Professional Pharmacy**

703 Giddings Avenue

Annapolis, MD 21401

410-263-7440

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

**SPG Arnold Professional Pharmacy**

1460 Ritchie Highway

Arnold, MD 21012

443-949-8373

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

**Empire Professional Pharmacy & Durable Medical Equipment**

200 Hospital Drive

Glen Burnie, MD 21061

410-787-0030

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

**MedPark Professional Pharmacy**

2002 Medical Pkwy, Sajak Pavilion

Annapolis, MD 21401

410-573-6900

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

**SPG Northern Pharmacy & Medical**

Equipment, Inc.

6701 Harford Road

Baltimore, MD 21234

410-370-8183

[northernpharmacy.com](http://northernpharmacy.com)

**ScriptSave Prescription Discount/  
REACH Program**

410-222-4531

www.scriptsav.com Use Group #586.  
The AA County Dept. of Health offers this Prescription Discount Program to all residents of AA County. There is no income or asset test. There are no enrollment fees or costs to obtain a card. Savings range from 21% to 50% on generic and brand name drugs. Discounts are at participating pharmacies.

**Soleil Pharmacy**

801 Landmark Drive  
Glen Burnie, MD 21061  
443-281-9157

www.soleilpharmacy.com

As your neighborhood pharmacy, allow us to show you the true meaning of care. We make it easy! Expert advice with a family touch! Free delivery, Immunizations, Compounding, Prescription Cost review, Compression stockings and much more.

**Physicians****AAMC Community Health Center**

410-990-0050

www.aamccommunityhealthcenter.com/

The AAMC Community Health Center located in Annapolis, MD, is a doctor's office which provides low cost medical care to newborns, children, adults and seniors. The Center currently services patients who are uninsured (self-pay) or have coverage with Medical Assistance, Amerigroup, Priority Partners, and state Amerigroup. "Self pay" patients are charged for services based on their income. Bi-lingual staff.

**AA County Dept. of Health  
Annapolis Health Services**

410-222-7138-Dental

410-222-6797 -WIC

www.aahealth.org

Community health center that offers services related to dental health and the Women, Infants, and Children (WIC) nutrition program

**Anne Arundel Medical Society**

410-544-0312

www.MedChi.org

A free physician referral service for AA County. Call to find an appropriate specialist or a physician in your community.

**Ask AAMC**

443-481-4000

Toll Free 800-636-8773

www.askaamc.org

From 7 a.m. to 1 a.m., nursing hotline that provides medical advice, physician referrals, or answers questions about AAMC programs.

**AA County Dept. of Health Behavioral  
Health Building-Adult Addiction  
Services**

410-222-0100

www.aahealth.org/addiction-clinic/

Substance abuse counseling, treatment, and referrals.

**AA County Dept. of Health  
Glen Burnie Health Center**

410-222-6633

www.aahealth.org/about/location.asp

Community health center that offers services related to communicable diseases, immunizations, Maryland Children's Health Program, pregnancy tests, tuberculosis services, and HIV/AIDS testing and counseling.

**AA County Dept. of Health  
Magothy Health Center**

410-222-6180

www.aahealth.org/location.asp

Community health center that provides free breast exams, mammograms and pap tests for women age 40-64 with no health insurance coverage. Colonoscopy referral available for those ages 50-64 who are income eligible with no insurance. Also provides public health information for residents and health providers. Breast and cervical cancer program: 410-222-6180.

**AA County Dept. of Health  
North County Health Services**

410-222-6861-Dental

410-222-6838-School Health Services

410-222-6797-WIC

www.aahealth.org/about/location

Community health center that offers services related to dental health and the Women, Infants and Children (WIC) nutrition program.

**AA County Dept. of Health  
Parole Health Center**

410-222-7247

www.aahealth.org/location.asp

Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.

**Chase Brexton Health Care-  
Anne Arundel County Center**

410-837-2050

200 Hospital Drive, Suite 300, Glen Burnie, MD 21061

http://chasebrexton.org

At Chase Brexton, we are passionate about people and passionate about addressing their health care needs. Chase Brexton provides a different health care experience. Everyone is welcome!

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Toll Free 800-778-3236

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A personalized referral service to connect you with a primary care physician or specialist that meets your needs. You can request a search by specialty, location, gender and even language spoken.

**University of MD School of Dentistry**

410-706-7101

Toll Free 866-787-8637

www.dental.umaryland.edu

Provides comprehensive family dental care. Before beginning any treatment, dental health care providers conduct a complete examination to determine the best treatment plan. Faculty reviews and evaluates all treatment provided by students. Patient care may take longer, but personal attention and supervision are assured. Personal payment plans, some types of insurance and Medical Assistance are accepted. Call for more information on insurance.



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www.professionalpharmacygroup.com

**TTY users can call  
Maryland Relay 711**

**The Joint Replacement Center at University of Maryland Baltimore Washington Medical Center**

301 Hospital Drive, Glen Burnie, MD 21061  
 410-553-8282  
[www.mybwmc.org/joint-replacement](http://www.mybwmc.org/joint-replacement)  
 Providing comprehensive, team-focused care for joint replacement patients. Personalized care plans are developed for each patient including non-surgical pain management options and a dedicated team who provide support before, during and long after joint replacement surgery.

**Veterans Affairs Glen Burnie Outpatient Clinic**

410-590-4140-outpatient clinic  
 410-605-7333-appointment call center  
[www.maryland.va.gov](http://www.maryland.va.gov)  
 Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

**Real Estate Services**

**SPG Black Dogs Real Estate Investments, LLC** 4 Evergreen Rd, Suite 200  
 Severna Park, MD 21146  
 443-838-4895  
 Black Dogs buys your home as-is: no commissions, no repairs, no contingencies, no uncertainty, no stress. Close quickly, with cash in hand, and move forward with your life.

**SPG Coldwell Banker-Ann Englehart**  
 4 Church Circle  
 Annapolis, MD 21401  
 443-745-5799  
[www.homesbuytheshore.com](http://www.homesbuytheshore.com)

**SPG Fast Property Solutions, LLC**  
 7424 Baltimore Annapolis Blvd.  
 Glen Burnie, Maryland 21061  
 443-622-8709  
[trustedestateresources.com](http://trustedestateresources.com)

**Joan F Eisenhardt**  
 8230 Ritchie Highway  
 Pasadena, MD 21122  
 410-979-2590  
[www.c21joan.com](http://www.c21joan.com)  
 Realtor specializing in mature moves. Full service, full time, all the time!  
*Please see our ad on page 74*

**SPG Leslie the Realtor - Taylor Properties**  
 175 Admiral Cochrane Dr, Suite 111  
 Annapolis, MD 21401  
 301-922-8622  
[LeslietheRealtor.net](http://LeslietheRealtor.net)

**Long & Foster and Christie's International Real Estate**

320 Sixth Street  
 Annapolis, MD 21403  
 410-703-3294 (Marie Simpson)  
 Marie is a realtor with Annapolis Eastport, Long & Foster and Christie's International Real Estate. As a certified Senior Real Estate Specialist, a retired Anne Arundel County Public Health Nurse and a local senior center instructor, Marie has a knowledge base seldom found in Real Estate sales that can help you or your loved one determine what is the best type of move for you. Call so we can evaluate your options.

**Peggy Love, SRES**  
 Annapolis Fine Homes Office  
 Long & Foster Real Estate, Inc.  
 145 Main Street  
 Annapolis, MD 21401  
 703-508-1242  
[peggy.love@LNF.com](mailto:peggy.love@LNF.com)  
[www.peggylove.inf.com](http://www.peggylove.inf.com)  
 Real estate specialist with extensive training in helping clients aged 50+. Also, an attorney who understands the legalize involved with real estate transactions. Devoted to providing reputable services that win and sustain trusting relationships.

**Trusted Estate Resources**  
 7424 Balto Annapolis Blvd  
 Glen Burnie, MD 21061  
 443-622-8709  
 We will buy your home fast for all cash. There are no fees, upfront costs, commissions, in your time frame no matter what kind of property or circumstance. Call for a free consultation.

**Referral and Planning Services**

**SPG Assisted Living Locators**  
 1010 Samantha Lane  
 Odenton, MD 21113  
 410-610-6343  
[www.annapolis.assistedlivinglocators.com](http://www.annapolis.assistedlivinglocators.com)  
 As senior living advisors, we give comprehensive guidance matching the care you seek with local senior living options. Providers reimburse us for our services with no additional cost to you.

**TTY users can call Maryland Relay 711**

**TTY users can call Maryland Relay 711**

**CENTURY 21**  
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**Direct: 410.979.2590**

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Office: 410.384.9000

**SPG Care Patrol**  
PO Box 494  
Severn, MD 21144  
301-213-1521  
www.carepatrol.com

**SPG Client First Health Solutions**  
P.O. Box 80  
Arnold, MD 21012  
703-346-6772  
clientfirsths.com

## Rehabilitation, Physical Therapy

**SPG Charlotte Hall Veterans Home**  
29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-884-8171  
www.charhall.org  
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care.  
*Please see our ad on page 24*

**Division of Rehabilitation Services—Annapolis**  
410-974-7608  
TTY 410-974-7742  
Videophone 443-569-7145  
www.dors.state.md.us  
A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind includes teaching individuals, over age 55 who are not seeking employment, homemaking skills, orientation, mobility and Braille lessons. Counselor for all deaf clients located in this office.

**Division of Rehabilitation Services—Linthicum**  
410-636-9010  
www.dors.state.md.us  
A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, with counseling, evaluation, and vocational training.

**Fairfield Nursing & Rehabilitation Center**  
1454 Fairfield Loop Road  
Crownsville, MD 21032  
410-923-6820  
Inpatient rehabilitation with private rooms, offering 24-hour nursing care, physical, occupational and speech therapy. Long term care unit as well. Quiet, park-like setting.

**SPG Fox Rehabilitation**  
7 Carnegie Plaza  
Cherry Hill, NJ 08003  
301-802-7047  
www.foxrehab.org

www.aacounty.org/aging

**SPG Personal Solutions Therapy Services LLC**  
880 Mallard Circle  
Arnold, MD 21012  
443-848-3994  
www.personalsolutionstherapyservices.com

## Respite Care

**SPG Response Senior Care, LLC**  
1831 Forest Drive, Suite G  
Annapolis, MD 21401  
410-571-2744  
www.response-seniorcare.com  
Personal in-home care provided by experienced, qualified employees. Consultation and supervision by R.N. Hourly live-in. Licensed by the State of Maryland, bonded, insured, employee criminal background performed. FREE CONSULTATION.  
*Please see our ad on page 65*

**AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program**  
410-222-4257  
Toll Free 800-492-2499  
www.aacounty.org/aging

**AA County Dept. of Aging and Disabilities/Respite Care Referral Program**  
410-222-4257  
Toll Free 800-492-2499  
www.aacounty.org/aging

**SPG Right At Home**  
1831 Forest Drive, Ste. E, Annapolis  
410-846-0141  
www.rightathomemd.net  
Right at Home has been serving the community since 2004, employing highly trained, licensed, bonded and insured caregivers to provide care in your home. Our service quality and reliability are our difference. The Right Care, Right at Home.  
*Please see our ad on page 65*

## Senior Activity Centers

(See also Lunch Sites)

**AA County Dept. of Aging and Disabilities/Annapolis Senior Activity Center**  
410-222-1818  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities and hot nutritious lunches. Monthly activity schedules available. Age 55 and older. Senior Center Plus program available for more frail seniors.

**AA County Dept. of Aging and Disabilities/Arnold Senior Activity Center**  
410-222-1922  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches available. Monthly activity schedules available. Age 55 and older. Senior Center Plus program available for more frail seniors.

**AA County Dept. of Aging and Disabilities/Brooklyn Park Senior Activity Center**  
410-222-6847  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities, hot nutritious lunches available. Monthly activity schedules available. Age 55 and older.

**AA County Dept. of Aging and Disabilities/O'Malley Senior Activity Center**  
410-222-6227  
O'Malley ANNEX  
410-222-0140  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

**AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center**  
410-222-0030  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities, hot nutritious lunches available. Monthly activity schedules available. Age 55 or older.

**AA County Dept. of Aging and Disabilities/Pascal Senior Activity Center**  
410-222-6680  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older. Senior Center Plus program available for more frail seniors.

**AA County Dept. of Aging and Disabilities/Senior Center Plus**  
410-222-4366  
Toll Free 800-492-2499  
www.aacounty.org/aging  
Provides specialized activities for frail older adults in three senior centers. The program is offered in three of the seven senior centers. Special staff is available to a small group of seniors who may have impairments, but do not require medical intervention, to help them maneuver the busy environment of the center. There is a fee to participate in this program.

**AA County Dept. of Aging and Disabilities/South County Senior Activity Center**  
410-222-1927  
www.aacounty.org/aging  
Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

## Subsidized Housing

### Congregate Housing Services Program

[www.aacounty.org/aging](http://www.aacounty.org/aging)  
Provides supportive services in various apartment buildings to low and moderate income seniors age 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, housekeeping, laundry, personal assistance and service management. Providers include: Annapolis Housing Authority Morris Blum Apartments 410-267-8000; Catholic Charities-Arundel Woods at 667-600-3160 and Friendship Station at 410-519-6085. Also known as the "Choice" program. Financial assistance available based on income.

### Housing Authority of the City of Annapolis

410-267-8000  
Toll Free 800-438-1385  
[www.hacamd.org](http://www.hacamd.org)  
The federally-funded Low-Rent Public Housing Program provides quality, affordable rental housing for families, seniors, and persons with disabilities at developments that are owned and operated by the Housing Authority of the City of Annapolis. The agency owns and manages approximately 1,104 rental units throughout 11 housing developments.

### Housing Commission of AA County

410-222-6200  
[www.hcaac.org](http://www.hcaac.org)  
Provides affordable housing and related services to nearly 3,000 low-income families, including senior citizens and persons with disabilities. Programs include Public Housing, Housing Choice Vouchers, Homeownership Counseling, and many other specialized programs and services. Communities include Heritage Crest, Meade Village, Pinewood Village, Pinewood East, Freetown Village, Glen Square, Stoney Hill, Oakleaf Villas, and the Thomas Pumphrey House. Housing Choice Vouchers are widely accepted throughout the county.

## Support Groups

### Alcoholics Anonymous–Annapolis Area Intergroup Inc.

410-268-5441  
[www.annapolisareaintergroup.org](http://www.annapolisareaintergroup.org)  
An international support group which seeks to have participants stay sober and to help other alcoholics achieve sobriety. Free.

### AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program

410-222-4257  
Toll Free 800-492-2499  
[www.aacounty.org/aging](http://www.aacounty.org/aging)

### AA County Partnership for Children, Youth and Families

410-222-7423  
A support system for grandparents and other adults raising a relative's child, with monthly support groups, a resource manual, guidance, community referrals, and information.

### AARP–Grandparent Information

Toll Free 888-687-2277  
[www.aarp.org/grandparents](http://www.aarp.org/grandparents)  
Information for grandparents raising grandchildren. Online resources also available.

### ALS Association

301-978-9855  
Toll Free 866-348-3257  
[www.ALSinfo.org](http://www.ALSinfo.org)  
Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for ALS and PLS.

### American Cancer Society

Toll Free 800-227-2345  
[www.cancer.org](http://www.cancer.org)  
A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

### American Cancer Society/Greenbelt Office

301-982-2161  
[www.cancer.org](http://www.cancer.org)  
Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. Volunteer opportunities.

### American Diabetes Association

410-265-0075  
Toll Free 800-342-2383  
[www.diabetes.org](http://www.diabetes.org)  
The mission of this association is to prevent and cure diabetes and to improve the lives of people affected by diabetes. To fulfill this mission, the ADA funds research, provides information, and advocates.

### American Heart Association

410-685-7074  
Toll Free 800-242-8721  
[www.heart.org](http://www.heart.org)  
Mission is to build healthier lives free of cardiovascular diseases and stroke. Printable information on heart attack and stroke prevention and treatment is available on the above website. CPR course information also can be found on the website and is sorted by zip code.

### American Lung Association

804-302-5740  
Toll Free 800-LUNGUSA  
[www.lung.org](http://www.lung.org)  
The American Lung Association in Maryland is working to save lives by improving lung health and fighting lung disease through education, advocacy, and research. Services include smoking cessation support groups for people with chronic lung disease, asthma management programs and a toll free helpline.

### American Parkinson Disease Association

410-315-9953; 800-862-5457  
800-223-2732 Toll Free  
[www.adaparkinson.org](http://www.adaparkinson.org)  
The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Call for days and times.

### Anne Arundel County Ostomy Association, Inc.

410-647-6171  
[www.annearundelostomy.com](http://www.annearundelostomy.com)  
A chapter of the United Ostomy Association of America, Inc., the local support group meets the first Thursday of the month at 7:30 p.m. on the 7th floor of the Belcher Pavilion at Anne Arundel Medical Center. This is a non-profit, volunteer-based organization dedicated to providing reassurance and emotional support for people who have had or will have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy or a continent procedure. They also publish a newsletter.

### At Home Chesapeake

410-419-7823  
[www.athomechesapeake.org](http://www.athomechesapeake.org)  
A non-profit membership organization, part of the nationwide Village to Village Network, where members actively participate in creating opportunities for advocacy, education, health management, and social connectivity for themselves and others so that they can live in their communities for a lifetime.

### Brain Injury Support Group

[www.biamd.org](http://www.biamd.org)  
Brain Injury support group meets at Lifequest/Mary T. Maryland Neurological Resources, a brain injury service provider, from 7-8:30 p.m. every third Tuesday of the month.

### Changing Focus

410-721-0992  
[www.changingfocus.org](http://www.changingfocus.org)  
Provides a variety of educational and healing environments for the growth of people in personal crisis. Programs include support groups for marital separation, divorce or death of a spouse or significant other.

**Muscular Dystrophy Association, Inc.**

410-494-7106

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

A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; annual physical therapy at clinic, occupational therapy at clinic and speech evaluations; medical equipment loan closet; and volunteer opportunities.

**Myasthenia Gravis Mid-Atlantic Region**

Marika Bates 410-544-4185 (Please leave a message) or [marika.bates@gmail.com](mailto:marika.bates@gmail.com)

Butch Jones 443-306-0252 (Please leave a message) or [butchserver@gmail.com](mailto:butchserver@gmail.com)

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

Support group meetings are held the 1st Saturday of each month, 10 a.m.-noon at Baltimore-Washington Medical Center, 3rd Floor conference room (Glen Burnie). When weather is questionable or it is a holiday weekend, please call contact number to check for cancellation.

**National Alliance on Mental Illness (NAMI) AA County Inc.**

443-569-3498

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

Local affiliate of NAMI provides nonprofessional support to an individual or family member dealing with the impacts of mental illness on their lives. NAMI hosts weekly support groups facilitated by trained volunteers. Call for meeting details. Some support groups are for consumers of mental health services; others are for family members and other persons who care. Offers printed, on-line, and telephone information. Mission is to positively impact the lives of those affected by mental illness in AA County by reducing stigma and providing support, education, and advocacy.

**National Federation of the Blind**

410-659-9314

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

Provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services, protection of civil rights, development and evaluation of technology, and support for blind persons and their families.

**National Kidney Foundation of MD**

410-494-8545

Toll Free 800-671-5369

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

Provides patient education, support and research, medical identification jewelry, emergency financial assistance and free health disease screenings.

**National Multiple Sclerosis Society/ MD Chapter**

443-641-1200

Toll Free 800-344-4867

[www.nmss-md.org](http://www.nmss-md.org)

Provides information and referral, community services navigation, short-term care management, and financial assistance for individuals with MS.

**Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine**

410-955-8795

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

Offers community outreach and education programs for individuals with Parkinson's disease or other motion disorders and their families and/or caregivers. Area support groups available. Free literature. Personal case management services.

**Young Aphasia Communications Club (YACC)**

Judy Crane 301-520-9044 or [jbcrane77@gmail.com](mailto:jbcrane77@gmail.com)

Debra Piccirillo (SLP) 443-425-2255 or [dpiccirillo@me.com](mailto:dpiccirillo@me.com)

YACC is a support group for people who have aphasia from a stroke or brain injury. The support group meets the second Monday every month (except June, July, and August) at 4pm St. Phillips Episcopal Church, 730 Bestgate Road, Annapolis. No fee.

**Tax Information and Assistance****AA County Office of Finance**

410-222-1144

[www.aacounty.org/finance](http://www.aacounty.org/finance)

Collects tax and utility payments. Call for locations and hours throughout the County or visit website for further information.

**Homeowner's Property Tax Credit Program (HOPTC)**

410-767-4433

Toll Free 800-944-7403

[www.dat.state.md.us](http://www.dat.state.md.us)

The State of MD has set a limit on the amount of property taxes any homeowner must pay based upon his/her income. This program assists applicants with payment on property tax bills. Applications also available at AA County Dept. of Aging and Disabilities.

**Renter's Tax Credit Program (RTC)**

410-767-4433

Toll Free 800-944-7403

[www.dat.state.md.us](http://www.dat.state.md.us)

Agency assists applicants with payment on rental bills. Credit applies to permanently disabled and renters 60 and older who meet certain income requirements. Applications also available at AA County Dept. of Aging and Disabilities.

**Telephone Tax Exemption Program**

410-222-1739

Individuals with Hearing or Speech Impairment: Dial 711

Provides exemption of local telephone tax for citizens 65 or older or receiving benefits for a permanent disability. Call for household income limit.

**Temporary Shelter****Arundel House of Hope – Winter Relief Program**

410-863-4888 x112

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

Provides emergency shelter and support services including case management through a partnership with more than 70 churches typically from October through March for those who are experiencing homelessness.

**Light House**

410-263-1835

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

A homeless prevention support center that provides emergency shelter and also transitional housing for homeless individuals and families. Services include case management, food and assistance with eviction prevention and BGE turn-off prevention. Resource and support center offering education, job training and life-skill services. Must be drug/alcohol free. Volunteer opportunities available.

**Sarah's House**

410-551-7722

[www.catholiccharities-md.org/sarahs-house](http://www.catholiccharities-md.org/sarahs-house)

A 24-hour shelter program serving the homeless in AA County; onsite child care for program participants. Serves homeless women, children and men. Must be alcohol and drug free. Provides case management, childcare, transportation and employment services. Eligibility: initial screening through Dept. of Social Services.

**TTY users can call  
Maryland Relay 711**

## Transportation

### AA County Office of Transportation/Taxi Voucher Service

410-222-4222

[www.aacounty.org/departments/transportation/](http://www.aacounty.org/departments/transportation/)

Provides coupons for discounted taxi cab service within the county to persons 55 years and older and people 18 or older with disabilities, who meet income guidelines. Motorized wheelchairs cannot be accommodated.

### AA County Office of Transportation/Van Transportation

410-222-0022

[www.aacounty.org/departments/transportation/](http://www.aacounty.org/departments/transportation/)

Donation-based program that provides transportation to Seniors 65 and over and adults 18 and over with disabilities. Transportation is provided to nutrition sites, medical appointments, dialysis and senior centers. Curb to curb service. Wheelchair accessible vehicles available. Advanced notice is required.

### AA County Dept. of Health/Medical Assistance Transportation

410-222-7152

[www.aahealth.org/programs/uninsured/trans/med-trans](http://www.aahealth.org/programs/uninsured/trans/med-trans)

Transportation is provided for those with Medical Assistance who have no other means of transportation.

### Annapolis Transportation Department

410-263-7964

<http://www.annapolis.gov/government/city-departments/transportation>

Bus transportation for the City of Annapolis. Senior discounts and wheelchair lift buses available. Door-to-door service. Call to schedule special needs service. Photo ID obtained Monday-Friday at 308 Chinquapin Round Road.

### MD Transit Administration (MTA)/People with Disabilities and Seniors Fare Program

410-767-3438

MTA Certification Office: 6 St. Paul Street (Lobby Level), Baltimore, MD 21202

[www.mta.maryland.gov/disabled-reduced-fare-program](http://www.mta.maryland.gov/disabled-reduced-fare-program)

People with disabilities and senior citizens age 65 years and older can use the bus, light rail, Metro and MARC train at a reduced cost. For further information, call or visit the MTA Certification Office.

### MD Transit Administration (MTA)/Mobility/Para-transit

410-764-8181

Toll Free 866-743-3682

TTY 410-333-3624

[www.mta.maryland.gov/mobility/](http://www.mta.maryland.gov/mobility/)

[www.mta.maryland.gov/content/brochures-publications](http://www.mta.maryland.gov/content/brochures-publications)

MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

### MD Transit Administration (MTA)/Call A Ride

410-664-2030

Toll Free (General Information – 866-743-3682)

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

[http://www.taxiaccess.org/MTA\\_Call\\_a\\_Ride\\_Brochure.pdf](http://www.taxiaccess.org/MTA_Call_a_Ride_Brochure.pdf)

MTA Taxi Access II Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

### SPG Partners In Care Mobility PIC-UP Bus

8151-C Ritchie Highway

Pasadena, MD 21122

410-544-4800; Toll Free 1-800-227-5500

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

The Mobility PIC-Up Bus, is an on-demand, fee-for-service transportation option that provides wheelchair accessible service to older adults 50 and over at affordable rates. The PIC-Up Bus also offers group rates for recreational and social events. Call for more information

*Please see our ad on page 79, 71*

### SPG Partners In Care Ride Partners

8151-C Ritchie Highway

Pasadena, MD 21122

410-544-4800; Toll Free 1-800-227-5500

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

Partners In Care volunteers use their own vehicles to provide occasional arm-in-arm, door-through-door transportation for adults over the age of 50, to non-emergency medical appointments, pharmacies, grocery stores, hair salons, and other errands. Approved caregivers may ride along. Call to find out more about eligibility and guidelines.

## Veterans

### American Red Cross/Chesapeake Region

410-624-2000

1-800-redcross for Blood Donation

Toll Free 800-787-0091

[www.redcross.org/gcr](http://www.redcross.org/gcr)

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

### Annapolis Community Acupuncture

443-951-1575

17 North Southwood Avenue, Annapolis, MD 21401

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

Free services Thursday 3pm-7pm for veterans, active duty, national guard and reservists. If you have pain, trouble sleeping, we can help you! Please make an appointment to ensure that you will be treated. To make an appointment, go to the website listed above or call 443-951-1575. Please bring proof of veteran status to your first appointment (retired military ID, VA ID card, or your DD-214)

### AA County Brain Injury Support Group

[www.biamd.org/central-md.html](http://www.biamd.org/central-md.html)

Monthly meetings are held every 3rd Tuesday from 7-8:30pm at LifeQuest - Mary T. Maryland, 1114 Benfield Blvd., Suite A-D, Millersville, MD 21108. Contact Debbie Cottrill at 410-320-8948 or [deblcottrill@gmail.com](mailto:deblcottrill@gmail.com) for any questions.

### AA County Mental Health Agency

410-222-7858

<http://annearundel.md.networkofcare.org>

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

The Network of Care for Service Members, Veterans and Their Families is an effort to take a community approach to the needs of returning veterans. One-stop shop for virtually all services, information, support, advocacy, and more. Attempts to bring together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

### AA County Veterans Affairs Commission

410-222-1260

[www.aacounty.org/veterans](http://www.aacounty.org/veterans)

A forum for all AA County veterans of military service. The commission meets at 6:30pm the last Thursday of the month at the Arundel Center, Room 161, 44 Calvert Street., Annapolis. The meeting is open to the public.

### Arundel House of Hope-Patriot House

410-863-4888

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

Provides transitional housing for veterans who are homeless along with support with employment, substance abuse, mental health, and health care.

**TTY users can call  
Maryland Relay 711**

**SPG Charlotte Hall Veterans Home**

29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-884-8171

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

Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care.

*Please see our ad on page 24*

**MD Dept. of Veterans Affairs**

410-260-3838

Toll Free 800-446-4926

<http://veterans.maryland.gov>

Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

**MD Veterans Cemetery/Crownsville**

410-923-6981

<http://veterans.maryland.gov/maryland-department-of-veterans-affairs-cemetery-program/>

Burial benefits for the veteran include: a gravesite in an available space, opening and closing of the grave, perpetual care, a Government marker, a burial flag and a Presidential Memorial Certificate, at no cost to the family.

**Veterans Affairs (VA) Outpatient Clinic**

Fort Meade 410-305-5300

Glen Burnie 410-590-4140

[www.maryland.va.gov](http://www.maryland.va.gov)

Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

**Veterans Affairs (VA) MD Health Care System**

410-605-7000

Toll Free: 800-463-6295

Appointments M-F 7:30am-5pm 1-800-463-6295 ext 7333

Eligibility and Enrollment M-F 8am-4:30pm 1-800-463-6295 ext. 7324

Telephone Care Line 24/7 1-800-865-2441

Veterans Crisis Line 24/7 1-800-273-TALK (8255) press 1

[www.maryland.va.gov](http://www.maryland.va.gov)

Dedicated to providing quality, compassionate and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Loch Raven VA Community Living & Rehabilitation Center and six community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

**Veterans of Foreign Wars**

Service Officer 410-230-4480

State Contact 410-752-6474

Toll Free 1-800-VFW-1899

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

Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

**Victim and Witness Assistance****Anne Arundel Medical Center's Abuse and Domestic Violence Center**

443-481-1209

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

Free, anonymous crisis counseling, personal and legal advocacy, injury documentation, community referrals and community presentations.

**MD Crime Victims' Resource Center, Inc. (MCVRC)**

301-952-0063

410-234-9885

Toll Free 877-842-8461

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

Provides free information and support through criminal justice proceedings, legal representation, referrals, and support groups.

**State's Attorney's Office/Victim & Witness Services**

410-222-1740 ext 3811

[www.statesattorney-annearundel.com](http://www.statesattorney-annearundel.com)

Provide pretrial assistance and court accompaniment to crime victims and witnesses who will be called to testify in AA County.

**Vital Records****AA County Dept. of Health**

410-222-4462

TTY 800-735-2258

<http://www.aahealth.org/programs/vital-records>

Provides certified copies of birth certificates for a fee to individuals born in Maryland after 1942. Hours are M-F 8am-12:30pm and 12:30pm-3:30pm except Holidays.

**MD Dept. of Health**

410-767-6500

Toll Free 877-463-3464

TTY 800-735-2258

[www.health.maryland.gov/vsa](http://www.health.maryland.gov/vsa)

The Vital Records Administration provides copies of birth, death, divorce, adoption, etc., records for a fee.

**Volunteer Assistance and Opportunities****AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program**

410-222-4257

Toll Free 800-492-2499

[www.aacounty.org/aging](http://www.aacounty.org/aging)

**AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP)**

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)

**AA County Dept. of Aging and Disabilities/Telephone Reassurance**

410-222-4375

[www.aacounty.org/aging](http://www.aacounty.org/aging)

**American Cancer Society**

1-800-227-2345 Toll Free

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

Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. We are available 7 days a week, 24 hours a day, 365 days a year. Volunteer opportunities are available.

**American Red Cross/ Greater Chesapeake Region**

410-624-2000

1-800-redcross for Blood donation

Toll Free 800-787-0091

[www.redcross.org/chesapeake](http://www.redcross.org/chesapeake)

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

**Partners In Care****PIC-Up Bus**

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- Caregivers welcome

**410-544-4800**

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

**Anne Arundel Medical Center Volunteer Program**

443-481-5050

[www.aahs.org/about/volunteer.php](http://www.aahs.org/about/volunteer.php)

There are many opportunities for you to help fulfill AAMC’s mission of providing patient-centered, high quality, cost-effective health care services to our community. Must have physical endurance to be considered.

**Bay Community Support Services, Inc.**

410-224-4205, Ext. 101

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

Provides residential and vocational services to people with disabilities in Maryland. Volunteer opportunities support them, such as office support, home maintenance, fund raising, board membership, and quality assurance in addition to special projects.

**Chores and More/St. Margaret’s Episcopal Church**

443-808-3875

<http://www.st-margarets.org/volunteer-opportunities.html>

A volunteer program that offers temporary help for shut-ins of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor’s appointments.

**Friends of Arundel Seniors, Inc.**

410-222-4257

A non-profit organization run by volunteers who raise funds and collect donations to provide assistance to AA County residents who are 55 years of age and older or adults of any age with disabilities by installing home safety devices such as bathtub safety grips, tub chairs, smoke detectors, house numbers, etc.

**Habitat for Humanity of the Chesapeake**

410-366-1250

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

Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute “sweat equity” and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium “ReStore” retail outlet thrift shops for home improvement items. Proceeds go to Habitat.

**SPG Partners In Care**

8151-C Ritchie Highway

Pasadena, MD 21122

410-544-4800; Toll Free 1-800-227-5500

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

Neighbors Helping Neighbors. Got an hour? Take a neighbor to the doctor, pick up/deliver groceries; change a light bulb, visit a neighbor; or work at our Upscale Resale Boutique. Join our caring community today! Orientations are held twice a month. Call and join today!

**PAWS (People and Animals Who Serve Anne Arundel County)**

410-222-0738

[www.aacounty.org/aging](http://www.aacounty.org/aging)

Please see listing under Pets and Pet Care Services

**Rebuilding Together/AA County Inc.**

410-923-9992

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

Home repairs for low income and elderly homeowners and/or homeowners with disabilities. Applications taken year-round. Volunteers welcome.

**SCORE**

410-266-9553

[www.score390.org](http://www.score390.org)

Low cost workshops and free counseling are offered by volunteers with business experience to those wanting to start a new small business or improve their existing small business.

**State’s Attorney’s Office/Volunteer Program**

410-222-1740 ext. 3895

[www.statesattorney-annearundel.com](http://www.statesattorney-annearundel.com)

Provides staff support from general office duties to case research opportunities. Available in all three offices.

**Unified Community Connection of Central Maryland**

410-484-4540

TTY 800-451-2452

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

Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

**Voting**

**AA County Board of Elections**

410-222-6600

[www.aacounty.org/Elections](http://www.aacounty.org/Elections)

Manages the voting process in AA County including voter registration, absentee ballots, change of address, deceased lists, and change of affiliation. Citizens with disabilities can request assistance or absentee ballots. Volunteers accepted for Election Officials.



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

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