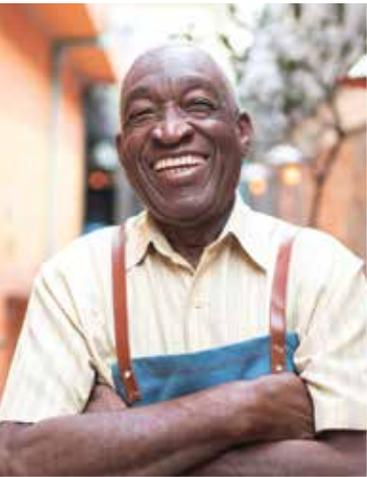


2020-2021



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

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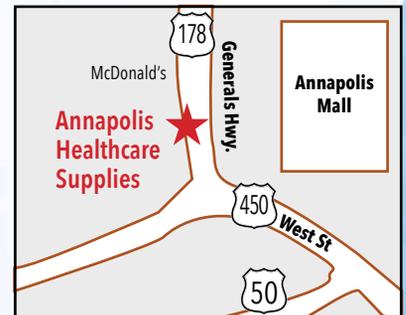
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Steuart Pittman

COUNTY EXECUTIVE



I

welcome you to the 2020-2021 edition of the Directory for Older Adults, Individuals with Disabilities, and Caregivers.

This year's edition will be different. We're in the middle of a pandemic that has closed our senior activity centers for months. This disease is hitting older adults much harder than any other group. And even for those who have not been infected by the virus, the isolation that is required of all of us, but especially our older adults, residents with disabilities, and caregivers, has created a lot of loneliness. I want to express my sympathies to you during this difficult time. Whether you have lost a loved one, been unable to see family, or are struggling in one of the many other ways this crisis has impacted us, we are here for you.

I feel so much gratitude for our Department of Aging and Disabilities and their incredible team. They have stepped up for our communities during this crisis in ways I could have never imagined. They have recruited staff from across county departments to make sure our seniors are getting a phone call every week to see how they're doing. They are distributing food in multiple locations and in a variety of ways to ensure individuals at high risk have a safe way to get meals. And they have created virtual services to keep you engaged through a variety of videos on fitness, cooking, technology training, and other educational lessons.

This Directory will provide you with useful information about these programs and more. As we create new programs designed to assist you in the future, we need to hear from you. Let us know what you need. Talk to the staff and the director at your local senior center. Engage with the Area Agency on Aging Advisory Council, or call the Department of Aging and Disabilities at 410-222-4257.

We hope you keep this Directory at your fingertips and use it often.



"I FEEL SO MUCH GRATITUDE FOR OUR DEPARTMENT OF AGING AND DISABILITIES AND THEIR INCREDIBLE TEAM. THEY HAVE STEPPED UP FOR OUR COMMUNITIES DURING THIS CRISIS IN WAYS I COULD HAVE NEVER IMAGINED."



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“BayWoods became the perfect launch for our retirement adventure,” says Parker. “We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, and local Annapolis entertainment all within easy access to Baltimore and Washington. Patty enjoys walking the couple’s dog, Briny, in Quiet Waters Park, just across the street from BayWoods, in addition to pursuing her community activities as a volunteer with Hospice of the Chesapeake. “This is an active lifestyle filled with adventures every day, all in a pet-friendly continuing care retirement community with equity ownership,” she says.

For more information, visit baywoodsofannapolis.com. or
Call Jim Harrington to schedule your tour@ 443-837-1208

Pamela Jordan

DIRECTOR



In a time when a little known acronym outside the health provider community like PPE has become everyday COVID-19 speak, the Department of Aging and Disabilities remains committed to fully supporting the community in unique and innovative ways to help you through this pandemic and uncertain times.

Cornerstone programs that were restructured to keep services going remotely and at a safe distance include the Senior Nutrition Program, Senior Center activities through the daily R.O.V.E.R.S. virtual experience (Remote, Online, Virtual Education and Resources of Seniors); Senior Health Insurance and Information and Assistance options counseling; caregiver support groups and daily well-checks to all the clients known to us in every program. Our dedicated Long-term Care Ombudsman and Assisted Living Program staff continue to ensure the safety of residents in nursing homes and assisted living facilities. In addition, the County launched the Food Access Warm Line (410-222-FOOD) to connect callers with viable resources to reduce and eliminate hunger in our community.

As of this writing, we are still doing our work remotely but please know that we miss you and look forward to a time when we can be back in the community in more traditional ways to serve you. In the meantime, the staff at the Department of Aging and Disabilities remains committed to providing seamless, accessible services virtually with everyone's health and safety in mind.

I hope you find this directory, the work of a long-time partnership with the Anne Arundel County Senior Services Provider Group, and What's Up? Media, useful.

Please continue to reach out to us at 410-222-4257 (TTY users please call via Maryland Relay 711) to be connected to all our services and tune it to R.O.V.E.R.S. each day around 5:00 p.m.

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SOCIAL MEDIA

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Twitter:

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Instagram:

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Website:

aacounty.org/aging

DEPARTMENT OF AGING AND DISABILITIES SERVICES

MD Access Point:

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410-222-4464

Nutrition Program:

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410-222-0256



AA COUNTY SERVICES

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410-222-0600

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TTY users, please call via Maryland Relay 711. All materials available in alternative format upon request.

W

elcome to the 2020-2021 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. If you're reading the actual hard copy of this publication, then thank you - perhaps you have ventured out of your home to access one of the many services this department is safely staging in the community to keep you healthy with food resources. If the hard copy has been delivered to your home or you are reading this on-line, good for you as well as "safer at home" will likely continue to be important guidance for the community.

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Ellen Christian
Care Patrol



Ellen Christian

Vice-President
Leslie Albertson
Coldwell Banker



Leslie Albertson



Tammy Turner



Donna Butman

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Tammy Turner
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Dan Downer
*Daniel J. Downer, Jr.
Attorney at Law*

Debbie Carta
What's Up? Media

D

ear Seniors, Families, Care-givers, and Senior Professionals,

Thank you for your interest in The Anne Arundel Senior Provider Group. "SPG" is a non-profit membership group comprised of businesses and organizations who work with and provide services to older adults and their support teams. SPG strives to meet the needs of their members by providing informative professional speakers, excellent networking and a nutritious breakfast. Our most important function is to provide grants for non-profits working primarily with seniors through membership dues and a variety of fundraising programs. We have recently been awarded the opportunity from What's Up Magazine to benefit from a portion of their sales revenue to increase our grant scope and dollars. We are so excited that we were selected and cannot wait until we can assist more non-profits in funding specific programs. Details about our grant program can be found on the SPG website.

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 are a wonderful resource for the senior community and provide excellent options for care and services to families, care givers and professionals in Anne Arundel County.

We welcome guests and new members to our meetings that typically take place on the second Tuesday of the month from 8:30-10:00 am. We generally meet at Woods Church in Severna Park, but please check our website for specific locations as we sometimes have our meetings off-site at member communities. Our website is www.seniorprovidergroup.org or reach us at seniorprovidergroup@gmail.com.

Best Regards,
Ellen Christian, *President*
The 2020 Board

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Area Agency on Aging Advisory Council

Left to right:

Mary Ann Yarborough,
Kathy McNally, Lynn
Campbell (Chair), Randy
Marshall, Donna Belt (Vice
Chair), Patti Cho, Shirley
Wagner, Wayne Taylor



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.

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

Our council was established by the Older Americans Act of 1965 (Sec 1321.57) to serve in an advisory capacity to the DoAD 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 activity center, general public and affiliate service provider representatives.

The council assists the DoAD in staffing outreach events and co-sponsors the Older Americans Month Celebration held annually in May. The council will also support the DoAD's new multi-year, multi-department, program initiative to become an AARP certified Age-Friendly county. This effort will adopt age-friendly practices to further prepare Anne Arundel County for its fastest growing population and enhance the health and quality of life of older adults.

The Area Agency on Aging Advisory Council is pleased to be a part of the 2020-2021 edition of Services for Seniors, 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 (DoAD) customer service centers in Annapolis and Glen Burnie, at any one of the seven senior activity centers listed on pages 36-37 and at local libraries, businesses, professional offices and faith-based organizations. English and Spanish versions are also available on line at <https://www.aacounty.org/services-and-programs/services-for-seniors-adults-with-disabilities-and-caregivers>.

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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.



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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 is a type of housing for older adults that provides 24-hour supervision and support services to help individuals 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. Things to take into consideration include the price, location, and any amenities that are offered by the facility.

5

ARE THERE ANY RESOURCES TO HELP WITH FINDING AN ASSISTED LIVING RESI- DENCE?

To help you narrow your search, you may 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 7 8 9 10

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.

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.

MY FAMILY HAS CHOSEN AN ASSISTED LIVING RESIDENCE. WHAT'S 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.

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.

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 staff and trust your instincts.

Help Wanted: Family Caregiver



Untrained family member or friend to act as advocate, researcher, care manager and emotional support for a parent, spouse, sibling or friend, who has been diagnosed with a serious illness or chronic disability.

Hospital/Rehab Duties: Make medical decisions, negotiate with insurance companies or Medicare, pay bills, legal work, personal care and entertainment in hospital and rehab.

Home Care Duties: Substitute for skilled nurse if injections, IV, oxygen, wound care or tube feedings are required.

Long-term care duties: Medication management, showering, toileting, lifting, transporting, meal prep, house cleaning, laundry, etc. **Hours:** on demand. **Salary & benefits:** 0

I doubt many of you would have applied for this job five years ago, yet more and more individuals are finding themselves in the caregiver role.

The Journey Begins

You may have begun your caregiving journey by simply assisting someone you love with transportation, grocery shopping, or meals. Over time, the caregiving activities can become all-consuming with medication management, personal care, and financial management.

You may have been thrust into the role suddenly when your family member had a fall, a stroke, or a diagnosis of a debilitating illness. Your life and your loved one's life were changed forever on the day a doctor said: "Your parent/spouse needs full-time care."

Finding Resources

At the Anne Arundel County Department of Aging & Disabilities, we know that caregivers may be juggling family and work responsibilities along with their caregiving duties. We know that they step up to the job to the best of their ability. We are pleased to be here to assist caregivers in locating resources to help them in their endeavors. Information and Assistance personnel are the first step in providing answers and in directing caregivers to department and community resources.

The Department also houses the *National Family Caregiver Support Program*, a federally funded program which provides educational workshops, caregiver conferences, support groups, and grants for respite care and supplemental services to family caregivers. In addition, the *Respite Care Referral Program* screens and trains home care workers and maintains a referral registry of workers who can provide in-home care. This program assists caregivers in maintaining their work schedule or allows them to just take a break.

If you would like assistance or information regarding your role as a caregiver, or would just like to receive updates on workshops and conferences, call (410) 222-4464 or e-mail caregiver_support@aacounty.org. Check out our website www.aacounty.org/aging and like us on www.Facebook.com/ArundelSeniors to receive news as it happens!

SELF-CARE

You have heard it before: "Put your oxygen mask on first." Caregivers absolutely must care for themselves before they care for their loved one or they will find themselves with nothing to give. Use this short list for some quick tips:

Exercise.

Eat healthy meals.

Stay hydrated.

Get proper rest.

Identify & rely on a support system.

Make time to relax.

Schedule annual check-ups with your physician, dentist, & optometrist.

See your doctor if you are feeling physically ill or depressed.

Know your enemy – find information about the specific disease/condition your loved one has. Join our many workshops and conferences for information on a variety of caregiving issues.

Plan ahead for medical, legal & financial issues.

If employed, contact your employer about employee assistance programs.

Ask for help.

Accept help.

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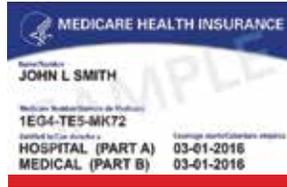
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TOP 10 THINGS TO KNOW ABOUT

Medicare

1 2 3 4 5

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.

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.

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 2020 is \$144.60/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.

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.

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 IN 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 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.



LOCAL HELP FOR PEOPLE WITH MEDICARE

SHIP | 410-222-4257

Anne Arundel County
Dept. of Aging & Disabilities
2666 Riva Road
Annapolis, MD 21401

Advance Directives Information Sheet

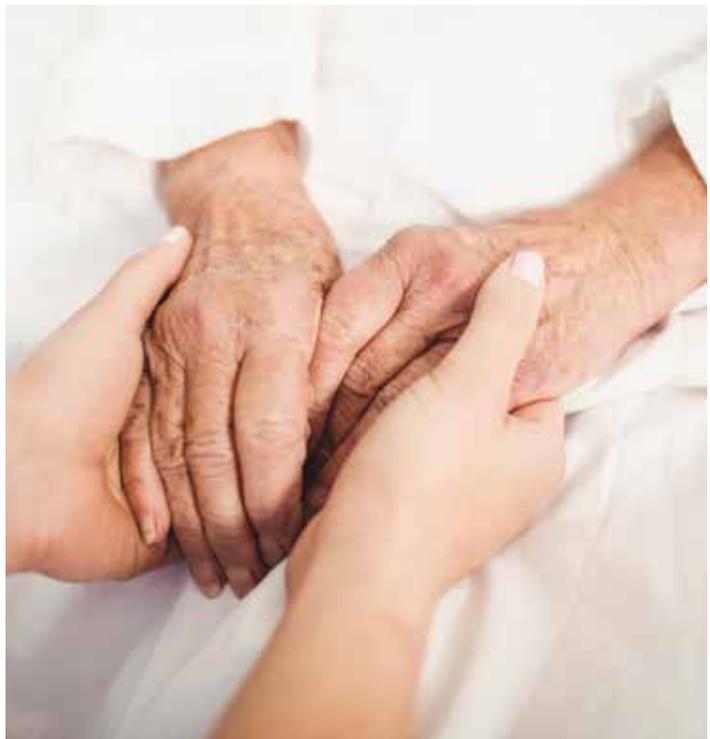
What is an **advance directive**? An advance directive is a document that states your choices about medical treatment, and can

name someone to make those decisions for you if you are unable to make them yourself. That person is commonly referred to as a healthcare proxy or medical power-of-attorney. You can also create a *living will* (not to be confused with a will used after death) which is also an advance directive wherein you can indicate what type of medical treatment you want or don't want at the end of life or in an emergency situation.

Usually when you have a conversation with your doctor about medical treatment, you ask questions and get as much information as you can in order to make a decision based on informed consent. If you are ill or injured and cannot have those conversations, it is important that you prepare in advance to appoint someone to do that for you. It is a good idea to put your wishes in writing which will help ensure that your choices concerning medical treatment will be observed.

Who can have an advance directive? Anyone who is age 18 or older. Once you are of legal age to make your own decisions, you can have an advance directive because injuries, accidents and illness can happen at any age.

Who can make an advance directive? An advance directive can *only* be made by someone who is competent, and it must be made voluntarily. Note that you cannot "get power-of-attorney over someone." Only the individual can *appoint* their own medical decision-maker.





Who should I appoint to be my decision-maker? You should appoint someone you trust and know will make decisions based on your values, goals, and preferences. Choose someone you know will do what you want and follow your wishes. This could be a family member, friend or trusted professional, such as an attorney, but make sure you get their consent, and they are aware you are making the decision. It shouldn't be a surprise to the person you appoint, as they should know what your wishes are and be agreeable to act in that capacity.

Who will make medical decisions for me if I don't have an advance directive? Your guardian, (if appointed by the court), your spouse, adult children, parents, siblings or a friend, if available. Unfortunately, that person may choose to do something other than what you want, and you may end up receiving more or less treatment than you would have preferred. Again, your best option is to have those choices in writing, although they can be made electronically or in person with your physician.

RESOURCES

Maryland Attorney General Advance Directive:

www.marylandattorneygeneral.gov

The People's Law Library:
www.peoples-law.org/advance-directives

American Bar Association, Toolkit for Healthcare Advance Planning:
www.americanbar.org

www.eforms.com/power-of-attorney/md/

Maryland State Anatomy Board:
410-547-1222

Anatomy Gifts Registry:
800-300-5433

Does an advance directive need to be notarized? No, according to the Maryland Attorney General's Office, a written advance directive must be witnessed by two adults. Neither of the witnesses may be the person's health care agent, and at least one witness must have no financial interest in your death.

What is a psychiatric advance directive? A psychiatric advance directive is a written statement that documents your preferences for future mental health treatment, and allows appointment of a health care proxy to interpret those preferences during a crisis (National Resources Center on Psychiatric Advance Directives). It can include your preferred mental health providers and facilities, and can also include preferred treatment medications.

Can I include organ donation in my advance directive? Yes. There is a need for organ donation, and your age does not matter, but you must make arrangements in advance with the Maryland Anatomy Board, or a non-profit organization such as the Anatomy Gifts Registry (see end of article for contact information).

Do I need to hire an attorney to prepare my advance directive? No, it is not necessary, but if you prefer to do so, someone experienced in estate planning or elder law is a good choice. There are several good websites that offer the forms and instructions on how to complete them (see the end of this article), and see your healthcare provider if you have medical questions about your decisions.

What should I do with my advance directive once it has been completed? Give a copy to your health care proxy, and alternate if you have named one, and your healthcare providers. If you live in an assisted living or nursing home, make sure they have a copy in your file or chart. You may also give copies to those individuals that are close to you.

How often should I update my advance directive? It's a good idea to review it annually to make sure the choices you make are still in line with your beliefs. It is also a good idea to review it if there has been a major medical change in your condition or a decline in your health. You want to make sure your healthcare power-of-attorney is still available, willing, and capable of acting in that capacity.

Anne Arundel County's Respite Care Referral Program



Caregiving is a hard job and all caregivers need a break at times. Respite care provides that break, whether it be an occasional night out or ongoing care while the caregiver attends his or her job. Respite care helps the caregiver—and the person they are caring for. When caregivers are rested and less stressed, they are able to provide better care. In-home aides also provide companionship and support for those living alone, allowing them to stay in their homes.

The Anne Arundel County's Respite Care Referral Program assists the County's older adults, adults with disabilities and their caregivers by making available a quality workforce to provide in-home care at a lower cost. The program screens, educates and supports qualified self-employed home care workers, providing them with continued educational opportunities and employment prospects within Anne Arundel County.

All Respite Care Referral Program workers undergo a stringent application process before being placed on the registry, to include a criminal background check and completion of the program's Companion-Caregivers/Home Health Aide two-day training. This training includes the *Dementia Live@* experience and ethical standards training. Once on the registry, background checks are redone annually on active workers and workers are required to complete additional training annually.

The Respite Care Referral Program workers referred to you are self-employed, independent contractors in good standing on the Respite Care Referral Program Registry.

TYPES OF CARE AVAILABLE

- Companionship
- Supervision of daily activities
- Personal care
- Light housekeeping
- Meal preparation
- Medication reminder
- Transportation to appointments and activities
- Client-related errands

WORKER AVAILABILITY

- Days, evenings, & overnights
- Weekdays and weekends
- Part-time and full time

Payment

There is no charge for the referral services. The Respite Care Referral Program is a self-pay program. Clients and families contract with the self-employed, independent home care worker. Fees are agreed upon by the client and the worker. Keep in mind that Medicare does not pay for respite care. Some long-term care insurance policies will cover services. Talk with your specific insurance company.

Financial assistance may be available through a variety of grants to include the National Family Caregiver Support Program, the Department of Social Services Respite Care Program, the Alzheimer's Respite Care Grant, Hilarity for Charity grant, or Maryland's Lifespan Respite Grant.

For Assistance

When you are ready to bring some additional help into your home, give us a call at 410-222-4377/4339. After a brief intake, we will provide you with a list of workers who meet your criteria. We can also provide you with a list of home care agencies in Anne Arundel County if you would rather pursue that option.

In addition, if you are interested in becoming a part of the registry, you can find an on-line application at www.aacounty.org or we can mail one to you. Contact us by email at respite_care@aacounty.org or call 410-222-4375.

311

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

Debris clean-up, 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 410-222-6100

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

Would you like a Department of Aging and Disabilities presentation for your civic, religious or social group?



Contact the Anne Arundel County Department of Aging and Disabilities for more information

410-222-4257

Presentation topics include but are not limited to:

- 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

We can also cater to you if your group has a specific topic of interest.



ABUSE:

KNOW THE SIGNS AND WHERE TO GET HELP



› Emotional/Verbal Abuse

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.

IN AN EMERGENCY ALWAYS CALL 911

If you have experienced any of these concerns, don't wait any longer, please call:

ADULTS 18 AND OLDER

AA County Adult
Protective Service

410-421-8400

FOR RESIDENTS OF NURSING HOMES AND ASSISTED LIVING

AA County Long-Term Care
Ombudsman Program

410-222-4257

FINANCIAL ABUSE/ EXPLOITATION

AA County States Attorney

410-222-1740



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Living Well. Isn't this what we all desire? Nevertheless, it can seem like an ephemeral dream, something we long for but somehow can't grasp once the aging process begins. Aging begins the day we are brought into this world. We grow older, involuntarily. It just happens. Most of the time, without us being keenly aware of what is happening.

Much of HOW we age is based on what we inherited from our parents. This is our genetic make-up. And, while we can't change this (yet), we can take an active role with healthy choices, which will in turn determine the outcomes.

So, if aging just happens and we inherited a challenging genetic makeup, what can we do to live well? As our bodies age so do our internal

structures. Advanced age is the single greatest factor for developing chronic health conditions. But, a lot of how they change is up to us and frequently based on the choices we make regarding our health. Making healthy habits a priority today will improve your chances of achieving a healthy tomorrow.

The Anne Arundel County Department of Aging and Disabilities offers workshops that are geared toward helping the participant learn about the chronic conditions and steps to better manage the symptoms. We teach a Living Well series. This includes Living Well with Chronic Conditions, Living Well with Diabetes, and Living Well with Hypertension. In addition, we teach a falls prevention class called Stepping On. What I find interesting is that the common denominator in these workshops is exercise. Exercise is a key component to living well.

Studies show that American adults over 60 years old spend about 60 percent of their waking time on average sitting or lying down every day. Furthermore, we know that there is a huge downside to this behavior. This population is more likely to experience a debilitating fall and have higher rates of obesity, diabetes and heart disease. Depression and anxiety are also more prevalent here.

Engaging in some sort of enjoyable regular activity or exercise is essential to all who want to live well. Exercise doesn't have to be a one hour high intensity class. Exercise can be broken down into doable pieces, like 5-10 minutes several times a day. If several times a day is too much, then start with the 5-10 minutes and work up at your pace. The key is to start. Do something. Even if the goal is to do less sitting, it's a good start. It's important to pay attention to your body during this time. The benefits will be plentiful.

Exercise can improve your mood, and give you energy. It can help to relieve pain from conditions like arthritis. Engaging in a regular exercise plan may help with weight management and prevention or reversal of chronic conditions. Exercise will help strengthen your immune system, build muscle strength and flexibility. Are you sold yet? Or more importantly, are you ready to make a commitment to a regular healthy habit that can help you live well while aging?

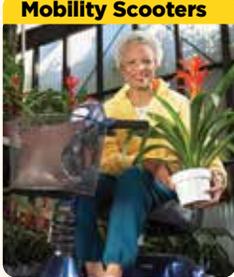
If you are curious about the workshops that are offered through the Department of Aging and Disabilities, please call, and ask us, "How can you help me live well?"

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SunriseAnnapolis.com

Sunrise of Severna Park
410-544-7200
SunriseSevernaPark.com



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301.329.5565 | ThriveSL.com/Melford
A Thrive Senior Living Community



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**



Anne Arundel County Department of Aging & Disabilities Program Guide

Remember, if you don't know where to start, call Information & Assistance 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.

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- National Family Caregiver Support Program 39, 66
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- Senior Care 39, 45, 53, 54, 55, 62
- Senior Center Plus 66

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Senior Center and Nutrition Sites 36, 59, 60, 66

CFC

COMMUNITY FIRST CHOICE

This program is an option to aid elderly and disabled 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 INCLUDE:

- Personal Assistance
- Nurse Monitoring
- Personal Emergency Response Systems (PERS)
- Supports Planning
- Home Delivered Meals

CPAS

COMMUNITY PERSONAL ASSISTANCE SERVICES

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
- Nurse Monitoring
- Supports Planning

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

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

Arnold, 44 Church Road, Arnold, MD 21012
410-222-1922; Fax 410-222-1924
arnoldcenter@aacounty.org

Brooklyn Park, 202 Hammonds Lane, Baltimore, MD 21225 • 410-222-6847; Fax 410-222-6846
bpcenter@aacounty.org

O'Malley, 1275 Odenton Road, Odenton, MD 21113 • 410-222-6227; Fax 410-222-6229 • 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

Pascal, 125 Dorsey Road, Glen Burnie, MD 21061
410-222-6680; Fax 410-222-6685
pascalcenter@aacounty.org

South County, 27 Stepneys Lane, Edgewater, MD 21037 • 410-222-1927; Fax 410-222-1989
southcenter@aacounty.org

NUTRITION SITES

PLEASE SEE PG. 59 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

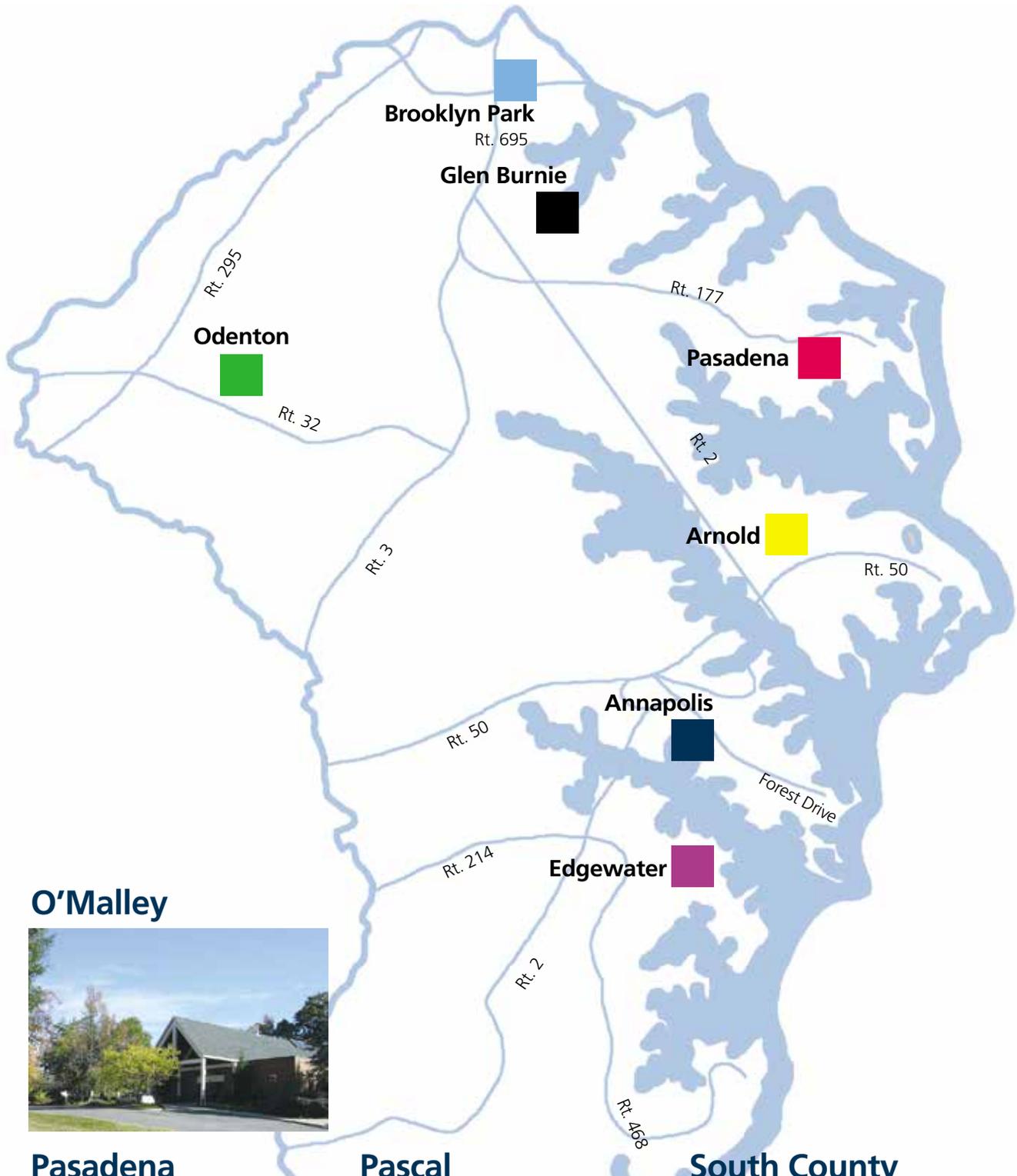


Arnold



Brooklyn Park





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Pasadena



Pascal



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Resources

FOR OLDER ADULTS, INDIVIDUALS WITH DISABILITIES,
AND CAREGIVERS IN ANNE ARUNDEL COUNTY

SPG 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; 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; 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; 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; 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 410-222-4366; 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. Medical and financial 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; 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; 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; 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 410-222-436; 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; 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; 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; 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; 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; 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; 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; 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!

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.activeaday.com; E-mail: info@activeaday.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.

Foundations Medical Adult Day Services 1025 W. Nursery Road, Suite 112, Linthicum, MD 21090; 410-789-7772; www.foundationsgroup.net

Woods Adult Day Care Center 8227 Cloverleaf Dr Ste 300, Millersville, MD 21108; 410-987-0360; 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.

Advocacy

AA County Office of Community Engagement and Constituent Services 410-222-1785; 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

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; 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; 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; 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; 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; 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.

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www.WoodsAdultDayServices.com

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.

Services to Older Refugees and Asylees (MORA) Located at the Baltimore City Community College 410-986-5433; <http://dhr.maryland.gov/maryland-office-for-refugees-and-asylees/>
Provides referrals and resources on how to become a citizen.

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 Road, 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 271 West Pasadena Road, Millersville, MD 21108; 410-315-8807; alwcc123@aol.com; New Property: Assisted Living Well Compassionate Care #2 LLC; 5127 Mountain Road, Pasadena, MD 21122; 410-858-6303; alwcc123@aol.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 Drive, 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.

CarePatrol P.O. Box 494, Severn, MD 21144; 410-672-1500; www.baltoaco.carepatrol.com; We at CarePatrol help families find safer care options including assisted living, independent living, memory care, in-home care and nursing homes. We will personally meet with you to help guide you and your family through the daunting task of finding an alternative senior living setting. Our services are free to the family as we are paid by our quality pre-vetted providers. Safer Senior Living. Your Goal, Our Mission.

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.

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

HearthHomes Assisted Living & Memory Care 3023 Arundel on the Bay Road, Annapolis, MD 21403; 443-871-3168; www.hearthhomes.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.

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.

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.

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www.thepeartreehouse.com | peartreeasst@aol.com

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.

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.

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!

SPG 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.

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.

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.

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.

Attorneys

AA County Lawyer Referral and Information Services 410-222-6860; 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.

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).

SPG Daniel G. Downer, Jr. Attorney at Law 107 Ridgely Avenue, Suite 9, Annapolis, Maryland 21401; 410-570-1200

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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 & Frame Attorneys at Law Estate Planning, Medicaid Planning, Elder Law, Probate; 8562 Fort Smallwood Road, Pasadena, MD 21122; 410-255-0373; 102 Old Solomons Island Rd. 1st Floor, Annapolis, MD 21401; 410-255-0373; www.frameandframelaw.com; For over 65 years, Frame & Frame Attorneys at Law has been serving the legal needs of our community. We provide legal services, often to several generations of the same family, for thoughtful planning and during times of crises. We are proud to serve as your family's lawyer and trusted advisor.

James Mason, Esq., CPA Attorney at Law 410-647-2000; 600 Baltimore-Annapolis Blvd., Suite 200 Severna Park, MD 21146; 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.

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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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Maryland Legal Aid 410-972-2700, Toll Free 800-666-8330; 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; 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; 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; 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; 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.

SPG Sinclair Prosser Law 900 Bestgate Road, #103, Annapolis, MD 21401; 410-573-4818; 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.

Sixty Plus 2.0 Legal Program 410-706-0174, Option 1; www.civiljusticenetwork.org; Low cost legal services for qualifying persons. Simple wills, powers of attorney, and advanced medical directives. Income limits apply.

Stavely & Sallitto Elder Law, LLC 410-268-9246; 124 South Street, Suite 1, Annapolis, MD 21401; Financial planning for nursing care, medical assistance applications, powers of attorney, guardianships, and VA benefits.

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/ 410-987-2003; www.chesapeakehospice.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.agingservicesmgmt.com; ASM offers counseling, information and referrals, in-home assessments and care 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.

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.

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.

Cemeteries/ Memorial Programs

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 Road, 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.dllr.state.md.us/finance; The Maryland Department of Labor, Licensing, and Regulation (DLLR) 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 866-731-8486 Housing Counseling – pre-purchase, foreclosure prevention, reverse mortgage Toll Free 800-642-2227 All Other Counseling; 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 infection.

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; Primary care medical center where a team of health professionals provides continuous, comprehensive, and coordinated care throughout a person's life.

Dr. Antonio Barbaro 1071 Rte 3 North, Suite 201, Gambrells, MD 21054; 410-721-8777; www.drbarbaro.com; We offer dentures, partial dentures, implants for missing teeth. We also do cosmetic dentistry as well as most dental procedures. Warm, friendly environment.

North County Health Services Center 410-222-6861; www.aahealth.org; Community health center which offers dental services to those who meet income eligibility requirements.

University of MD School of Dentistry 410-706-7101; Walk-in clinic; 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; 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 Circle, Hanover, Maryland 21076; 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 410-777-1411; www.aacc.edu/resources/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/MD Access Point (MAP) Program 410-222-4257, Toll Free 844-627-5465, TTY users please call MD Relay 711; www.aacounty.org/aging

Abilities Network 410-828-7700, Toll Free 800-966-7940, Toll Free 800-492-2523; 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.

Accessible Resources for Independence 410-636-2274; 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.

Americans with Disabilities Act Office 410-222-4383, TTY users, call via MD Relay 711; www.aacounty.org/aging; 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.thearccr.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; 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; 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 (DORS) 410-974-7608 (Annapolis), 410-636-9010 (Linthicum), TTY 410-974-7742, Videophone 410-415-9310; 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; 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, (Columbia, Maryland), Toll Free 800-683-5555, TTY 800-683-5551; 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 667-600-2520; 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/; 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.dhmm.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.

Langton Green, Inc. 410-263-3225; www.langton-green.org; Langton Green is a community nonprofit guiding individuals with intellectual and developmental disabilities to live the lives they choose with the highest degree of independence.

Low Vision Center 301-951-4444; www.lowvision-info.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 Seniors Program, Fax 410-255-0984, TTY 410-255-4530; www.magothydeafchurch.org; Committed to the betterment of the deaf community through advocacy and education. Interpreter services available as needed.

Maryland Accessible Telecommunications (MAT) 410-767-6960, Toll Free 800-552-7724 V/TTY, Video phone 443-453-5970; www.mdrelay.org 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; 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; 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.

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

MD Technology Assistance Program Toll Free 800-832-4827, TTY 866-881-7488; www.mdtap.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) 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 866-743-3682 General Information; www.taxiaccess.org; 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/ 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; 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; 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; 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; 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; 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; 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; Provides services for individuals with developmental disabilities. Some of those services are: vocational training, sheltered and supported employment, job placement, 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; 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) (Now a part of the Image Center)

Phone: 410-982-6311, Fax: 410-372-4037; www.v-linc.org/; 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 Dept. of Aging and Disabilities/Taxi Voucher Program 410-222-4257; www.aacounty.org/services-and-programs/taxi-voucher-program/; Provides coupons for discounted taxi cab service within the county to persons 65 years and older and people 18 or older with disabilities.

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 410-263-7997; 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; 410-777-1319; www.aacc.edu/programs-and-courses/personal-enrichment/personal-enrichment-for-older-adults/seniors-55/

AA Community College/Disability Support Services 410-777-1411, 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 TTY English: 1-877-434-7598; Spanish: 1-866-238-9488; 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 involved.

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.road scholar.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, Mental health Warmline: 410-768-5522; www.annapoliswca.org/; Provides sexual assault counseling, crisis intervention, urgent mental health care, therapy, and physician appointments. In-home family intervention is also available.

YWCA Domestic Violence Program 410-222-6800; www.annapoliswca.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.

Emergency Information

AA County Fire Dept. Headquarters 911 Emergencies, 410-222-8300, TTY 410-222-8747; 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; 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 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.

Emergency Response

Alzheimer's Association/MedicAlert and Safe Return Program Toll Free 800-272-3900; 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, 410-268-9000 Non-Emergency, 410-268-4141, TTY 410-268-1844, 410-268-2583 Anonymous tips; 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 Emergencies: Dial 911, 410-222-8300, TTY 410-222-8747; 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 Emergencies: Dial 911, 410-222-2400 Community Relations, 410-222-SAFE (7233), 410-222-8610 Non-Emergency. TTY 800-735-2258; 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; 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; Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when the 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; 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; 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.aacaa.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; 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/; Job placement, information and assistance, workshops, and seminars for all ages.

Estate Sale Services

Caring Transitions of Annapolis 410-451-1465; Serving all of Anne Arundel County and some surrounding areas; CTAnnapolis.com; CaringTransitionsAnnapolis.com; We are a full service company for senior moves, space planning, move management, estate sales, liquidations and clear outs. Call us for a free estimate today!

Chesapeake Transitions 502 Corbin Parkway, Annapolis, MD 21401; 410-897-0050; www.chesapeakestransitions.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; 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.

MD Senior Olympics 240-777-4930; www.md-seniorolympics.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 a.m.-10 a.m, Monday through Friday. Call the mall for additional information.

Westfield Annapolis Mall Walkers Program 410-266-5432; Walking Monday- Saturday at 7:00 a.m., Sunday at 9 a.m.

Eye Care

Anne Arundel Eye Center 127 Lubrano Drive, Suite 301, Annapolis, MD 21401; 410-224-2010; 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 410-571-8733, Toll Free 877-DR4-2020; 2002 Medical Parkway, Sajak Pavilion, Suite 320, Annapolis, MD 21401; 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.

Crofton Family Eye Care 410-721-2500; 1702 Transportation Blvd, Ste. I, Crofton, MD 21114; 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.

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www.oaklodgeassistedliving.com



RESOURCES

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 Social Services Representative Payee Program 410-222-4257 (Call Dept. of Aging and Disabilities for a referral); www.aacounty.org/aging; 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 410-923-6496; 1321 Generals Highway, Suite 301, Crownsville, Maryland 21032; www.edwardjones.com

SPG Reverse Mortgage Answers, LLC 410-788-7070; 614 Old Edmondson Ave, Ste. 200, Baltimore, MD 21228; dthreadgill@rmanswers.org

Food and Nutrition

See also Lunch Sites

AA County Food Access Warm Line To be connected with viable food options and resources please call 410-222-FOOD (3663).

AA County Food and Resource Bank 410-923-4255; 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

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, 410-269-4461 Holiday Sharing; www.dhr.maryland.gov/local-offices/anne-arundel-county/; The Dept. 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. Emergency assistance is available.

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Funeral Homes

Beall Funeral Home 301-805-5544; 6512 NW Crain Hwy. (Rt. 3 South), Bowie, MD 20715; www.BeallFuneral.com; Beall Funeral Home offers complete personalized services, out-of-town arrangements, cremation. Family-owned and operated.

SPG John M. Taylor Funeral Home, Inc. 410-263-4422; 147 Duke of Gloucester Street, Annapolis, MD 21401; 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.

Lakemont Memorial Gardens 900 W. Central Avenue, Davidsonville, MD 21035; 410-956-3060; https://www.dignitymemorial.com/funeral-homes/davidsonville-md/lakemont-memorial-gardens/0345

SPG Lasting Tributes Cremation & Funeral Care 410-897-4852; 814 Bestgate Road, Annapolis, MD 21401; 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.

Health Organizations

AA County Dept. of Health/Adult Evaluation and Review Services (AERS)/Nurse Monitoring Service (NMS) 410-222-4361 AERS, 410-222-7183 NMS; www.aahealth.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; 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 410-721-4304, ext. 3, Toll Free 800-227-2345; 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; 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; 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 (800-5864-872); 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 410-328-7817, Toll Free 800-223-2732; 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; 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; 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; 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 Health Sciences 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; 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 410-544-5433, Toll Free 800-365-3811; 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; 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 Supportive Care 90 Ritchie Highway, Pasadena, MD 21122; 443-837-1525, 443-837-3376; https://www.hospicechesapeake.org/; Email: support@chesapeakesupportcare.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; 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.dhmd.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.

MediAlert Foundation Toll Free 1-888-633-4298; www.medialert.org; Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when the 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.hopkinspdm.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 410-990-0941; 2625 Mas Que Farm Road, Annapolis, MD 21403; 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) 881-0426; www.helpyourhearing.com; 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.

Home Care, Concierge Care Services

Elderberry Senior Services 443-221-3317; 163 Mitchells Chance Road, Suite 240, Edgewater, MD 21037; 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.

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Home Care, Non-Medical

SPG A Helper's Heart 410-571-5667; 454 Laurel Valley Court, Arnold, MD 21012; www.ahelpers-heart.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 443-837-7768; 130 Holiday Ct, Suite 106, Annapolis, MD 21401; 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.

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 443-569-0799; 134 Holiday Court, Suite 306, Annapolis, MD 21401; 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.

Angel Care Network 443-758-5969; P.O. Box 554, Annapolis, MD 21403; www.angelcarenetwork.com; Providing in-home personal and companion care for seniors and disabled individuals. Available 2 to 24 hours.

SPG Assisting Hands Home Care 301-965-0521; 14300 Gallant Fox Lane, Suite 211, Bowie, MD 20715; www.assistinghands.com/bowie

SPG BrightStar Care 410-697-3527; 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.

SPG Chesapeake Caregivers Susan Degen 410-919-0190; 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.

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 - High Blood Pressure
 - Thyroid Disorders • Stroke
 - Infections • Dementia
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443-808-3875, 410-974-0200; Volunteer program that offers temporary help for those who are homebound of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor appointments.

SPG Comfort Keepers 301-658-6665; 1202 West St, Ste. 102, Annapolis, MD 21401; 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 410-975-9750; 550 M Gov. Ritchie Highway, Ste. 187, Severna Park, MD 21146; www.GriswoldHomeCare.com; Specializing in live-in and hourly care any place one calls home. Carefully selected, screened and experienced. Caregivers 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.

SPG Home Instead Senior Care 410-349-2320; 1511 Ritchie Highway, Ste. 301, Arnold, MD 21012; www.homeinstead.com/24

SPG Home Care Assistance 2641 Riva Road, Suite E, Annapolis, MD 21401; 443-302-2771; www.homecareassistance.com/annapolis

Homewatch Caregivers 410-715-9175, 301-596-0006; 1997 Annapolis Exchange Parkway, Annapolis, MD 21401; www.hwcg.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.

SPG Options For Senior America 410-224-2700; 801 Compass Way, Suite 4; Annapolis, MD 21401; www.optionscorp.com

SPG Partners In Care/Member Care Services 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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.

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SPG Regent Healthcare 410-872-0310; 2288 Blue Water Blvd., Suite 340, Odenton, MD 21113; 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.

SPG Response Senior Care, LLC 410-571-2744; 1831 Forest Drive, Suite G, Annapolis, MD 21401; 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.

SPG Right At Home 410-846-0141, 1831 Forest Drive, Ste. E, Annapolis; 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.

SPG Synergy HomeCare of Anne Arundel County 410-263-4050; 420-I Chinquapin Round Road, Annapolis, MD 21401; 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 410-507-5578, PO Box 461, Arnold, MD 21012; www.truecompanioncare.com

SPG Visiting Angels Living Assistance Services 410-956-7771; 137 Mitchells Chance Road, Suite #36, Edgewater, Maryland 21037; www.visitingangels.com/edgewater/home

SPG Access Wellness Healthcare 410-424-7993; 914 Bay Ridge Road, Suite 180, Annapolis, MD 21403; www.accesswellnesshealthcare.com

SPG BrightStar Care 410-697-3527; 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.

OnSite Medical House Calls 443-694-5555 Cell, 410-255-0102 Office; 8015 Apple Valley Drive, Pasadena, MD 21122; 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 410-872-0310; 2288 Blue Water Blvd, Suite 340, Odenton, MD 21113; 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.

Home Improvement, Design, Repairs, and Maintenance

Accessible Homes for Seniors Toll Free 800-638-7781, TTY 711 or 1-800-735-2258; <https://dhcd.maryland.gov/Residents/Pages/ahsp/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 County 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.

Americle Healthcare, Inc. 410-721-0958; 740A Generals Hwy., Millersville, MD 21108; www.Americlehc.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.

Arundel Community Development Services, Inc. 410-222-7600; 2666 Riva Road, Suite 210, Annapolis, MD 21401; 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.

Capitol Home Staging LLC 1510 Old Cape Saint Claire Road, Annapolis, MD 21409; 443-204-9136; www.capitolhomestaging.com; Helping to sell homes faster and for more money! Master Accredited Staging Professional. Also offering Organizing, decluttering, downsizing, packing and unpacking services

DesignAbility, LLC 443-994-2183; 418 Arundel Beach Road, Severna Park, MD 21146; 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.

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

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Freedom Mobility 443-445-3518, 888-414-6553; 7271 Park Circle Drive, Suite 100, Hanover, MD 21076; 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!

Habitat for Humanity of the Chesapeake 410-366-1250, 410-437-775; 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/Repairs With Care 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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.

Rebuilding Together/AA County, Inc. 410-923-9992; <https://rebuildingtogether.org/find-your-local-affiliate>; Home repairs for low income and elderly and/or homeowners with disabilities. Applications taken year round. Volunteers welcome.

SPG Stay Home Safely, LLC 443-679-6200; 1919 Eamons Way, Annapolis, MD 21401; www.stay-homesafely.com

Weatherization Assistance Program Operated by Housing and Building Energy Programs section; Toll Free 855-583-8976; <https://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.

Hospitals

Anne Arundel Medical Center 443-481-1000; 2001 Medical Parkway, Annapolis, MD 21401; 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 410-787-4000, TTY 410-787-4498; 301 Hospital Drive, Glen Burnie, MD 21061; www.umms.org/bwmc

Veterans Affairs MD Health Care System 410-590-4140 Glen Burnie VA- Outpatient, 410-305-5300 Fort Meade VA- Outpatient, Benefits: 1-800-827-1000, Health Care: 1-877-222-8387; 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.

Hospice Care

SPG Hospice of the Chesapeake 410-987-2003, 800-462-1101; 90 Ritchie Highway, Pasadena, MD 21122; 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.

House Cleaning

Ameri-Maid 410-757-5571; 1511 Ritchie Hwy., #105, Arnold, MD 21012; 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 Program 410-222-4257; www.aacounty.org/aging

Community Action Agency of AA County 410-626-1900; www.aacaa.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.catholic-charities-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://dhs.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.

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.

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; <http://dhs.maryland.gov/local-offices/anne-arundel-county>; 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.

Glen Burnie Seventh-Day Adventist Community Service Center 410-766-6650; 508 Aquahart Road, Glen Burnie, MD 21061; <https://glenburniechurch.org>; 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.

Asbury Church Assistance Network, Inc. (ACAN) 410-647-7667; acansevernapark.org; 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 Network (NCEON) 410-766-1826; Community organization that assists clients with court-ordered evictions, utility shut-off notices, medication, food, and special emergency situations. M-W-F 10 am-2 pm only.

Office of Home Energy Program (OHEP) 410-269-4500, 410-626-1900, 1-800-925-4434 Hearing impaired; <http://dhs.maryland.gov/office-of-home-energy-programs>; 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 on the website. Application assistance available at the AA County Dept. of Aging and Disabilities.

Salvation Army 410-263-4091 Annapolis, 410-768-0477 Glen Burnie, 351 Hilltop Lane, Annapolis; <http://salvationarmymwv.org>; 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. It is recommended to call first.

SPAN, Inc., Serving People Across Neighborhoods 410-647-0889; 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. It is recommended to call first.

Social Security Administration- Annapolis and Glen Burnie Toll Free 800-772-1213 Annapolis, Toll Free 866-528-9873 Glen Burnie, TTY 800-325-0778; 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; Provides emergency food. No phone. Open Thursday and Saturday, 9 a.m.-noon, at St. James' Parish, 5757 Solomons Island Road, Lothian, MD 20711.

Information and Assistance

Accessible Resources for Independence 410-636-2274; 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.

Anne Arundel County Office of Constituent Services 410-222-1785; 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

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

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP) 410-222-4257; www.aacounty.org/aging

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) 410-222-4257; www.aacounty.org/aging

Answers for the Aging/Senior Life Services 667-600-2100, Toll Free 888-502-7587; 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 caregiving, housing, in-home care, dementia care and more.

Catholic Charities Senior Communities 667-600-2280 Senior Communities, 667-600-2100 Answers for the Aging, 1-888-502-7589 (MD Only); <https://www.catholiccharities-md.org/list-of-services>; 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; <https://centerofhelp.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.



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Service Coordination Available to All Residents.

Contact us for an application or for more information:

**667-600-2280 | cc-md.org/senior-housing
1-888-710-9868 Toll Free | TTY: Dial 711**

Answers for the Aging

*Free information and referral source for
older adults and caregivers, 667-600-2100*



Catholic Charities welcomes people regardless of faith and is an Equal Housing Opportunity provider.

RESOURCES

Eldercare Locator Toll Free 800-677-1116; <https://eldercare.acl.gov/Public/Index.aspx>; 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; 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.

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.mvslaw.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 571-483-1780; 888-651-3038; <https://www.cancer.net/contact-us>; 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) 410-269-4421; 80 West Street, Suite A Annapolis MD 21401; <http://ohlainc.org>; 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 410-235-8110; 9 Park Center Court, Suite 301, Owings Mills, MD 21117; 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.

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2-1-1 Maryland 410-685-0525, Toll Free 800-492-0618, TTY 410-685-2159; 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; 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; 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

SPG Amada Senior Care 443-569-0799; 134 Holiday Court, Suite 306, Annapolis, MD 21401; 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.

Office of Eligibility Service/The Eligibility Determination Division 410-767-7090, Toll Free 800-226-2142, TTY 800-735-2258; https://mmcp.health.maryland.gov/eid/Pages/FAQs.aspx#Who_will_decide_if_I%27m_eligible; 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; Maryland's Lesbian, Gay, Bisexual, and Transgender Civil Rights Organization

GLBT Hearts and Ears 410-523-1694; 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 c/o SAGE 202-640-1705; 1220 L Street, NW, Suite 800, Washington, DC 20005; www.sageusa.org; 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; 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; Call 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; 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; 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; 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.aafoodbank.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; A nonprofit 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; Hot noon-time 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; Hot noon-time 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; 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; 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; 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; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Glen Forest* 410-222-0027; 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; 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; 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; 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; 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; 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; 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; 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; 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; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Pumphrey* 410-222-6299; 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; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Media and Marketing

What's Up? Media 410-266-6287; 201 Defense Highway, Ste. 203, Annapolis, MD 21401; www.whatsupmag.com

Mediation

AA Conflict Resolution Center 410-266-9033; aacrcprograms@gmail.com; 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; 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 410-222-2287; 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. 410-721-0958; 740A Generals Hwy, Millersville, MD 21108; 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 410-295-7300; 2138 Generals Highway, Unit C, Annapolis, MD 21401; 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 a.m.-5 p.m. and Saturdays 9 a.m.-1 p.m. Appointments are available outside of normal store hours.

Health & Mobility 410-421-8070; 342 Ritchie Highway, Severna Park, MD 21146; 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 an in-home safety evaluation for our customers 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.

SPG Partners In Care/Connect America 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; <https://www.partnersincare.org>; Helping older adults remain independent in their homes. Partners In Care/ Connect America Personal Emergency Response System (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

AA County Dept. of Aging and Disabilities/ SHIP (State Health Insurance Assistance Program) 410-222-4257; www.aacounty.org/aging

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) 410-222-4257; www.aacounty.org/aging

Medical Assistance (Medicaid) 410-269-4500 Annapolis Office, 410-421-8500 Glen Burnie Office; 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; Provides comprehensive information and resources on Medicare and Medicaid.

Mental Health

AA County Crisis Response System Crisis Warm line: 410-768-5522; www.aamentalhealth.org/warm-line.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 is provided through Mobile Crisis Teams, Homeless Outreach Services, Urgent Care Clinic, Sexual Assault Clinic, Community Education and Crisis Beds.

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TEL: 410-421-8070
FAX: 410-421-8077
www.healthandmobility.com

AA County Dept. of Health 410-222-7095, TTY 410-222-7153; 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; 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.fcsmd.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.

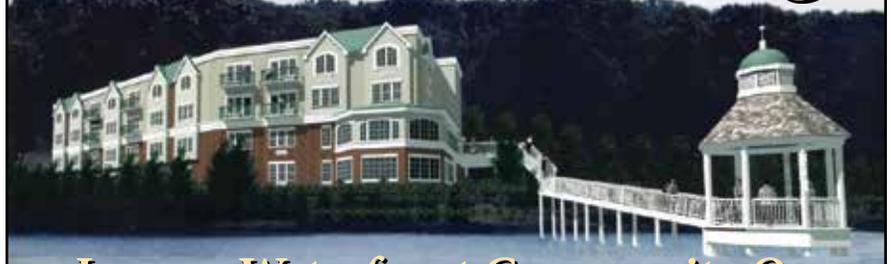
National Alliance for the Mentally Ill MD (NAMI) 410-884-8691, Toll Free 443 569-3498 Warm Line; www.namimd.org; info@namimd.org; Volunteer, grass-roots organization affiliated with the MD state and national NAMI organization. Provides information, assistance, support, advocacy and education for those 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 nonprofit 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.

Assisted Living



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1-800-293-1011

Villa Maria of Anne Arundel County Behavioral Health Clinic 667-600-2494; www.catholiccharities-md.org; A program of Catholic Charities, it offers a 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 443-569-0799; 134 Holiday Court, Suite 306, Annapolis, MD 21401; 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.

Caring Transitions of Annapolis 410-451-1465; Serving all of Anne Arundel County and some surrounding areas; CTAnnapolis.com; CaringTransition-sAnnapolis.com; We are a full service company for senior moves, space planning, move management, estate sales, liquidations and clear outs. Call us for a free estimate today!

SPG Changing Keys by Susan 410-571-1499; 40 Murray Avenue, Annapolis, MD 21401; www.changingkeysbySusan.com

Chesapeake Transitions 410-897-0050; 502 Corbin Parkway, Annapolis, MD 21401; www.chesapeake-transitions.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.

Helping Hands For You Nichole Waters; 410-299-2295; Helping2295@gmail.com www.helpinghands4you.com; Senior Placement and Concierge Services; Offering personalized assistance while considering assisted or independent senior living options. Concierge services to include companion care, errand/shopping, transportation and travel companion services.

SPG MOR Logistics, LLC 844-667-8326; 2207 Pheasant Run Drive, Finksburg, MD 21048; <http://www.morlogisticsllc.com>

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 410-267-8653; 900 Van Buren Street, Annapolis, MD 21403; 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.

SPG Charlotte Hall Veterans Home 301-884-8171; 29449 Charlotte Hall Road, Charlotte Hall, MD 20622; 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.

FutureCare Chesapeake 410-647-0015; 305 College Parkway, Arnold, MD 21012; 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.

Joint Commission on Accreditation of Healthcare 630-792-5800, Toll Free 800-994-6610; www.jcaho.org; Independent, nonprofit 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; 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 202-208-6843; www.nps.gov/planyourvisit/passes.htm; 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; 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; The Museum offers a full range of educational programs, exhibits and Museum tours throughout the year. Open Sundays 1 p.m.-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; 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; 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; 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; 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.

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North Arundel Aquatic Center 410-222-0090; 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; 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; 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.aacpspa.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 410-263-7440; 703 Giddings Avenue, Annapolis, MD 21401; www.professionalpharmacygroup.com

SPG Arnold Professional Pharmacy 443-949-8373; 1460 Ritchie Highway, Arnold, MD 21012; www.professionalpharmacygroup.com

Empire Professional Pharmacy & Durable Medical Equipment 410-787-0030; 200 Hospital Drive, Glen Burnie, MD 21061; www.professionalpharmacygroup.com

MedPark Professional Pharmacy 410-573-6900; 2002 Medical Pkwy, Sajak Pavilion, Annapolis, MD 21401; www.professionalpharmacygroup.com

SPG Northern Pharmacy & Medical Equipment, Inc. 410-370-8183; 6701 Harford Road, Baltimore, MD 21234; northernpharmacy.com

ScriptSave Prescription Discount/REACH Program 410-222-4531; www.scriptsave.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 443-281-9157; 801 Landmark Drive, Glen Burnie, MD 21061; 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. Bilingual staff available.

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.

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. Please call for Breast and cervical cancer program information.



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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.

Ask AAMC 443-481-4000, Toll Free 800-636-8773, www.askaamc.org; From 7 a.m. to 11 p.m., nursing hotline that provides medical advice, physician referrals, or answers questions about AAMC programs.

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!

University of MD Baltimore Washington Medical

Center's Find a Physician Referral Service 410-787-4636, Toll Free 800-778-3236; www.findadoctor.mybwmc.org; 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.

The Joint Replacement Center at University of MD Baltimore Washington Medical Center

410-553-8282; 301 Hospital Drive, Glen Burnie, MD 21061; 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; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

Real Estate Services

SPG Ann Englehart - Coldwell Banker 443-745-5799; 4 Church Circle, Annapolis, MD 21401; www.homesbuytheshore.com

SPG Black Dogs Real Estate Investments, LLC 443-838-4895; 4 Evergreen Rd, Suite 200, Severna Park, MD 21146; 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 Carlyn Lowery, Associate Broker Carlyn Lowery Exceptional Homes at eXp Realty; 443-569-3977 or 888-860-7369 x146; Certified Luxury Home Marketing Specialist. Licensed in Washington DC, Maryland, and Virginia. Serving you everywhere through our professional network.

SPG Trusted Home Buyers 7424 Baltimore Annapolis Blvd., Glen Burnie, Maryland 21061; trustedhomebuyers.com; We will buy your home fast for all cash. There are no fees, upfront costs or commissions, in your time frame no matter what kind of property or circumstance. Call for a free consultation.

Joan F. Eisenhardt 410-979-2590; 8230 Ritchie Highway, Pasadena, MD 21122; www.c21joan.com; Realtor specializing in mature moves. Full service, full time, all the time!

SPG Leslie Albertson - Coldwell Banker Residential Brokerage 7402 York Road, Suite 204, Towson MD 21204; 301-922-8622, office 410-823-2323; LeslieTheRealtor.net; Certified Seniors Real Estate Specialist – Leslie focuses on helping seniors and their families when it's time to sell. She'll take care of all the details so her clients can focus on getting settled in their new home.

Long & Foster and Christie's International Real Estate 410-703-3294 (Marie Simpson); 320 Sixth Street, Annapolis, MD 21403; 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.

Meredith Hall, PCS Home Team of Coldwell Banker 24 Annapolis Street, Annapolis, MD 21012; Cell: 443-714-5202, Office: 410-429-7425; meredith@thepcshometeam.com; www.compass.com/agents/meredith-hall; Real Estate Advisor who can assist you from downsizing to close. We offer a service to prepare your home to get the maximum sales price with no upfront costs.

SPG Peggy Love, GRI, SRES Annapolis Fine Homes Office; Long & Foster, Christie's International Real Estate, Inc.; 703-508-1242; 145 Main Street, Annapolis, MD 21401; peggy.love@LNF.com; www.peggylove.lnf.com; Real estate specialist with extensive training in helping clients aged 50+. Also, an attorney who understands the legal issues involved with real estate transactions. Devoted to providing reputable services that win and sustain trusting relationships.

SPG Trusted Home Buyers 7424 Baltimore Annapolis Blvd., Glen Burnie, Maryland 21061; trustedhomebuyers.com; We will buy your home fast for all cash. There are no fees, upfront costs or 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 410-610-6343; 1010 Samantha Lane, Odenton, MD 21113; 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.

SPG Care Patrol 301-213-1521; PO Box 494, Severn, MD 21144; www.carepatrol.com

SPG Client First Health Solutions 703-346-6772; P.O. Box 80, Arnold, MD 21012; www.clientfirsths.com

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

Rehabilitation, Physical Therapy

SPG Charlotte Hall Veterans Home 301-884-8171; 29449 Charlotte Hall Road, Charlotte Hall, MD 20622; 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.

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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 410-923-6820; 1454 Fairfield Loop Road, Crownsville, MD 21032; 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 301-802-7047; 7 Carnegie Plaza, Cherry Hill, NJ 08003; www.foxrehab.org

SPG Personal Solutions Therapy Services, LLC 443-848-3994; 880 Mallard Circle, Arnold, MD 21012; www.personalsolutionstherapyservices.com

Respite Care

SPG Response Senior Care, LLC 410-571-2744; 1831 Forest Drive, Suite G, Annapolis, MD 21401; 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.

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 410-846-0141; 1831 Forest Drive, Ste. E, Annapolis; 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.

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 available. 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 available. 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 available. Monthly activity schedules available. Age 55 or older.

Subsidized Housing

Congregate Housing Services Program 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; 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; 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 Inter-group, Inc. 410-268-5441; 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

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; Information for grandparents raising grandchildren. Online resources also available.

ALS Association 301-978-9855, Toll Free 866-348-3257; 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; 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; 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; 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; 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; 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, Toll Free 800-223-2732; 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.aneearundelostomy.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; 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; Brain Injury support group meets at Lifequest/Mary T. Maryland Neurological Resources, a brain injury service provider, from 7 p.m.-8:30 p.m. every third Tuesday of the month.

Changing Focus 410-721-0992; www.changing-focus.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; 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; Butch Jones 443-306-0252 (Please leave a message) or butcherves@gmail.com; www.myastheniamar.org; Support group meetings are held the 1st Saturday of each month, 10 a.m.-noon at Baltimore-Washington Medical Center (Glen Burnie), 3rd Floor conference room. When weather is questionable or it is a holiday weekend, please call contact number to check for cancellation.



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RESOURCES

National Alliance on Mental Illness (NAMI) AA County, Inc. 443-569-3498; 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; 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; 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; 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; 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; Debra Piccirillo (SLP) 443-425-2255 or 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 at 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; Collects tax and utility payments. Call for locations and hours throughout the County or visit the website for further information.

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Homeowners' Property Tax Credit Program (HOPTC) 410-767-4433, Toll Free 800-944-7403; 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.

Renters' Tax Credit Program (RTC) 410-767-4433, Toll Free 800-944-7403; www.dat.state.md.us; The Renters' Tax Credit Program provides property tax credits for renters who are 60 and older with a permanent disability who also 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.arundelhof.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.annapolis-lighthouse.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.catholic-charities-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.

Transportation

AA County Department of Aging and Disabilities/Taxi Voucher Program 410-222-4257; www.aacounty.org/departments/aging-and-disabilities; Provides coupons for discounted taxi cab service within the county to persons 65 years and older and people 18 or older with disabilities.

AA County Office of Transportation/Van Transportation 410-222-0022; 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, including 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.ahealth.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; 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/Paratransit 410-764-8181, Toll Free 866-743-3682, TTY 410-333-3624; www.mta.maryland.gov/mobility; 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/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 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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 age 50 and over at affordable rates. The PIC-Up Bus also offers group rates for recreational and social events. Call for more information

SPG Partners In Care/Ride Partners 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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; 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; Free services Thursday 3 p.m.-7 p.m. 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; Monthly meetings are held every 3rd Tuesday from 7 p.m. -8:30 p.m. 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 for any questions.

AA County Mental Health Agency 410-222-7858; <http://annearundel.md.networkofcare.org>; 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; A forum for all AA County veterans of military service. The commission meets at 6:30 p.m. the last Thursday of the month at the Arundel Center, Room 161, 44 Calvert Street, Annapolis. The meeting is open to the public.

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RESOURCES

Arundel House of Hope/Patriot House 410-863-4888; www.arundelhof.org; Provides transitional housing for veterans who are homeless along with support with employment, substance abuse, mental health, and health care.

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.

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; 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 7:30 a.m.- 5 p.m. 1-800-463-6295 ext. 7333. Eligibility and Enrollment: M-F 8 a.m.- 4:30 p.m. 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; 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; 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; 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; 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; 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 8 a.m.- 12:30 p.m. and 12:30 p.m.- 3:30 p.m., except Holidays.

MD Dept. of Health 410-767-6500, Toll Free 877-463-3464, TTY 800-735-2258; www.health.maryland.gov/vsal; 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/Evidence-Based Health Promotion Program 410-222-4257; www.aacounty.org/aging

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 Aging and Disabilities/State Health Insurance Assistance Program (SHIP) 410-222-4257; www.aacounty.org/aging

AA County Dept. of Aging and Disabilities/Telephone Reassurance 410-222-4375; www.aacounty.org/aging

American Cancer Society Toll Free 1-800-227-2345; 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/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.

Anne Arundel Medical Center Volunteer Program 443-481-5050; <https://aahs.org/Volunteer-Your-Time>; 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; 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 those who are homebound of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor's appointments.

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 Partners In Care 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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; Please see listing under Pets and Pet Care Services

Rebuilding Together AA County 410-923-9992; 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; 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-anne-arundel.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; 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; 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.

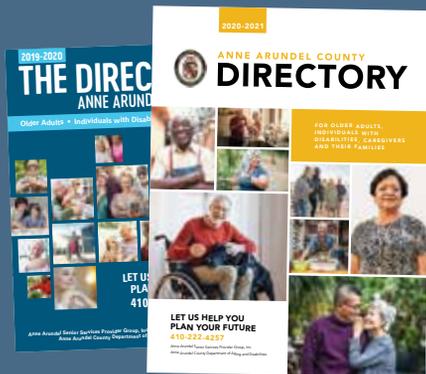
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Debbie Carta, 301-503-6076, dcarta@whatsupmag.com

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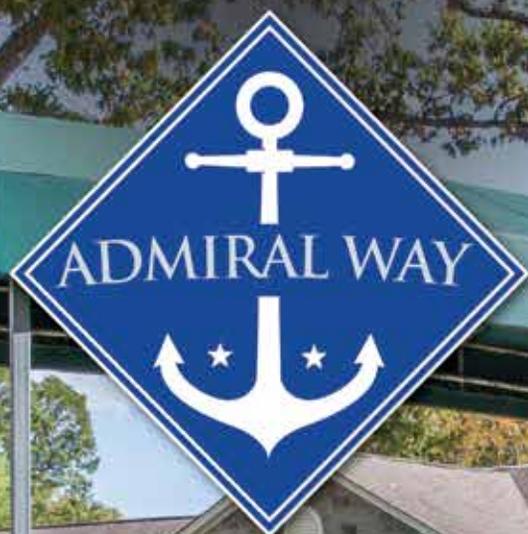




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