

2024 - 2025



ANNE ARUNDEL COUNTY DIRECTORY

FOR OLDER ADULTS, INDIVIDUALS WITH DISABILITIES, VETERANS,
CAREGIVERS AND THEIR FAMILIES, OR ANYONE PLANNING THEIR FUTURE



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Visit odonnellveinandlaser.com/resources/referring-doctors/ for downloadable brochures, referral pads, etc.

Want to schedule a lunch and learn? Simply e-mail justin@odonnellveinandlaser.com if you require additional resources/want to schedule!

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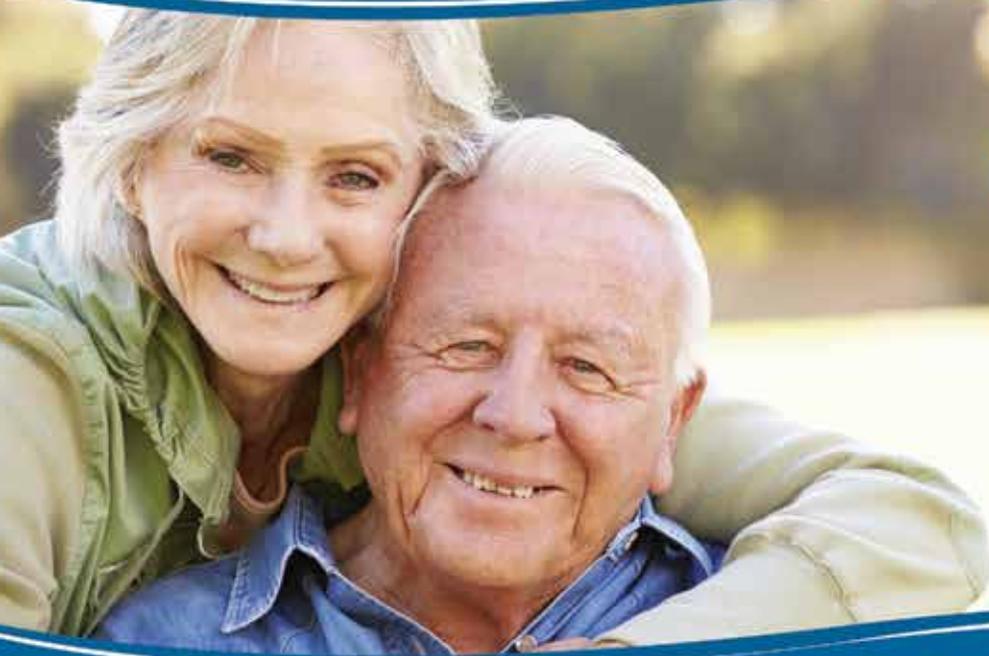
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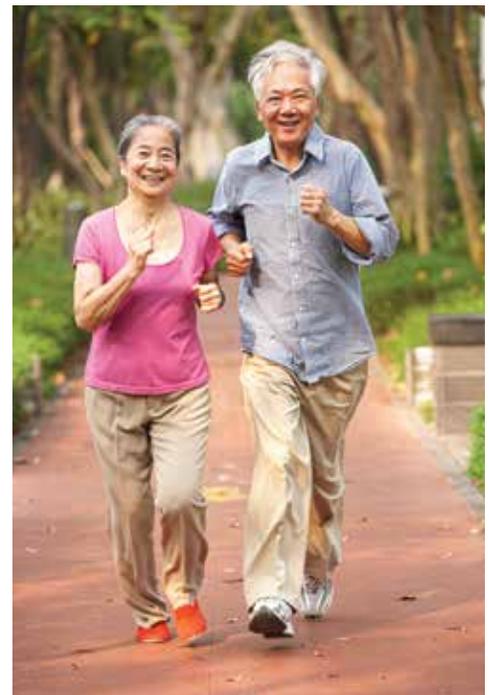
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Department of Aging and Disabilities

2666 Riva Road, Suite 400, Annapolis, MD 21401

Department of Aging and Disabilities North

7320 Ritchie Hwy, Glen Burnie, MD 21061

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Phone: 410-222-4257

Fax: 410-222-4360 / 410-222-4346

Website: www.aacounty.org/aging

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EDITORS:

Joelle Ridgeway
Deputy Director

Brandi Francis
Assistant Director, Disability and Community Services

Sarah Stein
Assistant Director, Aging and Disability Resource Center/ Long-Term Care

Kelly L. Mackall
Director of Communication & Community Relations

Olga Strong
Program Manager, Aging and Disability Resource Center/Long-Term Care

Heidi Howard
Executive Assistant, Area Agency on Aging Advisory Council

Courtney Zilonis
Information and Assistance Director

PRODUCED BY WHAT'S UP? MEDIA:

Veronica Tovey
Publisher & President

Ashley Lyons
COO & Director of Advertising

Kathy Sauve
Senior Account Executive

James Houck
Editorial Director

August Schwartz
Art Director

Matt D'Adamo
Graphic Designer

Amanda LoPresti
Production Manager

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

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The top three criteria for choosing a Continuing Care Retirement Community

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Memory Care
Program
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Soon!

- LOCATION** - Choose a community close to family, hospitals and medical facilities, colleges, historic areas, shopping, entertainment and recreation, sports and cultural activities. And waterfront if you can find it.
- SIZE** - Choose a setting that serves your needs without over population. You need to access all of the services easily. Enjoy a neighborhood feeling from the residents and staff as well as a lovely campus.
- GOOD RETURN ON INVESTMENT** - Do they have a good reputation in the community? Do they have good healthcare facilities and cultural programs onsite? Tour the campus, meet the residents and ask direct questions of them.

Steuart Pittman

COUNTY EXECUTIVE



"We had a busy year in 2023, and I want to express my gratitude to our Department of Aging and Disabilities and their incredible team for all of the work they have done. After more than three decades of community advocacy, we celebrated the grand opening of the Severn Center, a state-of-the-art intergenerational community center. The space features a Senior Activity Center, and the staff there are working hard to provide our older adult neighbors with the quality of life that we owe them."



Iwelcome you to the 2024-2025 edition of The Directory for Older Adults, Individuals with Disabilities, Veterans, Caregivers and Their Families. We had a busy year in 2023, and I want to express my gratitude to our Department of Aging and Disabilities and their incredible team for all of the work they have done. After more than three decades of community advocacy, we celebrated the grand opening of the Severn Center, a state-of-the-art intergenerational community center. The space features a Senior Activity Center, and the staff there are working hard to provide our older adult neighbors with the quality of life that we owe them.

This year we also hired a Veterans Services Center Program Manager to oversee the county's Veterans Services Coordination Center. Our veterans and their families have made tremendous sacrifices for our country, and this permanent staff position will help ensure that they receive the care and support they need.

As we look forward, we must continue our work to ensure that our older adults and residents with disabilities have opportunities to continue their education, stay active, socialize, and access the food, health care, and other resources that they need to thrive.

This Directory will provide you with useful information about these programs and more. Please stay engaged and let us know your thoughts on our programming, and what else you need. You can 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.

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We are the **RIGHT PEOPLE**,
doing the **RIGHT THINGS**, the **RIGHT WAY**,
for the **RIGHT REASON**.

Karrisa Kelly

DIRECTOR

Anne Arundel County Department of Aging and Disabilities



"We recognize the importance of equity, inclusion, and access when providing care and support, and will continue to focus on providing resources and support for mental health, nutrition, housing support, transportation, and socialization."



Welcome to the 2024-2025 edition of the Directory, your comprehensive guide to services and resources for older adults, individuals with disabilities, veterans, caregivers, and anyone who wishes to plan for the future in Anne Arundel County.

As we begin this new year, I am proud to reflect on the work of the Department of Aging and Disabilities over the past year. Through rebuilding community life and resilience post pandemic, we have remained dedicated to our mission of "Making Life Better" for our community members. We have adapted our programs and services to ensure that we continue to provide the highest quality of care and support to those in need, and have implemented new initiatives to better serve our diverse community.

One of our proudest accomplishments of the past year has been our continued expansion of services to communities not previously acquainted with our resources and programs. Through outreach efforts and partnerships with local organizations, we have been able to connect with more individuals and families, and provide them with the tools they need to live independently and with dignity. Engaging the Department of Aging and Disabilities in planning for your future will be an experience where all people feel welcomed for their unique life perspectives, self-identity, and culture, and feel empowered to choose their self-determined path in life. We are here to honor and support you.

As we move forward into the new year, we remain committed to improving the health and wellness of older adults, individuals with disabilities, veterans and caregivers in Anne Arundel County. We recognize the importance of equity, inclusion, and access when providing care and support, and will continue to focus on providing resources and support for mental health, nutrition, housing support, transportation, and socialization. We will also be working to improve access to healthcare services, and will continue to partner with local organizations to expand our offerings.

I am honored to lead such a dedicated and passionate team of professionals, who work tirelessly to ensure that our community members are able to age in place and live fulfilling lives. I am also grateful to our partners, stakeholders, and supporters who share our commitment to serving the needs of older adults, individuals with disabilities, and caregivers in Anne Arundel County. "Making Life Better" is not just a motto, it is a mission that the Department of Aging and Disabilities' team believe in and work toward everyday. On behalf of everyone, we look forward to a marvelous 2024-2025 season, and continuing to make Anne Arundel County a more inclusive and accessible home for those we serve. Please continue to reach out to us at 410-222-4257 (TTY users please call via Maryland Relay at 7-1-1) to be connected to all of our programs and services.



Non-Discrimination Notice

Anne Arundel County Government does not tolerate any form of harassment including, but not limited to, sexual, racial, disability and national origin harassment. It is illegal to discriminate against an individual on the basis of race, ethnicity, color, ancestry, national origin, language, faith-based or religious affiliation, sex, sexual orientation, gender, gender identity, family/parental status, marital status, age, physical or mental disability, socioeconomic status, limited English proficiency, and any other protected lawful classifications, attributes or affiliations covered by the county, state and federal laws.

The County is committed to nondiscrimination and fostering a community that promotes equity, inclusion, and acceptance for all. Equal opportunity of access to programs shall be extended to all persons.

Anne Arundel County Commission on Disability Issues (CODI)



The Anne Arundel County Commission on Disability Issues welcomes you to the 2024-2025 edition of The Directory for Older Adults, Individuals with Disabilities, Veterans, and Caregivers. The dedicated members of the Commission invite you to use and share this directory to find services and resources for people living with disabilities in Anne Arundel County. Whether you or someone you love lives with a disability, this directory provides numerous contacts of service providers that can assist both caregivers and people with disabilities.

CODI was established in 1995 and serves to fulfill the mission of promoting and enhancing the quality of life for persons with disabilities in the following ways: advising county government on the coordination and development of government policies, programs, services, and allocation of resources for persons with disabilities, proposing the means to meet the needs of persons with disability, and

coordinating with local and county organizations to provide strong supports and programs. Throughout the pandemic, the Commission worked with County programs and services to ensure that people with disabilities had access to needed supplies as well as accessible testing and vaccine clinics.

In October of 2023, the Commission held its annual Disability Awareness Day (DAD), recognizing individuals and businesses for their accomplishments and contributions in the field of disability services. Held at the Westfield Annapolis Mall, Disability Awareness Day also celebrated the 33rd anniversary of the signing of the Americans with Disabilities Act and recognized Disability Awareness Day Honoree Sunny Ceferrati, co-founder of The Musical Autist, a non-profit dedicated to providing platforms for musicians with disabilities to share their talents. Ten other individuals and organizations were also recognized for their work and service to those in Anne Arundel County living with a disability.

The Commission is composed of 15 voting members and numerous ex-officio county and state agency representatives involved with disability issues. The Commission meets monthly virtually on the second Tuesday bi-monthly, a total of six times a year. The Commission and the Anne Arundel County Department of Aging and Disabilities are committed to serving county residents and visitors with disabilities. In compliance with the intent and the spirit of the Americans with Disabilities Act, our commitment is to ensure accessible facilities, programs, and services. Occasionally vacancies occur on the Commission, and if you have an interest in serving, please contact the Anne Arundel County Boards and Commissions Coordinator at (410) 222-1821. Applications for membership consideration can be submitted online at <https://www.aacounty.org/county-executive/commission-membership/boards-commissions-application>.

For assistance and access to services, contact the Department of Aging and Disabilities at 410-222-4383 or by email at disabilities_info@aacounty.org at least seven days prior to an event. TTY users, please call using Maryland Relay 7-1-1. All materials are available in alternative formats upon request to best meet the needs of our residents.

Comprehensive support wherever you need it

The Luminis Health Gilchrist Lifecare Institute provides an integrated continuum of care for older individuals across all settings in Anne Arundel and Prince George's counties. We can help at home or in a residential community such as assisted living or long term care.

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To find out what resources may be the best for you or a loved one, **please call 443-332-5800** to speak with our specially trained representatives.



Learn more at
Luminis.Health/Gilchrist

Anne Arundel Senior Provider Group (SPG)

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Ashley R. Johnson



Ashley R. Johnson

Vice President
Nikia Thomas



Nikia Thomas



Dawn Lewis



Lauren Sarch



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Dawn Lewis

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E. Marie Simpson



Michelle Henderson



Jennifer McAndrews



Kathy Sauve

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Secretary
Michelle Henderson

Programming
Jennifer McAndrews

What's Up? Media Liaison
Kathy Sauve

Dear Seniors, Families, Caregivers, 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 care teams. SPG strives to meet the needs of its members by providing informative professional speakers, excellent networking, and friendly support. 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 The Anne Arundel County Department of Aging and Disabilities and What's Up? Magazine to benefit from a portion of the sales revenue to increase the scope of grants. We are thrilled at the opportunity to support more local non-profits in funding senior-specific programs. Details about our grant pro-

gram 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, caregivers, and professionals in Anne Arundel County.

We welcome guests and new members to our meeting that typically takes 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.

Sincerely,
Ashley R. Johnson, President
On behalf of the 2024 Board of Directors

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The Anne Arundel County Area Agency on Aging Advisory Council

PRIMARY DUTIES OF THE ADVISORY COUNCIL 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 adults.

Representing the interests of and acting as an advocate for the older adults of Anne Arundel County.

Identifying gaps in services to seniors and providing recommendations for corrective action.

Attending council meetings and actively participating in deliberations and activities.



Voting Members: Angela Mickalide – Public At Large, Jamarri Bright – Pascal Senior Activity Center, Mary Ann Yarbrough – Arnold Senior Activity Center, Russell Jones – South County Senior Activity Center, Chair, Ettice Patton - Brooklyn Park Senior Activity Center, Kathy McNally – O’Malley Senior Activity Center, Shirley Norlem – Annapolis Senior Activity Center

The Anne Arundel County Area Agency on Aging Advisory Council is pleased to be a part of the 2024-2025 edition of The Directory for Older Adults, Individuals with Disabilities, Veterans, Caregivers, and Their Families. This publication provides valuable information on a myriad of life-enhancing services, programs, and resources available in Anne Arundel County. The Directory is available to anyone in the public and can be picked up throughout the year at various Department of Aging and Disabilities locations and other county facilities including local senior activity centers and libraries. English, Spanish, and Korean versions are also available online.

The Area Agency on Aging Advisory Council was established by the Older Americans Act of 1965 (Sec 1321.57) to serve in an advisory capacity to the Department of Aging and Disabilities and the County Executive on matters

that will further the county's and the council'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, and public and affiliate service provider representatives.

As the interests and needs of older adults evolve, the council continues to bring new ideas to the Department of Aging and Disabilities and suggests innovative activities to implement at each of the eight senior activity centers. They strive to meet the county executive's and the department's vision and mission. Council members assist and contribute their time and efforts for large events held for older adults and people with disabilities including Older Americans Month which is celebrated every May.

For more information visit the website www.aacounty.org/aging and search for the Area Agency on Aging Advisory Council.



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-Diane M., Annapolis



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- Swim in the aquatics center
- Enjoy Annapolis' historical and cultural treasures



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Assisted Living Program 2024-2025

There are over 140 licensed assisted living facilities in Anne Arundel County, of those 140, around 120 are smaller community-based assisted living facilities. This is defined as a facility having between 4 and 16 beds. Smaller assisted living facilities are an important option for senior housing in the county, but most people are unaware that they exist. These smaller assisted living facilities are often in single family homes and therefore can have a cozy, homelike environment, and the monthly cost is often lower than for a larger facility. If you are considering assisted living, we encourage you to take a look at smaller as well as larger facilities so you can experience the wide variety of options available in Anne Arundel County.



To see a full listing of assisted living facilities, please use the QR code to be redirected to see the Maryland Department of Health Office of Health Care Quality listing.



How do I afford Assisted Living?

Generally, the cost of assisted living is covered by the individual's income and savings. Long-term care insurance policies may cover some expenses for a specific period of time. Veterans and their spouses may be eligible for Aid and Attendance benefits to help with the cost of assisted living. For low-income seniors, the Medicaid Community Options Waiver and Senior Assisted Living Subsidy are two programs offering financial assistance.

There are waitlists for both the Medicaid Community Options Waiver and Senior Assisted Living Subsidy. It's important to remain proactive and apply before a time of need or crisis. Feel free to contact our office for more information at 410-222-4336.

Remember to ask...

When touring an Assisted Living or conducting research, you may want to consider asking the following questions.

Does your facility charge a community or entrance fee?

Does your facility accept the Senior Assisted Living Subsidy or Community Options Waiver?

Are you contracted with a physician, pharmacy, or any other medical services?

What does your menu look like? Are you able to accommodate special diets?

What does your facility do for activities and engagement?

Are private bedrooms available, or only semi-private?

What does your staffing ratio look like? Do you have awake-overnight staff?

What are your visiting hours?

Do you allow pets at your facility?

Do you have a smoking policy?



We nurture *independence* so
you can *live life* to the fullest.

Spring Arbor assisted living and memory care residents enjoy a lifestyle focused on wellness, with on-site therapy and a full schedule of activities. Because each resident is unique, we have a thorough and on-going assessment process to ensure that each resident receives assistance, with what they need, while maintaining as much independence as possible.

**Discover for yourself why seniors choose Spring Arbor.
Call to schedule a tour today.**



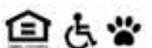
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SPRING ARBOR OF SERVERNA PARK 345 Ritchie Hwy., Serverna Park, MD 21146 | 410-544-7774



The Veterans Services Coordination Center

Anne Arundel County's Department of Aging and Disabilities is proud to partner with the Veterans Affairs Commission to provide coordinated care for veterans and their families. The Veterans Services Coordination Center serves as a SINGLE ACCESS POINT for local, state, and federal government services and resources available to veterans and their families.

Our staff can provide one on one assistance to help you understand and access programs that help veterans with:

- Veteran Benefits Assistance
- Mental Health Resources
- Food Stability
- Transportation to Appointments
- Substance Misuse Recovery Resources
- Career Placement Assistance
- Employment Readiness
- Legal Assistance Referral
- Burial Assistance
- Housing Stabilization
- and more...

For more information, contact the Veterans Services Coordination Center at:
veterans-assistance@aacounty.org
www.aacounty.org/services-and-programs/veterans-services-coordination-center
410-222-3500



The Veterans Affairs Commission (VAC)

The Veterans Affairs Commission serves as a forum for all Anne Arundel County Military Veterans. The purpose of the Commission is to establish a forum for all Anne Arundel County veterans of military service; to maintain coordinated communication with County and local governments, businesses, and veterans of the County; and to provide assistance, guidance, and information to the business and academic communities of the County and various levels of government to ensure adequate consideration of veterans in employment, education, training and public programs. It is our mission to advocate and help to enhance the quality of life for veterans of military service and their families who live or work in Anne Arundel County by advising the County Executive and the County Council on the development and coordination of government policies, programs, services and allocation of resources for veterans and their families. Your Commission members are all veterans from major military organizations. We are Veterans serving Veterans.

Veterans Affairs Commission
Anne Arundel County, Maryland

For more information:
aacounty.org/VAC
(410) 222-1550
exkitc22@aacounty.org





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- Diabetic care
- Oxygen management
- Partnerships with rehabs, physical therapy, and hospice
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Arcadia of Denton II
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Arcadia of Crofton I
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Arcadia of Crofton II
1260 Defense Highway

Arcadia of Easton
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**The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.*

Apply today for State-provided equipment:

800-552-7724 | 410-767-7253 (Voice/TTY)

410-801-9618 (Video Phone)

MAT.Program1@Maryland.gov | MDMAT.org





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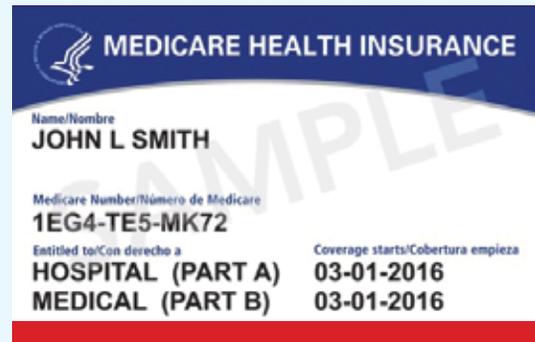
Fees are based on participant’s ability to pay.

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

8227 Cloverleaf Drive, Suite 300 • Millersville
410-987-0360

www.WoodsAdultDayServices.com

TOP 10 THINGS TO KNOW ABOUT Medicare



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

2. What is Medicare Part A and how much does it cost? Medicare Part A is insurance for inpatient hospitalization, skilled nursing facility care, and hospice care. Medicare Part A is premium-free for most people. Medicare Part A has deductible and co-insurance amounts. These deductible and co-insurance amounts are detailed online at www.medicare.gov.

3. What is Medicare Part B and how much does it cost? Medicare Part B is insurance for outpatient health care. Medicare Part B has a monthly premium. The base premium for 2024 is \$174.70/month and the annual deductible is \$240. 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.

4. What is Medicare Part D? Medicare Part D is outpatient prescription drug coverage. There are varying costs to this program including premium costs, deductible costs, and co-payment costs. Specifics on these costs are available online at www.medicare.gov.

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



HELP WITH MEDICARE PRESCRIPTION DRUG COST

If you are single and your income is below \$1,903 per month and your assets are below \$17,220 (not counting your home, personal possessions, or car), there could be help. If you are married and your combined income is below \$2,575/month and your combined assets are below \$34,360 (not counting your home, personal possessions, or cars), there could be help.

410-222-4257

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

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

7. Is there any help with the costs of Medicare? For people with limited income, help is available for both Medicare and Medicare prescription drug costs.

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

9. What resources does Medicare offer to help with these complex decisions? You may call 1-800-Medicare (1-800-633-4227) or visit www.medicare.gov 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.

Advance Directives

What is an advance directive? An advance directive is a document that states your choices about medical treatment, and names a person and an alternate who can make those decisions for you in the event that you are unable to do so yourself. For example if you are in a serious accident and are unconscious or cannot speak. You may also create a living will (not to be confused with a will used after death) which is also an advance directive wherein you indicate what type of medical treatment you want or don't want at the end of life or in an emergency situation.

If you do not have an advance directive, the healthcare professional will seek out the following persons to make healthcare decisions for you. In order of priority:

1. Guardian of Person
2. Your spouse or domestic partner
3. Your adult child
4. Your parent
5. Your adult brother or sister
6. A friend or other relative who meets the criteria of a surrogate decision maker.

A surrogate decision maker makes decisions for you based on what you would have wanted if you were able to speak for yourself. Naming a surrogate decision maker can prevent guardianship. Your surrogate decision maker should be:

- familiar with your health wishes
- be either a close friend or relative
- have regular contact with you to be familiar with your health, your beliefs, and your activities.



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

Who can make an advance directive? An advance directive can only be made by someone who is competent, and it must be made voluntarily.

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, and will follow your wishes. It can be a family member, friend, or trusted professional (such as an attorney). Make sure you discuss your decision with that person because it shouldn't be a surprise to the person you appoint. 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. The decision maker may or may not choose to do something that 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.

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 agent to interpret those preferences during a crisis (National Resources Center on Psychiatric Advance Directives). It can include your preferred mental health providers and facilities, as well as 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 the "Resources" section 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, an attorney experienced in estate planning or elder law is a good choice. There are websites noted in the "Resources" section of this Directory and others online that offer advance directive forms and instructions on how to complete them. What should I do with my advance directive once it has been completed? Give a copy to your health care agent (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 is a good idea to review it annually to make sure the choices you made are still in line with your beliefs or if there has been a major medical change in your condition or a decline in your health. You also want to make sure your healthcare agent is still available, willing, and capable of acting in that capacity.

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





Knowing When It's Time to Step In... and the Best Way to Do It

W

hether your parent or other older loved one lives down the street or in another state, there may come a time when it is unsafe for them to live alone.

Planning for that time without taking over can be difficult. Keep in mind to always treat your loved one with dignity; ask for and listen to their opinions and concerns. Involve them in the decision making process, and treat them as the adult they are. Continue to encourage their independence, even if it becomes more limited.

When evaluating someone's ability to remain independent, caregivers should take a holistic approach and look at the overall health and safety of their loved one.

- Have you noticed a change in their personal hygiene – untrimmed nails, body odor, poor oral hygiene, soiled clothing? Personal care may be getting more difficult; your loved one may be having difficulty getting in and out of the tub (or have a fear of falling while doing so); they might also be having a difficult time using the washer.
- If you notice the house is unkempt, he/she may be having difficulty completing household tasks due to arthritis, osteoporosis, a vision impairment, or memory loss.
- Is the individual losing weight? Is there food in the pantry and refrigerator? Do you see scorched pans? Spoiled food? Arthritis, strokes, or dementia can make it difficult to shop for and prepare meals.
- Do you notice any bruising or other injuries? Is your loved one able to manage steps? Does he/she appear unsteady on their feet? Are they avoiding exercising, socializing, getting in the shower because of a fear of falling?
- If your loved one is prescribed medication, can they read the fine print and understand the directions? Are the bottles easy to open? Are there medications left when the bottle should be empty?
- Check for increased sweepstakes and charity mailings, unexplained telephone charges, multiple magazine subscriptions? Con artists target seniors who live alone.
- Has mail piled up because he/she is unable to sort through the piles of junk mail and ads? Are bills being paid on time?
- Is your loved one socially active or does he/she appear to be lonely?

If you are noticing changes that indicate your loved one needs more care, speak with him/her and determine if they recognize any areas where they might need help. Include your loved one in your search for resources in their community. Determine if he/she has a support network already – other family, neighbors, friends, church community – that can assist with some of the daily tasks? If you are concerned that there are serious issues (such as dementia) occurring, speak with your loved one’s physician and let him/her know what you have noticed so that you can begin to develop a plan.

Be aware that it is very easy for family members to slip into a decision-making, protective role. But keep in mind that that attitude can lead to taking away someone’s right to make decisions, or to at least be included in the decision making. Remember to ask what your loved one thinks will keep them safe, comfortable, and happy and try to work within those parameters.

If your loved one wants to remain in their home and is cognitively able to do so, there are multiple options to support that decision. He/she can hire individuals or companies to do on-going home maintenance chores

(mowing the lawn, shoveling the snow, home repairs, house cleaning, etc.). If grocery shopping has become too difficult, many of the area grocery stores now deliver. If he/she is unable to cook (or just doesn’t like to do so) search out meal delivery services or enlist the help of family and friends to provide home cooked meals. If physical needs increase, a home care worker can be hired to provide some personal assistance. Check out the availability of local senior centers, which offer socialization, education, and entertainment activities.

If your loved one does remain in their home, be sure to do a thorough safety check. Ensure all of the lights are working and clear away clutter and area rugs. AARP has an excellent safety checklist on their website. If you and your loved one agree he/she will move in with you, you can also use the safety checklist for your house. Keep in mind that you can bring a home care worker into your home to help with personal care tasks, if needed.

If your loved one requires or desires an assisted living setting, start your research by contacting the Area Agency on Aging in the county/city in which he/she wants to live. Assisted living facilities can range from 4 to 150 beds. Assisted living residences provide 24-hour supervision and support to help individuals who need assistance with activities of daily living. Continuing Care Retirement Communities (CCRC) offer a range of housing options from independent living through skilled nursing care and several levels of medical and personal care services. Fees and contracts vary so read the contract carefully.

Keep in mind even if your loved one makes the decision to move, it will still be very emotional and he/she may feel sadness and apprehension. Let the individual grieve. Let him/her make as many decisions as possible. As you help sort and organize for the downsizing of their home, allow him/her to reminisce and honor attachment to certain items and to memories.

Remember to be a good listener. And remember that developing a plan will take more than one conversation. Unless his/her safety seems to be in danger, follow their lead and make the necessary changes in increments. Develop a timeline for the move and keep checking back to see if their health or ability to care for themselves has changed.



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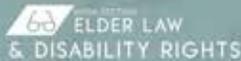
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**For information
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ARBOR TERRACE



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/Community Cleanup.....	410-222-6100
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
Department of Social Services	410-269-4500
Eldercare Locator	800-677-1116
Water/Sewer Emergency.....	410-222-8400

Storm Related Numbers

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

AA Co. Emergency Operations 410-222-0600

AA Co. 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 Co. 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 Co. Inspections and Permits

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

AA Co. Landfill Operations

Trash collection, curb, bulk, and recycling 410-222-6100

AA Co. 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

Before It’s Too Late (Opioid Hotline)..... 800-422-0009

National Suicide & Crisis Lifeline..... Dial 988

National Veterans’ Crisis Line Dial 988, Press 1 or Text 838255

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:

- Overview of internal programs/ services Scams/Fraud
- Advanced Directives and Five Wishes
- Benefits for Utilities, 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.



How Do I Get Help?



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, veterans, caregivers or wish to plan your future, **call MAP** and one of our highly-trained professionals will help you!

We have two Customer Service Centers that will offer in-person appointments in accordance with Health Department guidance. Please call before visiting our 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**



ABUSE:

Know The Signs And Where To Get Help



› Emotional/Verbal Abuse

Behaviors such as threats, explosive temper, constant monitoring or “checking in,” excessive calling or texting, insults, humiliation, intimidation, excessive jealousy/insecurity, or isolating someone.

› Physical Abuse

Any intentional use of physical force with the aim of causing fear or injury, such as hitting, shoving, biting, pinching, punching, kicking, choking, or using an object or weapon to harm.

› Financial Abuse/Exploitation

Using someone else’s money, property, or accounts for one’s own benefit without consent of the owner or through coerced consent.

› Sexual Abuse

Any unwanted sexual touching or action that affects someone’s ability to control his or her sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control.

› Stalking

Repeatedly watching, following, or harassing someone through actions that result in unwanted or obsessive attention. Using technology such as texting or social networking to bully, harass, or intimidate someone verbally or 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 Services

410-421-8400

Residents of Nursing Homes or Assisted Living

AA County Long-Term Care
Ombudsman Program

410-222-4257

Financial Abuse/Exploitation

AA County States Attorney

410-222-1740



What is a Long-Term Care Ombudsman?

An ombudsman is a person who addresses resident complaints and advocates for improvements in nursing homes and assisted living facilities. The ombudsman is resident-centered and seeks to resolve issues and concerns of residents in long-term care to the resident's satisfaction and with the person's consent. The ombudsman works for Anne Arundel County Department of Aging & Disabilities.

How can the ombudsman help?

- Educate residents, their family, facility staff, and the public about residents' rights, signs and indicators of elder abuse, and aspects of good care in a nursing home and assisted living setting;
- Advocate for changes to improve residents' quality of life and care individually and as a group;
- Seek legal, administrative, and other avenues to protect residents;
- Provide information to the public regarding long-term care facilities and services, and legislative and policy issues;

Who can contact the Ombudsman Program?

Residents of long-term care, families, staff of facilities, and any person who has a concern about a resident or would like information about nursing homes and assisted living facilities.

How do I contact an ombudsman?

Contact Maryland Access Point at 410-222-4257 and ask to speak to an ombudsman.

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State of Maryland

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- Manual wheelchairs
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- Shower chairs
- Walkers and rollators
- Power wheelchairs and power scooters
- Hoyer lifts
- Knee scooters
- Tub transfer benches
- Bedside commodes and toilet safety rails
- Canes and crutches



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Directories

Do you need additional copies of this Directory?

If you would like additional copies of this Directory for your business, church, family, friends, etc., please call or email us and we would be happy to assist.

Contact us for more information:

410-222-4257

info_and_assistance@aacounty.org

Senior Activity Centers

By Suzie Antkowiak

There are a lot of myths about aging and what happens to us as we get older. People make assumptions about what getting older is supposed to look like, but senior activity centers are here to challenge those misconceptions. Gone are the days of believing that getting older means being lonely, inactive, depressed, dependent, or unwell. Positive, healthy aging, maintaining independence, developing relationships, and continuing to learn and grow are what senior activity centers are all about.

There are many positive aspects to growing older. You have more free time to spend with your family and friends and to participate in activities that can help you maintain your health and wellness, explore your hobbies and interests, or learn something completely new. You have a lifetime of experiences and memories to share with others, and you can continue to grow, learn, and have fun!

Senior activity centers serve as a gateway for older adults to connect with friends and vital community services. These centers feature engaging programs and activities, including fitness and dance classes, fine arts classes, craft workshops, entertainment, billiards, card games, special events, volunteer opportunities, and so much more! For members who can't make it into the center, virtual programming is also available so you can participate in a class from your own home!

The mission of the Department of Aging and Disabilities is to improve the quality of life for older adults, individuals with

disabilities, veterans, caregivers, and anyone wishing to plan for the future by providing options and resources that will enable them to live independent and meaningful lives. The wide variety of social, educational, healthy, active, and fulfilling programs and activities our centers offer provide opportunities for older adults to remain engaged with their communities and enrich their lives. We provide options and resources that will help people continue to live independent and meaningful lives.

SENIOR ACTIVITY CENTERS SERVE AS A GATEWAY FOR OLDER ADULTS TO CONNECT WITH FRIENDS AND VITAL COMMUNITY SERVICES.

These centers feature engaging programs and activities, including fitness and dance classes, fine arts classes, craft workshops, entertainment, billiards, card games, special events, volunteer opportunities, and so much more!

Once you join a senior activity center, you can visit any of our eight centers throughout the county. Each center has its own personality and charm! All of the senior activity centers share the goal of enriching the lives of older adults and enhancing our communities by providing activities, programs, and opportunities for older adults to socialize with their peers, learn new skills, access important resources, volunteer, celebrate special events, travel, enjoy a meal with friends provided by the Senior Nutrition Program, and so much more.

If you haven't visited a senior activity center before, we invite you to come see what we have to offer. If you have been attending our centers, we are so happy to have you here. Senior activity centers are making life better for older adults in Anne Arundel County. We look forward to seeing you soon at the senior activity center near you!

Testimonials

Why do you visit the senior activity centers?

Crafts, trips, caring people, presentations, always something to do. —Helen R.

Exercise, art / painting workshops and the volunteers. —Mary B.C.

To exercise, play pool, listen to music, visit with my friends. —Anonymous

As a recent stroke patient, the center has been paramount in my recovery. The exercise room helps me to get my mobility back. I also look forward to the meals and the social aspect. —Angie R.

What do the senior activity centers have to offer?

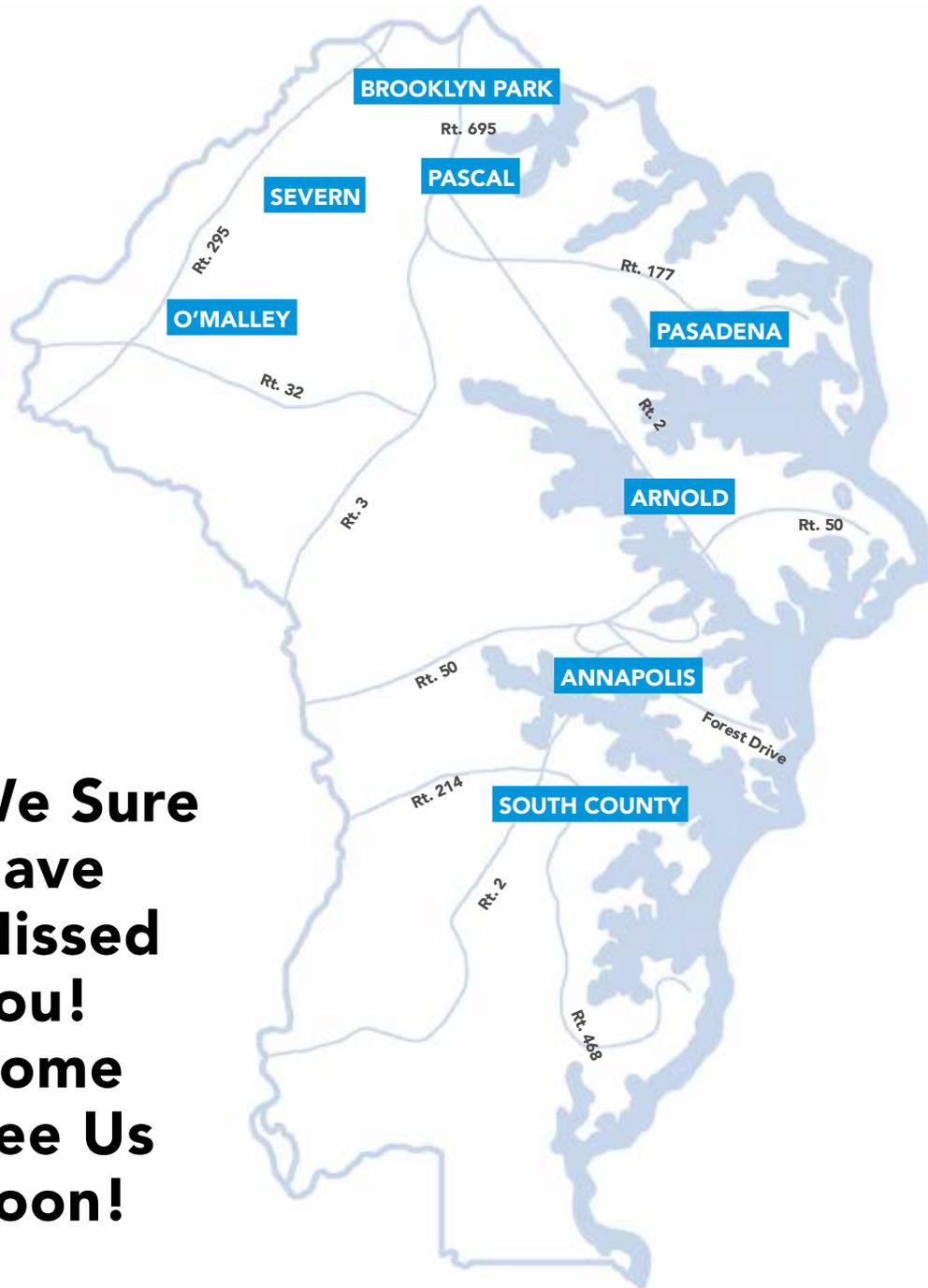
I am able to make friends, take classes, exercise & participate in the walking group. —Mary B.C.

Exercise, games, music, dancing, lunch, meeting people, helping seniors, and having fun. —Carrol N.

They offer college classes, and offer many different games such as board games, cards, entertainment with music and dancing, etc. At the Pascal Senior Activity center they have a computer room with volunteers to help with computer training and issues. —Marlene N.

Just about everything. —Anonymous

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410-222-6227
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410-222-0140

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410-222-0030

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410-222-6680

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410-222-0300

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What is the secret to a long, healthy life? While there are many schools of thought on what is best for promoting health and wellness, most people would agree that staying active and properly managing health conditions is a part of the answer. The Evidence-Based/Health Promotions program at the Department of Aging and Disabilities serves to connect older adults with evidence-based programs designed to promote health and prevent disease among older adults. Why evidence-based programs? Evidence-based programs are based on rigorous research and provide documented health benefits, so you can be confident they work.

Participants in evidence-based programs enjoy the following benefits:

- Improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence, positive health behaviors, or mobility
- Reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- Reduced pain
- Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

The Evidence-Based Program offers a number of workshops for older adults ages 60 and over, along with health presentations covering a wide range of health topics. Current offerings include:

Diabetes Self-Management Program: a 6-week program that provides techniques to deal with the symptoms of diabetes, such as fatigue, pain, hyper- and hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.



Eat Smart, Move More, Weigh Less: a 15-week program designed to support older adults in your community to build the skills to live mindfully as they make choices about eating and physical activity.

Enhance Fitness: a 16-week program designed to help older adults through an exercise and fall prevention program developed specifically to promote physical activity, as well as social stimulation.

Savvy Caregivers: a 6-week program for family caregivers that expands family caregivers' knowledge, skills, and mastery related to dementia caregiving while also promoting caregiver self-care.

Tai Chi for Arthritis and Fall Prevention: an 8-week program developed by Dr. Paul Lam with tai chi and medical colleagues, the program utilizes Sun-style Tai Chi for its ability to improve relaxation, balance, and ease of use for older adults.

Tai Ji Quan: Moving for Better Balance: a 24-week program developed by Dr. Fuzhong Li at the Oregon Research Institute, is an evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan.

Evidence-based programs are offered virtually and in person at the senior activity centers. To learn more information or register for a class, visit us online at www.aacounty.org/aging or call Jennifer Jackson at (410) 222-4335.

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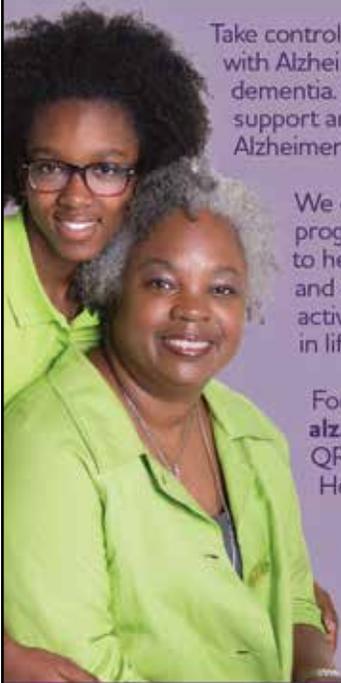
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This program is an option to aid older adults and individuals with disabilities who would otherwise require nursing home or immediate care facility care.

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
- Supports Planning
- Nurse Monitoring

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

Resources

FOR OLDER ADULTS, INDIVIDUALS WITH
DISABILITIES, VETERANS, CAREGIVERS AND
THEIR FAMILIES, OR ANYONE PLANNING THEIR
FUTURE IN ANNE ARUNDEL COUNTY

SPG = Anne Arundel Senior Services Provider Group

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ANNE ARUNDEL COUNTY DEPARTMENT OF AGING & DISABILITIES PROGRAMS

SPG 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; aaccounty.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 are also 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; aaccounty.org/aging; One-stop, user-friendly access at the county Dept. of Aging and Disabilities to services offered by multiple agencies for older adults, individuals with disabilities, and their caregivers. 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 are available.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship – 410-222-4257; aaccounty.org/aging; Serves as court-appointed public guardian of person for Anne Arundel County residents who are 65 years or older if there is no friend or family member who can act in that capacity. Provides information and education about medical advance directives, alternatives to guardianship, and the guardianship process.

AA County Dept. of Aging and Disabilities/Americans with Disabilities Act (ADA) Office – 410-222-4383; TTY users, call via MD Relay 711; aaccounty.org/aging; 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.

AA County Dept. of Aging and Disabilities/Assisted Living Program – 410-222-4257; aaccounty.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 assisted living 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/Assistive Technology Loan Program – 410-222-4383; aaccounty.org/aging; The Anne Arundel County ADA Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of 3 weeks or schedule a product demonstration with ADA staff free of charge. To schedule an appointment to see or borrow an Assistive Technology device, please call 410-222-4383, email agmart11@aaccounty.org, or complete the online form.

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

– 410-222-4257; 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 eligibility must be established. Recipients must also have community Medical Assistance.

Department of Aging and Disabilities/Evidence-Based and Health Promotions Program

– 410-222-4257; 410-222-4335; aacounty.org/aging; The Evidence-Based/Health Promotions program offers a variety of workshops designed to improve health and manage chronic conditions for older adults aged 60 and over. Evidence-based programs empower older adults to take control of their health by maintaining a healthy lifestyle through increased self-efficacy and self-management. Programs cover diabetes, fall prevention, health and fitness, and other chronic conditions. Programs are offered at no cost, virtually, and in person at the senior activity centers. To learn more about the program and see a list of current offerings, visit online at: aacounty.org/aging-and-disabilities/services/living-well-series.

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

– 410-222-0263; TTY 410-222-4355; aacounty.org/aging; A specialized program that provides grief counseling to individuals at home and in group settings. If you are experiencing a loss, our counseling sessions are a blend of support and education to find hope and strength in connection to others.

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

– 410-222-4257; 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; aacounty.org/aging; Advocates for residents in nursing homes and assisted living. Receives complaints; works to resolve problems and improve residents' care and quality of life. Educates the public about topics such as long-term care facilities and services, residents' rights, and elder abuse. A free, confidential service.

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

– 410-222-4366; 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; aacounty.org/aging; Program for family caregivers to help relieve the 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; 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 **client's needs**. The home care workers charge fees; there is no charge for the referral service.

AA County Dept. of Aging and Disabilities/Senior Center Plus

– 410-222-1483; Toll-Free 800-492-2499; aacounty.org/aging-and-disabilities/senior-activity-centers/senior-center-plus; Senior Center Plus is a staff guided activity program for a small group of seniors who may not be able to participate independently in the programs offered at the Senior Activity Centers. This program is offered at four of the eight Senior Activity Centers on select days and allows opportunities for socialization and recreation while providing respite for program participants' caregivers. Lunch is also served. There is a fee for this program.

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

– 410-222-0256; aacounty.org/aging; The Senior Nutrition Program promotes nutrition through education and meal programs. Programs include: Congregate Meal Program (meals served at senior centers, senior housing locations, and community centers), Home Delivered Meals Program, Senior Farmers' Market Coupon Program, and SHOP 'N' EAT Program (county subsidized grocery program).

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP) – 410-222-4257; aaccounty.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; aaccounty.org/aging; Provides public education to Medicare beneficiaries to increase senior awareness of health care fraud. One-on-one assistance is available in reporting suspected Medicare/Medicaid fraud and abuse.

AA County Dept. of Aging and Disabilities/Telephone Reassurance – 410-222-4257; aaccounty.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.

AA County Dept. of Aging and Disabilities/Veterans Services Coordination Center – 410-222-3500; veterans-assistance@aaccounty.org; aaccounty.org/aging-and-disabilities/veterans-services; The Coordination Center is a single access point for local, state, and federal government services and resources available to veterans and their families.

ACTIVE ADULT COMMUNITY

SPG ADV Gardens of Annapolis – 931 Edgewood Road, Annapolis MD 21403; 410-885-1001; gardensofannapolis.com; Gardens of Annapolis is the premier active adult community in Annapolis, MD. Enjoy and appreciate all the comforts of independent living at this luxurious rental community created exclusive for seniors 62-plus.

SPG ADV Ginger Cove – 4000 River Crescent Drive, Annapolis, MD 21401; 410-648-2380; gingercove.com; As Annapolis' premier waterfront community along the wooded shores of Gingerville Creek, Ginger Cove is the area's only true Life-Care Community offering seniors an unparalleled lifestyle experience for more than 30 years.



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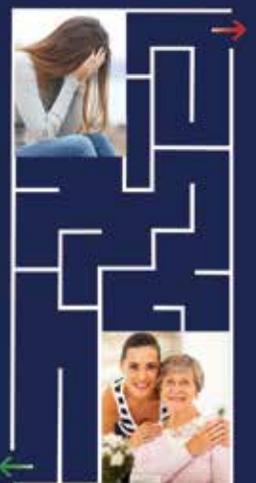
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SPG Active Day of Annapolis – 2525 Riva Road, #100, Annapolis, MD 21401; 410-573-9100; activeday.com

SPG Foundations Group – 1025 W Nursery Road, Suite 112, Linthicum, MD 21090; 4106704999; foundationsgroup.net

ADV Woods Adult Day Care Center – 410-987-0360; 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; aacounty.org; The Office of Community Engagement and Constituent Services serves as the direct link between County Executive Steuart Pittman and the residents 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 - For All.

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; 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 – 1-866-542-8163 (Maryland); 410-895-7637; 1-888-687-2277; 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.

The Arc Central Chesapeake Region – 410-269-1883 (Severn) TTY 800-735-2258; thearccc.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; associatedblackcharities.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 – athomechesapeake.org; A nonprofit 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. Please contact them via the website.

Anne Arundel & Howard County Medical Society – 410-544-0312; aahcms.org; AAHCMS is a physician-led and driven organization affiliated with Med-Chi, The Maryland State Medical Society. Through advocacy, technical assistance, programming, and services, AAHCMS empowers physicians to lead on policies that impact the practice of medicine, access to healthcare, and public health. “Find a Physician” is a free physician referral service for Anne Arundel County. Use the following website to search for a physician near you: medchi.org/Physician-Finder/Physician-Finder

SPG Langton Green, Inc. – 3016 Arundel on the Bay Road, Annapolis, Maryland 21403; (410) 279-0678; langtongreen.org

Laurel Advocacy and Referral Services (LARS) – 301-776-0442; 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.–7:30 p.m. on Mondays.

MD Dept. of Veterans Affairs Regional Benefit Offices – 410-230-4444; Toll-Free 800-446-4926; veterans.maryland.gov; Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

MD Office for Refugees and Asylees (MORA) – 410-767-7514; dhr.maryland.gov/maryland-office-for-refugees-and-asylees; Provides referrals to refugees to ease their transition into American society.

SPG Senior Care Authority – 16701 Melford Blvd., Ste 400, Bowie, MD 20715; 410-991-7832; seniorcareauthority.com/annapolis

Services to Older Refugees and Asylees (MORA) – Located at the Baltimore City Community College; 410-986-5451 Laetitia Messi, Refugee Programs Manager; dhr.maryland.gov/maryland-office-for-refugees-and-asylees; Provides referrals and resources on how to become a citizen. Classes to engage refugees on self-sufficiency, community integration, and maintaining good health are also available.

NARFE (National Active and Retired Federal Employees Association) – 703-838-7760 (Alexandria, VA); Toll-Free 800-456-8410; 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; aacounty.org/departments/sao; Provides community presentations on elder fraud and abuse, cyber safety, identity theft, gang prevention and awareness, and dating violence.

ARTS & CULTURE

ADV Ballet Theatre of Maryland, Performing Arts – 410-224-5644; BalletMaryland.org; Maryland’s premiere professional ballet company. BTM provides 4 main stage productions annually serving Annapolis and surrounding communities.

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 Abby Cottage – 536 East Drive, Severna Park; 4102795382 4105445363

SPG Alma’s Grace Assisted Living – 215 Audrey ave, Baltimore, Md; 4438030215; almasgracealf.com

SPG ADV Arbor Terrace Waugh Chapel – 2535 Evergreen Road, Gambrills, Maryland 21113; 410-941-3119; arborwaughchapel.com; Arbor Terrace offers a lifestyle focused on wellness & meaningful connections. Our unique neighborhood options allow us to provide individualized care & assistance for everyone. Choose to live well with us, you deserve it.

SPG ADV Arcadia of Crofton I & II, Arcadia of Chester, Arcadia of Denton I & II, Arcadia of Easton – Multiple locations 888-880-6771; Arcadia-Living.com; Enhanced Care and Memory Care. Local, Family Owned & Operated. Providing individualized love and care in a comfortable home environment. Winner of Friendliest, Best Staff 13 years in a row!

SPG ADV Assisted Living Locators – PO Box 6322, Annapolis, MD 21401; 410-507-4490; assistedlivinglocators.com/care-advisor/annapolis; Our advisors provide consultation and guidance as families navigate the many senior living options and services available locally and nationwide. Advisors offer price comparisons, assist with arranging tours and support managing the transition of a loved one to their next home. Communities offer placement fees as compensation to our advisors so that this service is at no additional cost to families.

SPG ADV Bay Village Assisted Living & Memory Care – 979 Bay Village Drive, Annapolis, Maryland 21403; 443-949-9711; integracare.com; bayvillageassistedliving.com; Staying true to the vision of Annapolis, Bay Village is a state-of-the-art assisted living and memory care community that features serene outdoor settings for residents to enjoy, a wealth of vibrant social activities, and the latest technology to enhance resident care. Call us today to arrange a visit.

SPG Brightview Annapolis – 1935 Generals Highway, Annapolis, MD 21401; 443-243-2529

SPG Brightview Crofton River Walk – 1301 Clarity Dr, Crofton, Md 21114; 443-494-6901; Brightviewcroftonriverwalk.com

SPG Brightview Severna Park – 469 Jumpers Hole Road, Severna Park, MD 21146; 410-544-1605; brightviewseniorliving.com

SPG ADV Brightview South River – 8 Lee Airpark Drive, Edgewater, MD 21037; 410-956-7310; brightviewseniorliving.com; Let your Bright Life shine at Anne Arundel County’s Premier Senior Living Communities. Award-winning Brightview Senior Living offers residents the independent lifestyle they deserve plus experienced assisted living or dementia care if needed.

ADV Catholic Charities Senior Communities – 667-600-2000 Main; 667-600-2280 Senior Communities; 1-888-502-7589 (MD Only); catholiccharities-md.org/list-of-services; Supportive, affordable apartment communities which include a full range of services for adults 62 and older in Baltimore City, Baltimore, Anne Arundel, Garrett, and Harford Counties. The Caring Home Services (CHS) Program offers services to support safely aging in place. Services include daily meals served in a group setting, weekly housekeeping, laundry, and personal services, and service management provided by the on-site CHS Supervisor. See cc-md.org/senior-communities for a list of where CHS is available.

SPG ADV Chessie Senior Movers – 410-575-2000; ChessieSeniorMovers.com; Serving YOU and our hometown of Annapolis and the entire Mid-Atlantic region. Our understanding team provides guidance on what to bring, while carefully packing, moving, and setting up your new, cozy, and familiar home in independent, assisted living or memory care. We relocate, donate, and dispose of unwanted items. Free estimate!

SPG Country Home Assisted Living – 4187 Solomons Island Road, Harwood, MD 20776; 443-310-5377; 410-867-7518; Country Home is a comfortable 15 bed community providing special personal care for those who can no longer live alone. Competitive pricing and access to professional medical services on site. Respite care is also available.

SPG HeartHomes Assisted Living & Memory Care – 443-871-3168; hearthomes.com; HeartHomes offers Assisted Living & Memory Care Services in 3 convenient locations: Bay Ridge, Pasadena, Piney Orchard. We offer exceptional care in a smaller setting (all private rooms), allowing for a more personalized overall experience. We pride ourselves in creating strong connections with our residents and their families, while meeting their diverse needs. Call us today for a tour and see for yourself what makes HeartHomes so special.

SPG ADV Inspirations Assisted Living & Memory Care – 833-346-8569; www.inspired-joy.com; Focuses on the individuality of each person living with dementia including learning what brings them energy and life; considering interests of their past and present. We look to the whole person, collaborate with their family, and deliver care that incorporates the latest research in Alzheimer's, other forms of dementia, and memory loss. We specialize in bringing Purpose, Joy, and Laughter to all those living in our communities.

SPG Inspirations Assisted Living and Memory Care – 806 Camp Meade, Linthicum; 443-487-1893; inspired-joy

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ESTATE
PLANNING

Is estate planning the same as long term care planning?

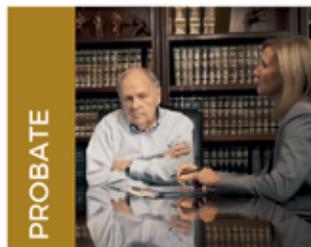
No. Not all estate planning attorneys are experienced in elder law. Our firm has over 70 years of experience and can review your existing will or estate plan to help you develop a comprehensive plan.



ELDER
LAW

Will my life savings have to be used for long term care?

Medicare does *not* provide long-term care coverage which can average \$10,000/mo. It's important to evaluate your entire plan for asset preservation. These strategies require thoughtful planning.



PROBATE

Does an estate have to go through probate and what are the tax implications?

There are many ways to avoid the probate process which can also provide significant tax advantages. However, we can also assist with the administrative tasks of probate, if needed.



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SPG Ivory Inc. Assisted Living Facility – 342 Schulamar Road, Linthicum Heights, MD 21090; 240-463-1903; ivoryincalf.com; We are licensed to serve senior citizens in our community. We assist with all activities of daily living such as grooming, Meal preparation, Toileting, Medication administration and many more. Our facility is warm, welcoming, neat, and friendly. Thank you.

SPG Morningside House of Ellicott City – 5330 Dorsey Hall Drive, Ellicott City, MD 21042; 14107150930; mhseniorliving.com

SPG ADV Morningside House of Friendship – 7548 Old Telegraph Rd., Hanover, MD 21076; 410-863-0830; mhseniorliving.com/friendship; The Morningside House of Friendship community allows your loved one to balance their need for independence and support with personalized care, daily activities, and an inviting, friendly environment.

ADV One of a Kind Care Assisted Living – Is a home away from home environment. Providing excellent care from our certified and experienced professionals. We provide home cook meals from our delegate volunteers staffing. You may reach us at 667-392-4649. 24hrs-7 days a week.

SPG Regency Park Senior Living Community – 730 MD Route 3 South, Gambrills, MD 21054; 410-923-1200; regencyparkassistedliving.com

SPG Rightchoice Assisted Living, LLC – 703 Marlboro Rd, Glen Burnie; 4102580093; rightchoicealf.com

ADV Servants 4 Seniors – 8010 Catherine Avenue, Pasadena, MD 21122; 410-439-9353; mmattthews@servants4seniors.com; servants4seniors.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 ADV Spring Arbor Senior Living – 345 Ritchie Highway Severna Park, MD 21146; 1495 Riedel Rd, Crofton, MD 21114; SpringArborLiving.com; Spring Arbor strives to provide the best in Assisted Living and Memory Care. Residents enjoy a lifestyle focused on wellness with on-site therapy and a full schedule of activities, enabling our residents to live life to the fullest.

SPG Sunrise of Annapolis – 800 Bestgate Road, Annapolis, MD 21401; 410-266-1400; sunriseniorliving.com

SPG The Peartree House Assisted Living – 8001 Middlebury Dr, Pasadena MD 21122; 410-437-5050; thepeartreehouse.com

SPG ADV The Sheridan of Severna Park – 134 Ritchie Highway, Pasadena, MD 21122; 410-777-5008; With a modern, nautical-inspired design, we offer a charming, upscale environment. Beautifully appointed assisted living and memory care apartment homes, amenities and services are tailored to resident needs.

ADV Tribute at Melford – 17300 Melford Blvd, Bowie, MD 20715; 301-329-5565; 301-841-6459; cogirusa.com/communities/tribute-at-melford/contact-us; 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/TELECOMMUNICATIONS

MD Accessible Telecommunications (MAT) – Toll-Free 800-552-7724 V/TTY; 410-767-6960 V/TTY; 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.

ADV MD Relay – Toll-Free 800-552-7724 V/TTY Video Phone 443-453-5970; 301 W. Preston Street, Suite 1008A, Baltimore, MD 21201; mdrelay.org; moreinfo@mdrelay.org; Maryland Relay is a free public service that allows those who are Deaf, hard of hearing, or have difficulty speaking to both make and receive phone calls.

BEREAVEMENT SERVICES

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

SPG ADV Chesapeake Life Center at Hospice of the Chesapeake – John & Cathy Belcher Campus; 90 Ritchie Highway, Pasadena, MD 21122; 888-501-7077; 410-987-2129; chesapeakelifecenter.org; A professional team of licensed social workers and counselors who specialize in grief, loss and transition for adults, children, teens, and families. The not-for-profit center also offers a variety of grief services and workshops to hospice families and community members focused on bringing healing by creating moments that matter.

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; aacounty.org/aging

SPG ADV Aging Services Management, LLC – PO Box 267, Annapolis, MD 21012; 301-219-7645 (cell); aging-servicesmgmt.com; ASM is now offering private Counseling for seniors and their families, as well as Care Management services including, 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.

ADV Alliance in Aging – Lynn Carr, RN, MA, CCM; P.O. Box 4073, Annapolis, MD 21403; 410-507-0915; lynn@allianceinaging.com; allianceinaging.com; AIA provides a comprehensive assessment and an individualized plan of action regarding one's health challenges, memory, safety, home care, housing alternatives, caregivers, LTC finance planning, reliable resources, and end-of-life issues.

CEMETERIES/MEMORIAL PROGRAMS

Anatomy Gifts Registry – Toll-Free 800-300-5433; 410-863-0497 (Fax); anatomy-gifts.org; email: info@anatomygifts.org; Dignified Body Donation. A nationwide, nonprofit whole-body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services. We cover all costs associated with transportation, donation, and cremation.

SPG Epilogue Tributes – 7 Constitution Avenue, Annapolis, MD 21401; 410-263-3937; celebratingthedash.com

MD Veterans Cemetery/Crownsville – 410-923-6981; veterans.maryland.gov/cemetery-and-memorial-program; 1122 Sunrise Beach Rd, Crownsville, Maryland 21032; Burial benefits for the veteran include: a gravesite in an available space, opening and closing of the grave, perpetual care, a Government marker, a burial flag and a Presidential Memorial Certificate, at no cost to the family.

State Anatomy Board – 410-547-1222 (Baltimore); Toll-Free 1-800-879-2728; 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. The registration form is available to be downloaded off our website.

COMPLAINTS AND INFORMATION

AA Conflict Resolution Center – 410-266-9033; aacr.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.

MD Attorney General's Consumer Protection Office – 410-528-1840 Health Advocacy Unit Hotline; Toll-Free 877-261-8807; TTY 410-576-6372; 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; opc.state.md.us; Consumer complaints, disputes about utility bills. Represents consumers 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; sos.state.md.us; Registers, regulates, and renews charitable organizations, professional solicitors, and fundraising counsels doing business in the State of MD. Provides the public with information on the 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; aacounty.org/aging-and-disabilities/services/housing-assistance-older-adults; Provides supportive services in various apartment buildings to low- and moderate-income seniors ages 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 – 410-333-3866 (Fax); Toll-Free 888-784-0136; 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.

Consumer Credit Counseling Services Maryland and Delaware (CCCSMD) – 1-800-642-2227; cccsmd.org; A nonprofit agency that offers free budget counseling, debt repayment planning, community education, and student loan counseling.

CONSUMER SERVICES

SPG Admiral Cleaners – 10 Taylor Avenue, Annapolis, MD 21401; 4102678381; admiralcleaners.com

DENTISTS

AA County Department of Health/ Dental Access Program – 410-222-7138 Annapolis; 410-222-6861 Glen Burnie; aahealth.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; aahealth.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.

Luminis Health Community Clinics – 410-990-0050; 701 Glenwood St. (inside Morris Blum senior housing), 1419 Forest Dr., #100, Annapolis; at Arundel Lodge at 2600 Solomons Island Rd., Edgewater; at the Stanton Center at 92 W Washington St., Annapolis; myaamg.org/community-clinic; Primary care medical center where a team of health professionals provides continuous, comprehensive, and coordinated care throughout a person's life.

North County Health Services Center – 410-222-6633; 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; 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; 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/High School Diploma Program – 410-777- 2222; 7000 Arundel Mills Circle, Hanover, Maryland 21076; 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; 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; aacounty.org/aging

Accessible Resources for Independence – 410-636-2274; 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.

Americans with Disabilities Act Office – 410-222-4383; TTY users, call via MD Relay 711; aacounty.org/aging; 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.

Assistive Technology Loan Program – 410-222-4383; aacounty.org/aging; The Anne Arundel County ADA Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of 3 weeks or schedule a product demonstration with ADA staff free of charge. To schedule an appointment to see or borrow an Assistive Technology device, please call 410-222-4383, email agmart11@aacounty.org, or complete the online form.

The Arc Central Chesapeake Region – 410-269-1883 Annapolis; TTY 800-735-2258; 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.

ADV Bello Machre, Inc. – 7765 Freetown Road, Glen Burnie, MD 21060; 443-702-3000; bellomachre.org; Bello Machre offers people with developmental disabilities the services, opportunities, and support they need to live full, independent, rich lives. For over 50 years, we've provided residential services, community-based services, and more.

Blind Industries and Services of MD – 410-737-2600 (Baltimore); Toll-Free 888-322-4567; bism.org; BISM offers programs for every age group that teach the skills of independence, build self-confidence, and prepare blind people for everyday challenges at home, school, work, or community. Independence and Rehabilitation training is accredited by the MD Dept. of Education (DORS) and aims to provide students the ability to navigate the world independently. More specialized Senior program includes home teaching, support groups, and instruction in braille, technology, cooking, and walking cane travel. Services and support groups are free for the blind and low-vision residents of Maryland.

Developmental Disabilities Administration (DDA) – 410-234-8200; 443-253-4797; Toll-Free 1-877-874-2494; TDD 410-363-9430; 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 the number above. Individuals 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; disabilityrightsmd.org; A nonprofit 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 866 326-7012; Videophone 410-220-1676; 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.



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Easter Seals Adult Day Services

– 410-277-0940; easterseals.com/DC-MDVA; Easter Seals Adult Day Services in Baltimore provides daily monitoring in a safe, home-like environment for medically diverse individuals that are frail with chronic conditions, cognitive impairments, dementia-related diagnosis such as: stroke, diabetes, Alzheimer’s, COPD, congestive heart failure, mental illness, seizure disorders, intellectual/developmental disabilities and neuromuscular diseases. Provides assistance with home care, ALF, and NH placement.

Foundation Fighting Blindness – 410-423-0600 (Columbia, Maryland); Toll-Free 800-683-5555; TTY 800-683-5551; fightingblindness.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.

Gallagher Services for People with Developmental Disabilities – 667-600-2520; 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.

Home Based Medical – 410-914-7190; homebased.med.org; Home Based Medical is a nonprofit organization determined to make receiving medical equipment both affordable and easy.

Home and Community-Based Options Waiver – 410-222-4257; dhmh.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 18 and older.

Low Vision Resource Center – 301-951-4444; youreyes.org; A nonprofit 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; Fax 410-255-0984; TTY 410-255-4530; magothydeaf-church.org; Committed to the betterment of the deaf community through advocacy and education. Interpreter services available as needed.

MD Accessible Telecommunications (MAT); Toll-Free 800-552-7724 V/TTY; 410-767-6960 V/TTY; 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 Dept. of Transportation MVA/Annapolis and Glen Burnie – 410-768-7000; Toll-Free 800-950-1682; TTY 800-492-4575; 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 – 410-767-6960; Toll-Free 800-552-7724 V/TTY; Video Phone 443-453-5970; 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 Print Disabled – 410-230-2424; Toll-Free 800-964-9209; TTY 410-333-8679; TTY 800-934-2541; The Maryland State Library for the Blind and Print Disabled provides comprehensive library services to eligible blind and print disabled residents of the State of Maryland. The library provides books and magazines in specialized formats, such as audio and braille, through the U.S. Postal Service and through digital download. Application for service is required. Services are free.

MD Technology Assistance Program – 410-554-9230; Toll-Free 800-832-4827; TTY 866-881-7488; 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 (myatprogram.org) to list or find donated equipment/devices.

MD Transit Administration (MTA)/Call-A-Ride Service – 410-664-2030; Toll-Free 866-743-3682 General Information; mtacallaride.org; 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)/MTA Mobility Link (Para-transit) Program – 410-764-8181 Reservation; 410-539-5000 Information; Toll-Free 866-743-3682; TTY 410-539-3497; mta.maryland.gov/mobility; mta.maryland.gov/content/brochures-publications; MobilityLink is a specialized transit service available to people, who because of a disability are functionally unable to get to a bus stop, wait unassisted at a stop or station, or board or ride a bus or train by themselves. MobilityLink is a shared ride service offered from the first exterior door of your home or pick up location to the first exterior door of your destination.

MD Transit Administration (MTA)/Reduced Fares – 410-53-5000; TTY 410-333-2051; mta.maryland.gov/senior-reduced-fare-program; mta.maryland.gov/content/brochures-publications; People with disabilities and senior citizens 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; 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: *Baltimore Sun*, *Capital Gazette*, *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. – 800-572-1717; mda.org; A voluntary health agency that 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; 443-271-1668 For Seniors; nfbmd.org; A national consumer advocacy organization that 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; 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; Toll-Free: 800-394-5694; ppmd.org; We are a resource center for families whose children have disabilities or special healthcare or educational needs up to age 21.

Providence of Maryland – 410-766-2212; providenceofmaryland.org; Provides services for individuals with developmental disabilities. Services include: vocational training, sheltered and supported employment, job placement, adult day care, leisure programs, senior retirement support, in-home and job support.



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Service Coordination, Inc. – 5283 Corporate Drive, Suite 103, Frederick, MD 21703; 301-663-8044; 888-240-6835; Hearing impaired, use MD Relay 711; servicecoord.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.

Starkey Cares – Toll-Free 800-328-8602; starkeyhearingfoundation.org; The program is a hearing aid program for low-income persons, based on the household income. We work with partners who donate their time and services to do the fittings and we donate the hearing aids and support.

V-LINC (LINC and Volunteers for Medical Engineering) (Now a Part of the Image Center) – Phone: 410-982-6311; Fax: 410-372-4037; imagemd.org; Focus is on improving the independence and quality of life for individuals with disabilities. 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. Service in Anne Arundel County, dependent upon the service requested.

DISCOUNTS

AA County Public Schools/Senior Citizen Event Card – 410-222-4257; 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; aacounty.org/services-and-programs/taxi-voucher-program; The Anne Arundel County Department of Aging and Disabilities Taxi Voucher Program offers discounted taxi vouchers to support taxi fares with participating cab companies. To qualify, individuals must be an Anne Arundel County resident, 55 years of age or older or 18 years of age or older with a disability.

DISCRIMINATION

AA County Human Relations Commission – 410-222-1234; aacounty.org/boards-and-commissions/human-relations-commission-of-anne-arundel-county/index.html; The Human Relations Commission works to promote the fair and equal treatment of all Anne Arundel County residents and to counteract racism, discrimination, intolerance, and hate/bias incidents in the County.

Annapolis Human Relations Commission – 410-263-7998; annapolis.gov/736/Boards-Commissions; 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 – Toll-Free 800-669-4000; TTY 1-844-234-5122 or info@eeoc.gov; eeoc.gov; The U.S. Equal Employment Opportunity Commission (EEOC) is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy and related conditions, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information.

EDUCATION

AA Community College/Adult Basic Education – 410-777-2901 for information or an assessment appointment; aacc.edu/learn-basic-skills; Provides Adult Basic Education for those age 18 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

AA Community College/Disability Support Services – 410-777-1411; 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 – 410-222-4257; Please see listing under Anne Arundel County Department of Aging and Disabilities Programs.

AA County Dept. of Aging and Disabilities/Main Office – 410-222-4257; Toll-Free 800-492-2499; aacounty.org/aging

AA County Literacy Council – 410-269-4419; 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; aarp.org/auto/driver-safety; 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.

SPG Care Prepared – PO Box 1051, Millersville, MD 21108; 410.960.9143

Center of Help (Centro de Ayuda) – 410-295-3434; centerofhelp.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. Center for Help works in partnership with government services and area nonprofits.

Road Scholar – 800-454-5768; roadscholar.org; Not-for-profit Road Scholar is the world's largest and most innovative creator of experiential learning opportunities for older adults. Providing thousands of learning adventures by land and sea in more than 100 countries and throughout the United States, Road Scholar also offers online lectures and multi-day courses. Financial aid may be available for qualified participants.

University of MD Extension – 301-266-7470; extension.umd.edu/locations/anne-arundel-county; A state-wide, 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; aacounty.org/aging

AA County Dept. of Social Services/ Adult Protective Services – 410-421-8400; 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; luminishealth.org/en/services/abuse-and-domestic-violence; Free, anonymous crisis counseling, personal advocacy, injury documentation, community referrals, and community presentations.

Sexual Assault Crisis Center – Main Office: 410-626-7800; Hotline: 410-222-6800; annapolisywca.org; Provides sexual assault counseling, crisis intervention, therapy, and advocacy for sexual assault exams.

YWCA Domestic Violence Program – Main Office: 410-626-7800; Hotline: 410-222-6800; annapolisywca.org; A 24-hour hotline available for domestic abuse victims. Counseling for victims, perpetrators, and children. Safe shelter for victims and children. Legal services for victims; advice and representation in civil cases.

ELDER LAW/ESTATE PLANNING

AA County Lawyer Referral and Information Services – 410-222-6859; aabar.org; A phone referral service only. Provides referrals to an attorney specializing in the client's appropriate area of law. First 30 minutes of consultation is \$35. Hours: M–Thurs. 8:30 a.m.–5 p.m., Friday 8:30 a.m.–2 p.m.

SPG ADV Byrd & Byrd, LLC Attorneys at Law – 14300 Gallant Fox Lane, Suite 120, Bowie, MD 20715; 301-464-7448 (call or text); 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 Chesapeake Elder Law LLC – 1997 Annapolis Exchange Parkway, Suite 300, Annapolis, MD 21401; 410-370-0673; chesapeake-elder-law.com

ADV Council Baradel – 125 West Street, 4th Floor Annapolis, MD 21401; 410-268-6600; councilbaradel.com; Full-service law firm with robust Estates and Trusts Department. Focuses on comprehensive estate plans for all individuals, estate/trust administration, and related litigation. Provides sensitive, competent, and trustworthy representation.

Disability Rights Maryland – 410-727-6352, Ext. 0; Toll-Free 800-233-7201; TTY 410-235-5387; disabilityrightsmd.org; A nonprofit 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 ADV Frame & Frame Attorneys – Annapolis, Pasadena, Stevensville; 410-255-0373; FrameAndFrame.com; For over 70 years, we have served the needs of our community providing legal services for estate planning, elder law, Medicaid & long-term care planning, guardianship, and probate. We help you navigate the future, protect the past, and honor the present. We are proud to serve as your family's trusted advisor to take the weight off your shoulders.

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

Maryland Legal Aid – 410-972-2700; Toll Free 800-666-8330; mdlaborg.org; A private, nonprofit law firm providing free civil legal services to low-income and marginalized persons and communities. 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 – Advice/Help Hotline: 866-635-2948; mdlaborg.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 – Advice/Help Hotline: 866-635-2948; peoples-law.org/maryland-senior-legal-helpline; The Senior Legal Helpline is a free telephone service for persons living in Maryland, aged 60 years or older. Attorneys who staff the helpline provide legal advice, brief legal services, or a referral to another lawyer or to an appropriate public or private agency. By providing these services over the telephone, seniors can get help for their legal problems without having to leave home.

MD Volunteer Lawyers Service – 410-547-6537; Toll-Free 800-510-0050; Note: Intake occurs Monday through Thursday from 9 a.m. to 12 p.m.; 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; mdlaborg.org; A private, nonprofit 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 ADV Sinclair Prosser Gasior – 900 Bestgate Road, Suite 103, Annapolis, MD 21401; 410-573-4818; spgasior.com; Established members of the American Academy of Estate Planning Attorneys since 1995 focused on estate planning, elder law and estate administration. We offer free educational webinars and seminars.

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Sixty Plus 2.0 Legal Program – 443-853-1011; civiljusticeinc.org; A nonprofit organization committed to increasing low cost legal services to limited-income Marylanders. Through in-house legal services, technology and advocacy programs, and a network of member attorneys, Civil Justice connects Marylanders with a range of services including: eviction, foreclosure, and home title assistance; consumer protection and tenant debt defense; and attorney referrals. Income limits may apply.

SPG ADV Stavelly & Sallitto Elder Law, LLC – 124 South Street, Suite 1, Annapolis, MD 21401; 410-268-9246; StavellySallittoElderLaw.com; At the heart of our practice is a deep understanding of the challenges faced by seniors, the disabled, and their loved ones as they navigate these issues: Elder Law • Medicaid & Asset Protection • Estate Planning • Estate Administration & Probate • Long Term Care Planning • Special Needs Planning • Guardianship. Call today for a free consultation.

EMERGENCY INFORMATION

AA County Fire Dept. Headquarters – Emergencies: Dial 911; 410-222-8300; aacounty.org/fire; The Fire Department stands ready as an all-hazards organization to assure the safety of our communities. We respond to calls for service, fires, medical and other emergencies as well as promote fire prevention strategies and life safety programs. The Anne Arundel County Fire Department enforces fire code compliance to ensure that buildings and properties are safe.

American Red Cross of Central MD – 410-624-2000; Toll-Free 800-787-0091; redcross.org/local/dc-va-md-de/about-us/locations/central-maryland.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.

Offices of Emergency Management – 410-222-0600 County; 410-216-9167 City; aacounty.org/departments/office-of-emergency-management; annapolis.gov/260/Office-of-Emergency-Management; 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

SPG ADV Alzheimer's Association/MedicAlert and Safe and Found – Main: 1-800-432-5378; 24/7 Helpline: 800-272-3900; medicalert.org/our-partners/alz; 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; annapolis.gov/413/Police; Provides assistance with crime, abuse, and Neighborhood Watch programs. English/Spanish translation available.

AA County Fire Dept. Headquarters – Emergencies: Dial 911; 410-222-8300; aacounty.org/fire; The Fire Department stands ready as an all-hazards organization to assure the safety of our communities. We respond to calls for service, fires, medical, and other emergencies as well as promote fire prevention strategies and life safety programs. The Anne Arundel County Fire Department enforces fire code compliance to ensure that buildings and properties are safe.

AA County Police Dept./Community Relations – Emergencies: Dial 911; 410-222-2400 Community Relations; 410-222-SAFE (7233); 410-222-8610 Non-Emergency; aacounty.org/Police; General phone number for Police Dept. is 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; 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.

Offices of Emergency Management – 410-222-0600 County; 410-216-9167 City; aacounty.org/departments/office-of-emergency-management; annapolis.gov/260/Office-of-Emergency-Management; 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; 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; aaccas.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, homeownership, reverse mortgage counseling, and employment counseling for youth and adults. Bilingual Spanish staff available.

Goodwill Industries of the Chesapeake – 410-837-1800; goodwillches.org; Provides training, employment, and family support services to individuals with disabilities or other disadvantaged conditions.

MD State Employment/Job Service – 410-424-3240; dllr.state.md.us/county/anne; Job placement, information and assistance, workshops, and seminars for all ages.

ESTATE SALE SERVICES

SPG ADV Caring Transitions of Annapolis – Annapolis, MD 21403; 410-451-1465; 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!

ADV Chesapeake Transitions – 502 Corbin Parkway, Annapolis, MD 21401; 410-897-0050; chesapeaketransitions.com; Locally owned and operated, Chesapeake Transitions has been helping Maryland seniors and their families for more than a decade. Sorting, packing, move management, new home setup, whole house clear-out, and professional Estate Sales.

Fanita Pegues - Keller Williams Preferred Properties - Certified Probate Estate Specialist – 1441 McCormick Dr., Upper Marlboro, MD 20774; 301-802-4568 or 240-737-5000; Fanita provides a wealth of knowledge/expertise in helping individuals manage the tasks associated with Estate Property Sales (selling homes, repairs, yard-work, organizing tasks, files, or de-cluttering). Free Home Equity Wealth Analysis!

EXERCISE, BIKING, WALKING

SPG ADV Cycling Without Age Anne Arundel – bikeaaa.org/cwa; email cwa@bikeaaa.org for information; Providing free bike rides to seniors and people of any age who are unable to ride a bike. 1 or 2 passengers ride in the front of one of our disability-friendly trishaws while a volunteer does the pedaling. Rides are on the B&A Trail in Severna Park. We have limited availability to bring our bikes to your facility or event. Email bookaride@bikeaaa.org to schedule a ride.

MD Senior Olympics – 240-777-4930; mdseniorolympics.org; This organization promotes and provides athletic competition for seniors age 50 and older. Events are held May–October. Registration is required; call or email for information.

Marley Station Mall Walkers Program – 410-766-2033; The Marley Station Mall Walkers walk the mall Monday–Thursday at 10 a.m., Friday & Saturday at 9 a.m., and Sunday at 11 a.m. Call the mall for additional information.

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

EYE CARE

EyeCare America – 877-887-6327; aao.org/eyecare-america; Assists seniors age 65 and older to see an ophthalmologist, who have not seen a doctor in three 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 & PROGRAMS

AA County Dept. of Social Services Representative Payee Program – 410-222-4257 (Call Dept. of Aging and Disabilities for a referral); 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 the Representative Payee Program.

SPG ADV Edward Jones Investments/Robert Keeley – 1321 Generals Highway, Suite 301, Crownsville, Maryland 21032; 410-923-6496; edwardjones.com; Financial Advisor Edward Jones - Robert G. Keeley, CFP and our team invite you to call for a complimentary initial appointment. Let us explore your goals and help make them a reality. Your money shouldn't stop working when you do!

Laurel Advocacy and Referral Services
– 301-776-0442; 311 Laurel Avenue,
Laurel, MD 20707; laureladvocacy.org;
Laurel Advocacy and Referral Services
(LARS) provides food, financial as-
sistance and mentoring/coaching to
individuals and families in the Laurel
area. Client service hours: Monday–Fri-
day 9 a.m.–2 p.m. and Monday evening
5 p.m.–7:30 p.m.

SPG Merrill Lynch – One Park Place,
Suite 350, Annapolis, MD 21401; 410-
263-0128; fa.ml.com/eds

SPG Movement Mortgage – 635 N
Bestgate Rd, Annapolis, MD 21401;
205-790-4103; movement.com/lori-
schramek

SPG PFS Investments – Dave Hedrick;
financestages@gmail.com

FOOD AND NUTRITION

(See also Lunch Sites)

AA County Food Bank (AACFB) – 410-
923-4255; aafoodbank.org; Distributes
food and basic necessities to pantry
partners throughout Anne Arundel
County. AACFB supplies food pantries,
senior pantries, baby pantries, soup
kitchens, backpack buddy programs at
schools and more. AACFB Senior Pan-
tries offer nutritional drinks to those with
dietary constraints and incontinence
supplies to those in need. A current
list of pantries and programs, including
the pet food pantry, backpack program,
baby pantry, and the soup kitchen pro-
gram, can be found at aafoodbank.org/
need-help. Donations are appreciated.
Volunteer opportunities available. Hours
of operation: Mon.–Fri. 9 a.m.– 12 noon
and 1 p.m.– 3 p.m.

**AA County Dept. of Aging and Dis-
abilities/Senior Nutrition Program**
– 410-222-4464; aacounty.org/aging-
and-disabilities/services/senior-nutrition-
program

**AA County Dept. of Human Ser-
vices- 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; 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 Entitle-
ment Advocacy Program (DEAP). Also
administers elder and child abuse,
domestic violence, and many other
programs. Emergency assistance is
available.

FUNERAL HOMES

**SPG ADV Barranco Severna Park
Funeral Home & Cremation Care, P.A.**
– 495 Ritchie Highway, Severna Park,
MD 21146; 410-647-2400; barranco-
funeralhome.com; Family-owned and
operated since 1960. Helping plan per-
sonalized celebrations of life. Whether
pre-planning or in immediate need, our
caring staff can help.

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

**SPG Fellows, Helfenbein & Newnam
Cremation and Funeral Care, P.A.
(Lasting Tributes)** – 408 S. Liberty
Street, Centreville, Maryland 21617;
(410) 897-4852; lastingtributesfuneral-
care.com

**ADV John M. Taylor Funeral Home,
Inc.** – 410-263-4422; 147 Duke of
Gloucester Street, Annapolis, MD
21401; JohnMTaylorFuneralHome.
com; Serving Annapolis and surround-
ing communities since 1862. Taylor
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cremation, and celebration of life
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ADV Kirkley-Ruddick Funeral Home – 421 Crain Highway, S.E., Glen Burnie, MD 21061; 410-766-2200; kirkleyrud-dickfuneralhome.com; Our family has been serving the community since 1954. We are proud to embrace traditional values, diversity, and innovation in honoring the spirit and life of each person we serve. Our pledge is to honor your loved one and family with dignity, respect, and personal attention to every detail. We welcome you like a guest but treat you like family.

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; aahealth.org/adult-health-services/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.

ADV Anne Arundel Gastroenterology Associates – AAGA has been a pillar of the community for over four decades caring for all issues associated with the GI tract, liver, gallbladder, and pancreas. AAGA has fifteen providers who are all taking in new patients and are excited about caring for our community. Our main office is located in Annapolis, and we have multiple regional satellite offices. Feel free to visit us at www.aagastro.com or call to schedule an appointment at 410-224-2116.

ALS Association (ALSA) – 301-978-9855; Toll-Free 866-348-3257; als.org/support/states; Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for amyotrophic lateral sclerosis (ALS) and primary lateral sclerosis (PLS).

SPG ADV Alzheimer's Association - Greater Maryland – 502 Washington Avenue, Suite 300, Towson, MD 21204; 443-632-9716; alz.org/maryland

American Cancer Society – Toll-Free 800-227-2345; cancer.org; cancer.org/about-us/local/maryland.html; 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; diabetes.org; diabetes.org/local/maryland; 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; heart.org; heart.org/en/affiliates/maryland; 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 (800-586-4872); 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; apdaparkinson.org; apdaparkinson.org/community/maryland; 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; 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; anatomygifts.org; Dignified Body Donation. A nationwide, nonprofit whole body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services.

AA County Dept. of Health – 410-222-7095; TTY 410-222-7153; 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 – Toll-Free 1-800-283-7800; arthritis.org; arthritis.org/local-offices/md; Provides information on arthritis research and the importance of appropriate treatment and offers free literature, water and land exercise programs, physician referral, and education programs.

Bay Community Support Services, Inc. – Annapolis: 410-224-4205; Southern Maryland: 240-309-4046; 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.

SPG ADV Chesapeake Supportive Care – John & Cathy Belcher Campus; 90 Ritchie Highway, Pasadena, MD 21122; 443-837-3376; 877-920-5472; chesapeakesupportivecare.org; Experts in supporting those with advanced illness manage pain and other symptoms. This not-for-profit helps individuals navigate the complexities of healthcare, reducing unnecessary suffering with a patient-centered care plan. Working with primary care physicians and specialists, the supportive care team creates space for patients and families to experience meaningful moments in their journey with advanced illness.

Leukemia and Lymphoma Society – 443-471-1600; Toll-Free 800-242-4572; lls.org/mid-at; Provides information and support, financial assistance, education, advocacy and research on blood cancer.

SPG ADV Luminis Health Gilchrist Lifecare Institute – 2001 Medical Parkway, Annapolis, MD 21401; 443-332-5800; Provides an integrated continuum of care for older individuals across all settings in Anne Arundel and Prince George's counties. We can help at home or in a residential community such as assisted living or long-term care. Our team of experts provides hospice and palliative care. We personalize services to your unique needs and ensure seamless care throughout every stage of your journey.

Maryland Health Connection – 1-855-642-8572; 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; health.maryland.gov/mmcp/familyplanning/pages/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 – Main: 1-800-432-5378; 24/7 Helpline: 800-272-3900; medicalert.org/our-partners/alz; 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.

National Kidney Foundation of MD – 410-494-8545; Toll-Free 800-671-5369; kidneymd.org; Provides patient education, support and research, medical identification jewelry, emergency financial assistance, and free health disease screenings.

National Multiple Sclerosis Society – Toll-Free 800-344-4867; nmss-md.org; Provides information and referral, community services navigation and financial assistance for individuals with MS.

ADV O'Donnell Vein & Laser – 166 Defense Hwy, Suite 101, Annapolis, MD 21401; 499 Idlewild Ave, Suite 101, Easton, MD 21601; 410-224-3390; odonnellveinandlaser.com; Comprehensive medical facility established for the treatment of varicose veins, spider veins and venous disorders. Also a full service medical aesthetics center offering: cosmetic laser treatments, cosmetic injectables, microblading, hair restoration, aesthetician skin care services, and RF Microneedling!

Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine – 410-955-8795; hopkinsmedicine.org/neurology-neurosurgery/specialty-areas/movement-disorders; 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.

SPG Parkinson's Foundation Mid-Atlantic Chapter – 2129 Hallmark Drive, Gambrills, MD 21054; 4108496114; parkinson.org/midatlantic

Wellness House of Annapolis – 410-990-0941; 2625 Mas Que Farm Road, Annapolis, MD 21403; 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 meditation.

HEARING AIDS

American Speech, Language and Hearing Association – Toll-Free 800-638-8255; asha.org; ASHA is the professional, scientific, and credentialing association of 150,000-plus audiologists, speech-language pathologists, speech, language, and hearing scientists. Helps individuals locate providers of hearing aids, screenings, etc. Free consumer information. Online directory.

Anne Arundel Audiology – 410-766-6320; 1600 Crain Hwy S, Suite 509, Glen Burnie MD 21061; annearundelaudiology.com; We specialize in hearing evaluations, hearing aids, earwax removal, tinnitus management, and hearing protection. We accept most insurances to enable easier access to hearing healthcare. Anne Arundel Audiology is proud to serve the communities within Anne Arundel County.

SPG Chesapeake Hearing Centers – 650 Ritchie Highway, Severna Park, MD 21146; 410-647-7795; helpyourhearing.com

SPG Hearing & Balance Solutions, LLC – 811 Ritchie Hwy, Ste 15, Severna Park, MD 21146; 410-980-6136; hearingandbalancesolutionsllc.net

Starkey Hearing Foundation – Toll-Free 800-328-8602; starkeyhearingfoundation.org; The program is a hearing aid program for low-income persons, based on the household income. We work with partners who donate their time and services to do the fittings and we donate hearing aids and support.

HOME BASED PRIMARY CARE

SPG ADV Ennoble Care – 962 Wayne Avenue, Ste. 250, Silver Spring, MD 20919; 201-822-9549 or 443-421-5523; At Ennoble Care, we bring primary care and palliative care to you. Medicare and Insurance approved. Whether you're at home, an Assisted Living Facility, or Senior Living Community, we're here to provide services that are convenient and accessible. With Ennoble Care, there's no need to worry about transportation or mobility. Your location is our location.

ADV OnSite Medical House Calls – 760 Chessie Crossing Way, Woodbine, MD 21797; 443-694-5555 Cell; 410-255-0102 Office; onsitemedicalcalls.com; Onsite Medical brings the doctor's office to the comfort and convenience of your home. We specialize in delivering primary and palliative care for medically complex chronically ill, homebound patients.

HOME CARE, NON-MEDICAL

AA County Dept. of Aging and Disabilities/Respite Care Referral Program – 410-222-4257; Toll-Free 800-492-2499; aacounty.org/aging

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AA County Dept. of Aging and Disabilities/Telephone Reassurance – 410-222-4257; aacounty.org/aging

SPG A Helper's Heart – 454 Laurel Valley Court, Arnold, MD 21012; 410-571-5667; ahelpersheart.com

SPG ADV A Homemade Plan: In Home Senior Care – 130 Holiday Ct, Suite 106, Annapolis, MD 21401; 443-837-7768; 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.

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

ADV Angel Care Network – 443-758-5969 855-ANGEL-CN (855-264-3526); 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 ADV Assisting Hands of Annapolis – 170 Jennifer Rd Suite 120 Annapolis MD 21401; 667-408-8400; assistinghandsannapolis.com; info_annapolis@assistinghands.com. All of our caregivers are certified, trained, insured, and background checked to provide you with the professional solution for your non-medical needs. No minimums - our care is designed to specifically fit your needs, whether it's a few hours per day, around the clock, or even live-in. Veterans Affairs and Long-Term Care insurance welcomed. We look forward to serving you!

SPG ADV Chesapeake Caregivers, Inc. – 1410 Forest Drive Ste 31, Annapolis, Maryland 21403; 410-919-0190; chesapeakecaregivers.com; info@chesapeakecaregivers.com; In-Home Care for all aspects of Activities Daily Living (meal prep, light housekeeping, transportation, medication reminders, etc.) Personal/Memory Care (incontinence, bathing, dementia, etc.) Specialized Care (hospice support, transfers, bedridden, transitional care, etc.), as well as, assistance with Care Coordination. 24/7 availability, 4-hour min. RN Assessments, CNAs, and Compassionate Caregivers.

Chores and More/St. Andrew by the Bay Catholic Church – 443-808-3875; choresandmore3@gmail.com; standrewbythebay.org; This ministry serves people in the Broadneck Community who may be shut in, elderly, homebound, who need a helping hand. Services most often provided are trips to the doctor, grocery shopping or minor chores. Sponsored by Churches on the Broadneck Peninsula, this program offers volunteer services Monday–Friday at no cost or obligation to the recipient. We ask that you contact us a minimum of 10–14 days ahead of your request.

SPG ADV Griswold Home Care – 575-F Gov. Ritchie Highway, Ste. 187, Severna Park, MD 21146; 410-975-9750; griswoldhomecare.com/annearundel; Specializing in live-in and hourly care any place one calls home. Caregivers are carefully selected 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 in-home assessment. Locally owned and operated since 1999.

SPG Happy at Home Live In – 3746 Greenway Ln, Owings Mills, MD 21117; 4439568608; happyathome-livein.com

SPG Home Helpers Home Care of Hanover MD – 6865 Deerpath Road, Suite 101, Elkridge; 4109212461; homehelpershomecare.com/hanover-md

SPG Home Instead – 1511 Ritchie Highway, Ste. 301, Arnold, MD 21012; 410-349-2320; homeinstead.com/241

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

SPG Response Senior Care, LLC – 31 Old Solomons Island Rd, Ste B, Annapolis, MD 21401; 410-571-2744; response-seniorcare.com

SPG Serenity Estate – 202-813-6828

SPG ADV Synergy HomeCare – 69 Mayo Rd., Suite 204, Edgewater, MD 21037; 410-263-4050; synergyhomecare.com; wecaremd03@synergyhomecare.com; Care that moves life forward creates hope and an immediate emotional connection. It provides a sense of reassurance and demonstrates our commitment to getting the flow of life back on track. Your loved one will thrive and you will feel relief knowing your aging mom or dad has compassionate care. Synergy HomeCare brings joy to seniors wherever they call home by providing the compassionate care they need, from a few hours a week to 24/7.

SPG True Companion Care Enterprises, LLC – PO Box 461, Arnold, MD 21012; 410-507-5578; truecompanioncare.com

SPG Trust home care, Inc. – 8304 river park rd, Bowie; 2404328461; trust-homecare.info

SPG Visiting Angels Living Assistance Services – 3168 Braverton St. Suite #400, Edgewater, Maryland 21037; (410) 956-7771; Visitingangels.com/Edgewater

HOME HEALTH CARE

AA County Dept. of Aging and Disabilities/Long Term Care Bureau/In-Home Aide Services (IHAS) Program – 410-222-4366; aaccounty.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; aaccounty.org/aging

AA County Dept. of Aging and Disabilities/Community First Choice – 410-222-4257; aaccounty.org/aging

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

SPG ADV Avila Home Care – 1122 Kenilworth Drive Towson, MD 21204; 410-826-6100; avilahomecare.com; Having received the national award “Best of Home Care–Provider of Choice” for the sixth straight year, Avila is excited to bring their compassionate care to Anne Arundel County. Avila offers 2-hour visits, 24/7 care and everything in between with no long-term commitment. We provide personal and companion care, housekeeping, transportation, and medicine administration. Ask for a free nurse’s assessment today!

ADV Brightstar Care – 2111 Baldwin Ave, Ste 3, Crofton, MD 21114; 410-697-3527; brightstarcare.com/locations/anne-arundel-county; BrightStar Care is Joint Commission-accredited medical and non-medical care at home! We specialize in Dementia care and support people in their goal of aging in place at home! Quality home care support includes transportation, homemaking, personal care support, and therapeutic support. We provide a complimentary in-home assessment and RN-supervised care plans for each client.

SPG HomeCall – 180 Admiral Cochrane Dr #320, Annapolis, MD 21401; 301-789-4815; lhcgroupp.com/locations/homecall-of-annapolis

SPG Lean on Dee Home Care Services, LLC – 815 Ritchie Highway STE 206, Severna Park, MD 21146; 410-449-4538; leanondee.com

SPG TheKey – 2288 Bluewater Blvd., Ste. 340, Odenton, MD 21113; 443-994-7180; thekey.com

SPG Vital Sign Home Care – 1615 York Road Suite 201, Lutherville MD; 410) 814-0258

HOME IMPROVEMENT, DESIGN, REPAIRS & MAINTENANCE

Accessible Homes for Seniors – 301-429-7409; Toll Free (Maryland Only): 877-218-8101; TTY 711 or 1-800-735-2258; 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 Ace Handyman Services Laurel – 413 Headquarters Dr. Suite 4F, Millersville, MD 21108; (443) 645-0722; acehandymanservices.com/offices/laurel

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

SPG ADV Brightwork Interior Design – 443-223-9038; brightworkinteriors.com; Utilizing the principles of accessible and universal design to create safe, functional, beautiful spaces for homeowners at every stage of life. Certified Aging In Place Specialist with a focus on Home Safety Assessments, ADA Design, Kitchen and Bath Design, Home Modifications, and Space Planning.

Habitat for Humanity of the Chesapeake – 410-366-1250; 410-437-7755; 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. Habitat uses the proceeds to do work in the local community and provide decent shelter around the world.

SPG Little Deeds – 410-450-4466; littled deeds.com; Your Home Safety Handyman! Serving all of Anne Arundel and surrounding counties. If you or a loved one needs home safety or handyman help, call our number. We provide trusted, five-star-rated home safety improvements such as grab bars, handrails, bathtub conversions, and ramps. We are unique in providing home safety assessments and any handyman service you can imagine. We coordinate with others listed here for a seamless experience!

SPG ADV Mr. Handyman of Anne Arundel and PG County – 8229 Cloverleaf Drive, Millersville, MD 21108; 410-881-5683; mrhandyman.com/aapag; Your trusted partner for home repair and improvement. We are certified Senior Home Safety specialist offering a comprehensive range of services tailored to meet the unique needs of seniors, including accessibility modifications, grab bar installations, and bathroom safety upgrades. With a focus on quality craftsmanship and personalized care, we ensure that seniors can comfortably and safely navigate their living spaces. Trust us to make your home a secure and accessible haven for your loved ones.

Partners In Care/Repairs With Care
– 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; partnersincare.org; Partners In Care volunteers help members maintain their homes for safe and independent living.

Rebuilding Together/AA County
– 410-923-9992; information@rebuildingtogetheraac.org; rebuildingtogether.org; Home repairs for low-income, older adults, and/or homeowners with disabilities. Applications are taken year-round. Volunteers welcome.

SPG ADV ShelfGenie of Annapolis
– 410 216-5617; ShelfGenie.com; Everything within reach. Making our clients' lives easier is important to us. With our custom-made shelving solutions, we can transform your frustrations with your cabinet, closet, pantry, and drawers into joy. Proudly serving Anne Arundel, Prince Georges, Calvert, and parts of Queen Anne's Counties.

Weatherization Assistance Program – Toll-Free 855-583-8976; dhcd.maryland.gov/Residents/Pages/wap/default.aspx; Operated by the Department of Housing and Community Development's Housing and Building Energy Programs section. 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.

HOSPICE CARE

SPG Heartlands Hospice – 10 Hopkins Street, Glen Burnie; 443-852-8604

SPG ADV Hospice of the Chesapeake
– John & Cathy Belcher Campus; 90 Ritchie Highway, Pasadena, MD 21122; 410-987-2003; 800-462-1101; hospicechesapeake.org; A not-for-profit organization that provides medical, emotional, and spiritual care to support individuals affected by advanced illness. They do this wherever the patient calls home, regardless of inability to pay. A multi-disciplinary team approach ensures quality, compassionate care, creating a comfortable space for loved ones to experience moments that matter with friends and family.

HOSPITALS

ADV Luminis Health Anne Arundel Medical Center – 443-481-1000; 2001 Medical Parkway, Annapolis, MD 21401; luminishealth.org; Provides medical care, imaging services, a substance use treatment center, and other health enterprises.

SPG University of Maryland Baltimore Washington Medical Center
– 301 Hospital Drive, Glen Burnie 21061; 410-279-8941; 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; maryland.va.gov; Dedicated to providing quality, compassionate and accessible care and service to Maryland's veterans.

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ADV Ameri-Maid – 410-757-5571; 1511 Ritchie Hwy., #105, Arnold, MD 21012; ameri-maid.com; Friendly, English-speaking personnel providing house-cleaning. 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; aacounty.org/aging

Community Action Agency of AA County – 410-626-1900; aaccaa.org; Committed to providing services and opportunities that eliminate the causes and conditions of poverty in AA County. The programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, homeownership, 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 – 667-600-2520; catholiccharities-md.org; A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, enhancing job skills, engaging in the community, and meeting their individual needs.

MD Dept. of Human Resources – Toll-Free 800-332-6347; TTY 800-925-4434; 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.

INCOME ASSISTANCE

AA County Dept. of Human Services-Annapolis and Glen Burnie – Main: 1-800-332-6347; TTY: 1-800-735-2258; Annapolis Office: 410-269-4500 TTY: 410-269-4512; Glen Burnie; Office: 410-421-8500 TTY: 410-421-8551; 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: mymdthink.maryland.gov/home/#/

Asbury Church Assistance Network, Inc. (ACAN) – 410-647-7667; acan-severnapark.org; Food pantry is open Monday–Wednesday 11 a.m.–2 p.m.

North County Emergency Outreach Network (NCEON) – 410-766-1826; nceonglenburnie.wixsite.com/nceon-1; A nonprofit, community organization that assists with court-ordered evictions, utility shut-off notices, medication needs, and food needs. Hours are M-W-F 10 a.m.–12:45 p.m. only. Clients must arrive by 12:45 p.m. to allow processing time. Financial assistance is limited to funds available per day, first come, first serve.

Office of Home Energy Program (OHEP) – 410-269-4500; 410-626-1900; 1-800-925-4434 Hearing impaired; 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; 351 Hilltop Lane, Annapolis; salvationarmypotomac.org; Provides assistance to people in need. Food pantry, holiday assistance, clothing, utility assistance, etc. Spiritual counseling and youth programs are 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; span-helps.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; 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) – 410-867-2838; 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. Also has a clothing closet with free clothing for women, men, and children.

INFORMATION AND ASSISTANCE

Accessible Resources for Independence – 410-636-2274; arinow.org; 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.

Anne Arundel County Community Engagement and Constituent Services – 410-222-1785; aacounty.org/county-executive/cecs/constituent-services; 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; aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) – 410-222-4257; Toll; Free 844-MAP-LINK (627-5465); TTY users please call via MD Relay 711; aacounty.org/aging

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

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

Center of Help (Centro de Ayuda) – 410-295-3434; centerofhelp.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. Center for Help works in partnership with government services and area nonprofits.

Eldercare Locator – Toll-Free 800-677-1116; 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.

SPG JMJ Information Services, LLC – 317 Radiant Court, Upper Marlboro, MD 20774; 4085298564; balanced-abundantliving.com



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Luminus- Network for New Americans – 410-992-1923; beluminus.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 9 a.m. to 12 p.m.; 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 – 301-496-4000; 1-800-422-6237; TTY: 301-402-9612; 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; ohlainc.org; OHLA resides in the Community Resource Center run by the AA County Dept. of Human 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; servicecoord.org; Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. Service Coordination assists in the development of plans for clients by exploring options, helping to arrange and monitor needed supports, as well as advocacy as needed. Service Coordination also provides Supports Planning through the Community First Choice and Community Personal Assistance Services Program in-home and community-based settings. All Service Coordination staff are fully mobile.

2-1-1 Maryland – 301-970-9888 Main; Toll Free 800-492-0618; Text 898-211 for alerts; TTY 410-685-2159; 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 Central Maryland – 410-547-8000; 1800 Washington Boulevard, Suite 340, Baltimore, MD 21230; uwcm.org; The regional arm of the United Way that helps neighborhoods across Central Maryland: Anne Arundel, Baltimore, Carroll, Harford, and Howard counties and Baltimore City. Mission is to build bridges between those who have and those who need. Raise needed funds and evaluate services.

Veterans of Foreign Wars – 1-833-839-8387; 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; aacounty.org/aging

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

ADV Client First Health Solutions – Annapolis, MD; 703-346-6772; client-firsths.com; We offer a unique client-focused approach to long-term care planning and insurance services. With over 25 years of experience in both the insurance industry and the area of social services, we help navigate the workings of private insurance, Medicare, and Medicaid and connect you to valuable resources. We are committed to providing product solutions from the best carriers in the industry and provide free consultation. Licensed in MD, VA, NJ, DE, and PA.

Office of Eligibility Service/The Eligibility Determination Division – 410-767-7090; Toll-Free 800-226-2142; TTY 800-735-2258; mmcp.health.maryland.gov/eid; Determines eligibility for Medicaid. Call for eligibility criteria.

Maryland Health Connection – 1-855-642-8572; marylandhealthconnection.gov; Maryland Health Connection is our state's health insurance marketplace. One-stop shop for health insurance in Maryland. Shop, compare, and select a health plan that meets your needs and those of your family. You or a member of your family may also now be eligible for Medicaid or Maryland Children's Health Program (MCHP).

United Healthcare – 844-851-6931; uhc.com; We have a plan with your name on it; United Healthcare offers Medicare plans for a variety of health and budget needs. At United Healthcare, we have Medicare Advantage plans for many kinds of people, including people who also qualify for Medicaid. Such as \$0 Copay for preventive care, Provider and Specialist coverage, Out of Pocket maximums.

LGBTQ+ RESOURCES

Chase Brexton Health Care/Anne Arundel County Center – 410-837-2050; 200 Hospital Drive, Suite 300, Glen Burnie, MD 21061; 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!

Delmarva Pride Center, Inc. – delmarvapridecenter.com; info@delmarvapridecenter.com; Facebook and Instagram @DelmarvaPrideCenter; 7401 Ocean Gateway, Easton, MD 21601; Not-for-profit community service organization dedicated to creating a positive environment inclusive of all sexual orientations and gender identities. Provides programs, events, and activities to support, educate, connect, organize, and provide outreach to the Delmarva LGBTQIA+ community and its allies.

FreeState Justice – 410-625-5428; 2601 N. Howard Street, Suite 120, Baltimore, MD 21218; freestate-justice.org; FreeState Justice is a legal advocacy organization that seeks to improve the lives of low-income lesbian, gay, bisexual, transgender, and queer ("LGBTQ") Marylanders.

LGBTQ+ Hearts and Ears – 410-523-1694; heartsandears.org; Hearts & Ears, Inc. is a nonprofit organization for Gay, Lesbian, Bisexual, Transgender, Intersex, and Questioning individuals with mental health issues and concerns. Monday–Friday 10 a.m.–4 p.m.

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National Resource Center on LGBTQ+Aging c/o SAGE – 212-741-2247; 305 7th Ave 15th Floor, New York, NY 10001; sageusa.org/resources; The National Resource Center on LGBTQ+Aging is the country's first and only technical assistance resource center focused on improving the quality of services and support offered to lesbian, gay, bisexual, and/or transgender older adults, their families, and caregivers.

PFLAG of Anne Arundel County – 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 pm. at the Universalist Unitarian Church located at 333 Dubois Avenue, Annapolis, MD 21401. Everyone is welcome.

Trans Elders United – transmaryland.org/resources; Trans Elders United is a weekly safe space (Saturdays 3–5 p.m.) for trans and non-binary people aged 50 or older using the Zoom platform. TEU provides a place for mature people to find support, have meaningful discussions, meet new friends, and share ideas anywhere in the U.S. and around the world.

LIBRARIES

AA County Public Library Headquarters – 410-222-7371; TTY users, please call via Maryland Relay 7-1-1; aacpl.net; Call for specific hours and locations of the 16 branches. Library by Mail is available for the homebound. TTY users, please call via Maryland Relay 7-1-1. More than 1 million, books, movies and other resources including free access to Ancestry.com, Rosetta Stone, eBooks, eNewspapers, and eMagazines.

Library by Mail/Glen Burnie Library – 410-222-6270; TTY users, please call via Maryland Relay 7-1-1; 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; mdcourts.gov/lawlib; 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 Print Disabled – 410-230-2424; Toll-Free 800-964-9209; TTY 410-333-8679; TTY 800-934-2541; lbph.maryland.gov; Provides comprehensive library services to the eligible blind and print disabled. Books on audio cassette, in Braille and large print. Must fill out an application. Services are free.

LOAN CLOSETS

Assistive Technology Loan Program – 410-222-4383; aacounty.org/aging; The Anne Arundel County ADA Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of three weeks or schedule a product demonstration with ADA staff free of charge. To schedule an appointment to see or borrow an Assistive Technology device, please call 410-222-4383, email agmart11@aacounty.org, or complete the online form.

Blind Industries and Services of MD – 410-737-2600; Toll-Free 888-322-4567; 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.

Home Based Medical – 410-914-7190; homebasedmed.org; Home Based Medical is a nonprofit organization determined to make receiving medical equipment both affordable and easy.

Maryland Durable Medical Equipment Re-Use – 240-230-8000; dme.mdoa@maryland.gov; aging.maryland.gov/pages/DME.aspx; The Maryland Department of Aging is providing durable medical equipment (DME) to Marylanders with any illness, injury, or disability, regardless of age, at no cost. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need. DME Request Form must be completed and submitted for both basic and complex DME. Request forms are available online.

Orphan Grain Train – 410-417-9674; info@md-orphangraintrain.org; ogt.org/branches/md; Warehouse Location: 621 East-West Blvd., Millersville, MD 21108; Mailing Address: P.O. Box 1741, Millersville, MD 21108; Orphan Grain Train's Maryland Branch in Millersville provides durable medical equipment and supplies, clothing, and school supplies for those in need. Donations for these items are accepted at the receiving dock on Tuesdays from 9 a.m.–12 p.m. & 5–7 p.m. and the 2nd Saturday of every month from 9 a.m.–12 p.m. Clothing should be bagged.

LUNCH SITES

The **Senior Nutrition Program** operates 22 nutrition sites within Anne Arundel County. Nutrition sites provide a hot lunch, classes, and leisure activities; 410-222-4257; aacounty.org/aging; **Locations include:** Annapolis Senior Activity Center; Arnold Senior Activity Center; Arundel Woods Senior Housing*; Bay Forest Senior Apartments*; Brooklyn Park Senior Activity Center; Claiborne Place*; College Parkway Place*; Friendship Station Senior Housing*; Glen Forest*; Glen Square Senior Housing*; Heritage Crest Senior Housing*; Lula Scott Nutrition Site; Morris Blum Apartments*; Morris Hill Community Center*; O'Malley Senior Activity Center; Pasadena Senior Activity Center; Pascal Senior Activity Center; Pinewood Village I Senior Housing*; Pinewood Village II Senior Housing*; Pumphrey*; Severn Senior Activity Center; South County Senior Activity Center; * = Lunch sites at residential buildings are only open to residents of those buildings.

MEDIA AND MARKETING

SPG DK Creative Services LLC – 300 Linden Shade Court, Millersville, MD 21108; 410-987-2212; dkcreativeservices.com

SPG N2 Publishing, Inc. – 220 Bowen Court, Annapolis, Maryland 21401; (301) 257-3280; n2pub.com

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

SPG Whong Community Media, LLC – 6801 Oak Hall Lane, #782, Columbia, MD 21045; 410-324-2348; whong.media

MEDIATION

AA Conflict Resolution Center – 410-266-9033; aacrc@aacrc.info; 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 no cost.

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; 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 – 410-222-1740; aacounty.org/sao/legal-resources/mediation-center; Provides free mediation services as an alternative to resolving disputes in the court system and the community.

MEDICAL PRODUCTS & SERVICES

ADV AAUrology – 600 Ridgely Ave., Annapolis, MD 21401; 410-266-8049; aaurology.com; AAUrology is the premier urology group in the Annapolis and surrounding areas with 30 providers, 5 locations, 2 surgery centers, 2 UTI clinics and a new interventional radiology center. We provide compassionate urological care to your entire family in your community.

SPG Delaware Diagnostic Labs – 1 Centurian Dr suite 103, Newark; (410)707-4533; deldxllabs.com

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ADV Freedom Mobility – Experience newfound independence with Freedom Mobility Solutions at 7271 Park Circle Drive, Suite 100, Hanover, MD 21076; Call 443-445-3518 for inquiries. We offer home medical equipment for purchase or rental, including ramps, stairlifts, scooters, powerchairs, and more. Our aim is to enhance senior mobility, increasing both independence and accessibility. Trust us to provide the solutions you need to live life to the fullest. Choose Freedom Mobility Solutions for your mobility needs today!

Maryland Durable Medical Equipment Re-Use – 240-230-8000; dme.mdoa@maryland.gov; aging.maryland.gov/pages/DME.aspx; The Maryland Department of Aging is providing durable medical equipment (DME) to Marylanders with any illness, injury, or disability, regardless of age, at no cost. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need. DME Request Form must be completed and submitted for both basic and complex DME. Requests forms are available online.

Partners In Care/Connect America – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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; aacounty.org/aging

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

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

Medical Assistance (Medicaid) – 410-269-4500; 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; medicare.gov; Provides comprehensive information and resources on Medicare.

MENTAL HEALTH

AA County Crisis Response System – Crisis Warmline: 410-768-5522; aamentalhealth.org/pr_warmline. cfm; 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, community education, crisis beds, and linkages to urgent care clinics and services for victims of domestic violence.

AA County Dept. of Health – 410-222-7095; TTY 711; 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; 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.

Dr. Foster – 170 West Street, Annapolis; 443-775-9910; sylviafostermd.com; Board-certified psychiatrist, practicing in both the private sector and the hospital setting for over 25 years. She uses her experience, with her empathic approach to understand her patients as a whole, for the most accurate diagnoses and treatment. She encourages her patients to express their thoughts and concerns, promoting personal growth through the use of psychotherapy and medication. Dr. Foster personally manages patient calls and messages, providing in-person or telemedicine healthcare.

Mental Health Association of Maryland – 443-901-1550; 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) – Anne Arundel County Warm Line 443-569-3498; Toll-Free 877-878-2371 MD Warm Line; namimd.org; info@namimd.org; Volunteer, grassroots 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 email for times and spaces.

On Our Own of Anne Arundel County, Inc. – 410-224-0116; 132 Holiday Court, Suite 210, Annapolis, MD 21401; onourrownmd.org/s; Self-help group that provides support and advocacy for people living with mental illness and substance use disorders. Fellowship, support, and advocacy. Call for times. Provides limited transportation within Annapolis.

Pro Bono Counseling – 410-825-1001 to schedule a phone interview; 410-598-0234 Warm Line; 410-816-4221 Espanol; probonocounseling.org; Nonprofit referral source for free mental health counseling for people who are uninsured, underinsured, and/or low income. Serves the 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 – General: 410-938-3000; Care Connect Office: 410-938-5000; Crisis Line: 410-938-5302; Toll-Free 888-938-4207; sheppardpratt.org; Mental health agency that provides mental health counseling, addictions counseling, outpatient and inpatient programs. There is a crisis walk-in clinic at Sheppard Pratt locations in Towson and Oakridge. Please see our website for more detail.

Villa Maria of Anne Arundel County Behavioral Health Clinic – 667-600-2494; 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 ADV Amada Senior Care – 134 Holiday Court, Suite 306, Annapolis, MD 21401; 443-569-0799; Amadaseniorcare.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.

ADV Chesapeake Transitions – 502 Corbin Parkway, Annapolis, MD 21401; 410-897-0050; chesapeaketransitions.com; Locally owned and operated, Chesapeake Transitions has been helping Maryland seniors and their families for more than a decade. Sorting, packing, move management, new home setup, whole house clear-out, and professional Estate Sales.

SPG ADV Chessie Senior Movers – 410-575-2000; ChessieSeniorMovers.com; Serving YOU and our hometown of Annapolis and the entire Mid-Atlantic region. Our understanding team provides guidance on what to bring, while carefully packing, moving, and setting up your new, cozy, and familiar home in independent, assisted living or memory care. We relocate, donate, and dispose of unwanted items. Free estimate!

SPG Graceful Transitions – 1341 Hughes Ford Rd, Suite 112-A, Frederick, MD 21701; 240-397-8996; gracefultransitions.org

SPG Labor of Love – 1016 Blackwell Dr, Annapolis, MD 21403; 301-717-1747; laboroflove.me

SPG Moyer Move Management – 13050 Shawnee Lane, Clarksburg, MD 20871; cell: 410-322-1125 office: 410-515-1199; moyermovemanagement.com

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SPG Tender Heart Movers – 240-545-8910; tenderheartmovers.com; Provides compassionate, client-focused downsizing and relocation services to seniors and the disabled. Sorting through a lifetime of possessions can be emotionally and physically taxing. Our offerings encompass complimentary consultations, floor planning, decluttering, moving coordination, cleanouts, and settling-in assistance. Whether you're transitioning to a senior apartment, assisted living facility, or choosing to age in place, we're committed to ensuring a smooth transition for you and your loved ones.

SPG Transition Truck – servicing D.C., Virginia and Maryland; Transitiontruck.com, moving@transitiontruck.com; 571-410-0569 or 703-341-9913; Your partner in Moving Memories, Transition Truck is a team of professional Downsizers meeting the unique needs of Seniors and their families. Our services include Downsizing, Move Management, Storage Solutions, Multi-Step Projects, Junk Removal and Donations.

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; aacounty.org/aging

SPG ADV Autumn Lake Healthcare – autumnlakehealthcare.com; Maintains a network of skilled nursing facilities committed to providing award-winning short-term and long-term rehabilitative care, while fostering warm, vibrant communities through the process. Each individually owned and operated center offers a wide range of services to meet the needs of each individual such as speech therapy, physical therapy, dialysis and wound care. For more information about Autumn Lake Healthcare and to find a facility near you, visit autumnlakehealthcare.com.

SPG ADV FutureCare Chesapeake – 410-647-0015; 305 College Parkway, Arnold, MD 21012; 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; jointcommission.org; Independent, nonprofit organization that evaluates and accredits hospitals, nursing homes, managed care organizations, home care organizations, and laboratory and ambulatory services. Complaint Hotline: 800-994-6610.

PARKS AND RECREATION

AA County Dept. of Recreation and Parks – 410-222-7300; 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, athletic fields, and adaptive recreation. A Program Guide is available which details all programs and activities. A Senior Lifetime Park Pass is available for seniors 60-plus for a one-time fee of \$40 for four regional parks.

National Parks and Federal Recreational Lands/America the Beautiful Passes – 202-208-6843; 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 for 62 and older costs \$80 and the Senior Annual Pass for 62 and older 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; aacounty.org/departments/recreation-parks/aquatics; Senior swim class 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; captainaverymuseum.org; The Museum offers a diversity of fun and educational events and programs, such as our award-winning Oyster Festival every October. Museum open Sundays 1–4 p.m. Memorial Day through Labor Day and for all events. Grounds open daily, dawn to dusk.

City of Annapolis Recreation and Parks Dept. – 410-263-7958; 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; compasspointegolf.com; Public golf course. Memberships and Senior discounts available. Call for information.

The Preserve at Eisenhower Golf Course – 410-222-3400; thepreserveateisenhower.com; Public golf course. Senior (60-plus) discounts available. Call for information.

MD Dept. of Natural Resources/State Parks – 1-800-825-7275; Toll-Free 877-620-8367; TTY 711; dnr.maryland.gov; Provides wildlife programs, hunting programs, parks, and recreation facilities. The Golden Age Pass is a non-transferable, lifetime pass that provides seniors ages 62-plus with free day entry to all State Parks that charge service fees, half price camping Sunday through Thursday (excluding holidays), and waived boat launching fees. You may purchase this pass online or at several state parks. Call the park service headquarters at 410-260-8186 for help finding a convenient location to purchase your pass. The Universal Disability Pass is a free, lifetime pass that permits the holder and one other person free entrance to day-use facilities at State Parks where there are service fees associated with entrance. Apply online or at any Maryland Service Center. Annapolis Service Center: 410-260-3220.

North Arundel Aquatic Center – 410-222-0090; aaccounty.org/departments/recreation-parks/aquatics; 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 and individuals with disabilities. Military discounts.

Severna Park Community Center – 501(c)3 nonprofit; 623 B&A Blvd, Severna Park, MD. 21122; 410-647-5843; spcommunitycenter.org; Discover the diverse offerings of the Severna Park Community Center, providing quality and affordable multi-generational programming for over 25 years. From swimming and fitness to dance and celebrations, there's something for everyone at this vibrant community hub. Explore our wide range of activities and services tailored to all ages, interests, and needs.

PETS AND PET CARE SERVICES

AA County Animal Care and Control Agency – 410-222-8900; aaccounty.org/animal-control; Local animal control office that provides dog and cat licenses, rabies clinics, and animal adoptions. Call to request pick up of stray animals or carcass removal or to report animal abuse.

Pets on Wheels – 443-977-9726; AA County Coordinator: 443-569-0906; petsonwheels.org; Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting our pets with people to make a profound positive difference every day.

Senior Dog Sanctuary: The Tommy Raskin Seniors 2 Seniors Program – 443-742-0270; seniordogsanctuary.com/seniors-2-seniors.html; A pet food pantry program that assists pets and older adults living in Anne Arundel County.

SPCA (Society for Prevention of Cruelty to Animals) – 410-268-4388; aacsPCA.org; Local animal shelter which offers pet adoptions, a low cost spay/neuter clinic, reduced cost vaccine clinic, dog obedience classes, lost pet assistance. Senior for Seniors program matches senior cats and dogs with adults over 55-plus for 50 percent reduction to the adoption rate.

PHARMACIES & PHARMACY ASSISTANCE PROGRAMS

Annapolis Professional Pharmacy – 410-263-7440; 703 Giddings Avenue, Suite L1, Annapolis, MD 21401; professionalpharmacygroup.com; We're your neighborhood pharmacy with superior customer service. As part of the Professional Pharmacy Group, we offer delivery, compounding, immunizations, compliance packaging, durable medical equipment, lift chairs, hospital beds, compression stockings and much more. Come see how easy pharmacy can be!



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Lilly Cares Foundation – 1-800-545-6962; lillycares.com; Nonprofit charitable organization that provides prescribed Lilly medications for free for up to 12 months to qualifying U.S. patients. Over the past 20 years, Lilly Cares has helped more than one million patients with financial need receive medicines donated by Lilly. Eligibility requirements and applications available online.

Maryland Senior Prescription Drug Assistance Program (SPDAP) – SPDAP Customer Service: 1-800-551-5995; SPDAP TTY: 1-800-877-5156; AA County SHIP: 410-222-4257; marylandspdap.com; The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005 to provide financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan. To participate, individuals must meet the following eligibility requirements: show residency in Maryland for at least six months, be a Medicare recipient, and have an income at or below 300 percent of the Federal Poverty Level. The AA County State Health Insurance Program (SHIP) can also answer questions related to this program.

ADV Park Professional Pharmacy – 410-544-7275; 580 Ritchie Hwy N., Severna Park, MD 21146; professionalpharmacygroup.com; We're your neighborhood pharmacy with superior customer service. As part of the Professional Pharmacy Group, we offer delivery, compounding, immunizations, compliance packaging, durable medical equipment, lift chairs, hospital beds, compression stockings and much more. Come see how easy pharmacy can be!

REACH Program – 410-222-4531; aahealth.org/family-health/uninsured-resources/reach-residents-access-coalition-health; REACH program provides access to low-cost primary, preventive and specialty health care to uninsurable, low-income individuals. Residents of Anne Arundel County who applied for insurance through the Maryland Health Connection health plan and were denied coverage, and were unable to qualify for state and federal insurance plans can apply.

PHYSICIANS

AAMC Community Health Center - Forest Drive – 410-990-0050; aahs.org/about-us/community/community-clinics/; 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 given a 40 percent discount if they pay the same day. Bi-lingual staff available.

AA County Dept. of Health/Annapolis Health Services – 410-222-7138 Dental; 410-222-6797 WIC; aahealth.org; Community health center that offers services related to dental health and the Women, Infants, and Children (WIC) nutrition program.

AA County Dept. of Health: Road to Recovery – 410-222-0100- North County; 410-222-6001- South County; aahealth.org/addiction-clinic; Substance abuse counseling, treatment, and referrals.

AA County Dept. of Health/Glen Burnie Health Center – 410-222-6633 aahealth.org/clinic-locations; Community health center that offers services related to communicable diseases, immunizations, pregnancy tests, tuberculosis services, and HIV/AIDS testing and counseling.

AA County Dept. of Health/Bay Meadow Health Center – 410-222-6180; aahealth.org/locations/baymeadow-health-services; 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, COVID-19 Operations, Healthy Start for Pregnant Women, and Public Health Emerging Pathogens Response Program. Please call for Breast and cervical cancer program information. 18 years or older may be considered for no cost services, please contact for further details.

AA County Dept. of Health/North County Health Services – 410-222-6861-Dental; 410-222-6838-School Health Services; 410-222-6797-WIC; aahealth.org/clinic-locations; 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; aahealth.org/clinic-locations; Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.

Anne Arundel & Howard County Medical Society – 410-544-0312
aahcms.org; AAHCMS is a physician-led and driven organization affiliated with MedChi, The Maryland State Medical Society. Through advocacy, technical assistance, programming, and services, AAHCMS empowers physicians to lead on policies that impact the practice of medicine, access to healthcare, and public health. “Find a Physician” is a free physician referral service for Anne Arundel County. Use the following website to search for a physician near you: medchi.org/Physician-Finder/Physician-Finder.

Bay Community Health Medical – 410-867-4700; Behavioral Health 443-607-1432; Locations in West River, Shady Side, and Lothian, MD; Baycommunity-health.org; Bay Community Health cares for the whole person by addressing clinical, behavioral health and social needs. We offer primary medical, behavioral health and care managements services to everyone, regardless of insurance status or ability to pay. “No neighbor shall go without needed healthcare.”

ADV Chesapeake Urology – 810 Bestgate Road, Suite 235, Annapolis, MD 21401; 7580 Buckingham Blvd, Suite 110, Hanover, MD 21076; 855-405-7100; chesapeakeurology.com; Chesapeake Urology is the region’s largest urology practice, offering comprehensive urologic care to patients throughout Anne Arundel County in our modern offices and outpatient surgery centers in Annapolis and Hanover, MD.

ADV Dockside Dermatology – 8601 Veterans Highway, Suite 201, Millersville MD 21108: 410-934-5400; dockside-derm.com; We are doctors who are by your side, providing an exceptional Dermatology experience. We offer full service dermatologic care, including general, cosmetic, and surgical dermatology.

SPG ADV Ennoble Care – 962 Wayne Avenue, Ste. 250, Silver Spring, MD 20919; 201-822-9549 or 443-421-5523; At Ennoble Care, we bring primary care and palliative care to you. Medicare and Insurance approved. Whether you’re at home, an Assisted Living Facility, or Senior Living Community, we’re here to provide services that are convenient and accessible. With Ennoble Care, there’s no need to worry about transportation or mobility. Your location is our location.

University of MD Baltimore Washington Medical Center’s Find a Physician Referral Service – 410-787-4636; Toll-Free 800-778-3236; umms.org/find-a-doctor; 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; 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.

Veterans Affairs/Glen Burnie Outpatient Clinic – 410-590-4140 Outpatient clinic; 410-605-7333 Appointment call center; maryland.va.gov; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

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PODIATRISTS

SPG Loving Hands Podiatry – 14202 Lake Run Court, Bowie, MD 20720; 301-323-5652; lovinghandspodiatry.com

REAL ESTATE SERVICES

SPG ADV Annapolis Eastport Long and Foster – 320 Sixth Street, Annapolis, MD 21403; 410-260-2800; Marie.Simpson@LNF.com; longandfoster.com/EMarieSimpson; A 40 year AA County resident, Marie's prior career as a public health nurse assures her clients she is familiar with all of AA Co for their housing options. Call her today for your FREE market analysis of your home, 410-703-3294.

SPG Annapolis Fine Homes Long & Foster Real Estate – 145 Main Street, Annapolis, MD 21401; 7035081242; peggylove.Inf.com

SPG Berkshire Hathaway HomeServices PenFed Realty – 565 Benfield Road, Suite 100, Severna Park, MD 21146; 443-926-3402; jenniferyeatts.com

ADV Bill Lambros at Long & Foster Real Estate – 443-995-3520; Real estate agent with 47 years of experience who handles standard real estate listings with home sellers as well as dealing with home listings for estates by way of personal representatives (P.R.) or for Court appointed Guardians or for Trustees or for Power Of Attorney reps. (P.O.A). Also specializes in 55 plus Active Retirement communities like Heritage Harbour, Eden Brook and etc. in Anne Arundel County. Call Bill Lambros today at 443-995-3520!

SPG Blackwell Real Estate – 3708 2nd Ave, Edgewater, MD 21037; 410-533-3447; cheri.bremove.com

SPG Coldwell Banker Realty-Ann Englehart – 3 Church Circle, Annapolis, MD 21401; 443-745-5799; homesbuy-theshore.com

SPG Compass Real Estate, VSells and Associates Team – 599 Oakland Hills Dr #1A, Arnold; 2024981354; vsellsmd.com

SPG Douglas Realty – 1301 York Road, Suite 110, Lutherville MD 21093; 301-922-8622; LeslieTheRealtor.net

Fanita Pegues - Keller Williams Preferred Properties – 1441 McCormick Dr., Upper Marlboro, MD 20774, 301-802-4568 or 240-737-5000; Fanita provides a wealth of knowledge/expertise in helping individuals manage the tasks associated with buying & selling homes. She'll guide you, advise & provide top-quality professional services throughout the entire process. Free Home Equity Wealth Analysis!

SPG JPAR Maryland Living – 1460 Ritchie Highway, Suite 110, Arnold, MD 21012; 410-903-0969; kristikorwek.jpar.com

SPG Lillie Cares, Inc – 301-442-2188

SPG ReMax Realtor – 388 Grinstead Road, Severna Park, MD 21146; 410-245-6365; RickMuddRealtor.com

SPG RE/MAX Executive – 8432 Veterans Highway, Millersville, MD 21108, Millersville, MD 21108; 410-212-0096; deborahwade.net

REFERRAL AND PLANNING SERVICES

SPG Assisted Living Locators – 215 Sumner Rd, Annapolis, MD 21401; 410-507-4490; assistedlivinglocators.com/care-advisor/annapolis

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

ADV Oasis Senior Advisors – 240-866-0064; OasisSeniorAdvisors.com/Frederick; Free service for seniors and families to identify an assisted living/memory care community throughout Maryland and South-Central PA. We have over 400 community partners and can help with mostly any budget and care needs. Our team offers a "one call, many solutions" service to navigate through the senior living maze. Referral services for in-home support, elder lawyers, financial planning for Veterans and bridge loans.

REHABILITATION, PHYSICAL THERAPY

SPG Annapolis Music Therapy Services – 2568A Riva Road Suite 103, Annapolis, MD 21401; 410-697-1812; AnnapolisMusicTherapy.com

Division of Rehabilitation Services—Annapolis – 410-974-7608 TTY 711; Videophone 410-220-1670; dors.maryland.gov/resources/Pages/locations.aspx; 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; dors.maryland.gov/resources/Pages/locations.aspx; A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, with counseling, evaluation, and vocational training.

SPG Fox Rehabilitation – 2353 Evergreen Road, Gambrills, MD 21054; 410-459-0148, 443-474-1777; foxrehab.org; Fox Rehabilitation provides house calls for older adults treated under Medicare Part B. We provide outpatient therapy – PT, OT, ST - in the home and our patients do not have to be homebound. FOX brings therapy to you in your home and can help you live your life to the fullest!

SPG Proactive Therapy – John LaPolla III; jlapolla@proactivetherapyllc.com; 410-207-3514

RESPITE CARE

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program – 410-222-4257; Toll-Free 800-492-2499; aacounty.org/aging

AA County Dept. of Aging and Disabilities/Respite Care Referral Program – 410-222-4257; Toll-Free 800-492-2499; aacounty.org/aging

ADV Right at Home – 801 Compass Way, Ste. 4, Annapolis, MD 21401; 410-846-0141; RightAtHomeAA.com; Need a break? Caregiving for a loved one can be rewarding, yet taxing. Right at Home assists family caregivers by providing reliable, professional temporary home care—from 2 to 24 hours a day. We also have “Live Ins” available! Let us help navigate the aging journey. Get the Right Care, Right at Home!

RETIREMENT COMMUNITIES

ADV BayWoods of Annapolis – 7101 Bay Front Drive, Annapolis, MD 21403; 443-837-1208; baywoodsofannapolis.com; Senior Living Community, waterfront with 14 acres. Offering continuing care, Co-Op, retirement living, assisted living, and an indoor parking garage. Pet friendly, equity based, voted Best of Annapolis.

SENIOR ACTIVITY CENTERS

(See also Lunch Sites)

All senior activity centers offer physical and recreational activities, health promotion, education and art classes, entertainment, socialization, and hot nutritious meals available during business hours. Monthly activities and free membership available to anyone 55 years of age and older.

AA County Dept. of Aging and Disabilities/Annapolis Senior Activity Center – PH: 410-222-1818; FAX: 410-222-1216; annapoliscenter@aacounty.org

AA County Dept. of Aging and Disabilities/Arnold Senior Activity Center – PH: 410-222-1922; FAX: 410-222-1924; arnoldcenter@aacounty.org

AA County Dept. of Aging and Disabilities/Brooklyn Park Senior Activity Center – PH: 410-222-6847; FAX: 410-222-6846; bpcenter@aacounty.org

AA County Dept. of Aging and Disabilities/O’Malley Senior Activity Center – PH: 410-222-6227; FAX: 410-222-6229; omalleycenter@aacounty.org

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O'Malley ANNEX – PH: 410-222-0140

AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center – PH: 410-222-0030; FAX: 410-222-0032; pasadenacenter@aacounty.org

AA County Dept. of Aging and Disabilities/Pascal Senior Activity Center – PH: 410-222-6680; FAX: 410-222-6685; pascalcenter@aacounty.org

AA County Dept. of Aging and Disabilities/Severn Senior Activity Center – PH: 410-222-0300; severncenter@aacounty.org

AA County Dept. of Aging and Disabilities/South County Senior Activity Center – PH: 410-222-1927; FAX: 410-222-1989; southcenter@aacounty.org

SENIOR LIFESTYLE PLANNING

SPG Oasis Senior Advisors – 32 Ashley Way, Myersville, MD 21773; 3014569595; oasisseioradvisors.com/frederick

SUBSIDIZED HOUSING

Congregate Housing Services Program – aacounty.org/aging; Provides supportive services in various apartment buildings to low and moderate income seniors ages 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, house-keeping, 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 667-600-3370. Financial assistance available based on income.

Housing Authority of the City of Annapolis – 410-267-8000; 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; hcaac.com; 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, 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. Apply online.

SUPPORT GROUPS

Alcoholics Anonymous/Annapolis Area Intergroup, Inc. – 410-268-5441; annapolisareaintergroup.org; An international support group which seeks to have participants stay sober and to help other alcoholics achieve sobriety. Free.

SPG ADV Alzheimer's Association – 1-800-272-3900, Greater Maryland Chapter, 502 Washington Avenue, Suite 300, Towson, MD 21204; alz.org/Maryland; We work on a national and local level to provide care and support for all those affected with Alzheimer's and other dementias. Our free 24/7/365 Helpline provides information, local resources, crisis assistance and emotional support. Local support groups and free education for those affected, their care partners, professionals and the general public are available.

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program – 410-222-4257; Toll-Free 800-492-2499; aacounty.org/aging

AA County Partnership for Children, Youth and Families – 410-222-7423; 1-800-485-0041; A support system for grandparents and other adults raising a relative's child, with monthly support groups, resource navigation, guidance, community referrals, and information.

AARP/Grandparent Information – Toll-Free 888-687-2277; aarp.org/grandparents; Information for grandparents raising grandchildren. Online resources are also available.

ALS Association – 301-978-9855; Toll-Free 866-348-3257; ALSinfo.org; Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for amyotrophic lateral sclerosis (ALS) and primary lateral sclerosis (PLS).

American Cancer Society – Toll-Free 800-227-2345; 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; 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; 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; 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 – 410-328-3333; 800-862-5457; Toll-Free 800-223-2732; 110 S Paca Street, 3rd Floor, Baltimore, MD 21201; apdaparkinson.org/community/Maryland; 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.

At Home Chesapeake – 410-419-7823; athomechesapeake.org; A nonprofit 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 Association of Maryland – 800-221-6443; biamd.org; The Brain Injury Association of Maryland shall be the voice of those affected by brain injury through advocacy, education, and research. Provides referrals to a wide variety of support groups.

Changing Focus – 410-721-0992; changingfocus.org; Provides a variety of educational and healing environments for the growth of people in personal crisis. Programs include support groups for marital separation, divorce or death of a spouse or significant other.

ADV Empower Motivation Fitness – A 501(c)3 organization offering programs to assist those with Parkinson's Disease and other Movement Disabilities with programs engaging the body the mind. Programs include Rock Steady Boxing, Monthly Art Classes, Loud Voice Training and Music Therapy, as well as support groups. Some programs are offered at a small fee, scholarships are available based upon need. 2024 West Street Suite 101, Annapolis, Md 21401; 443-994-1251; emfmaryland.org.

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Muscular Dystrophy Association, Inc. – 800-572-1717; 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, annual physical therapy at clinic, occupational therapy at clinic and speech evaluations, 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 butchserve@gmail.com; Alan Sinclair 301-474-7745 (please leave a message) or alsin6206@verizon.net; myasthenia.org; Myasthenia Gravis Support groups meet twice monthly via Zoom until further notice. The Greater Baltimore Area meets on the 1st Saturday of each month. Call Butch or Marika. The Greater D.C. area meets on the 3rd Saturday of each month, Call Alan. Patients' families, friends, and caregivers are always welcome.

National Alliance on Mental Illness (NAMI) AA County, Inc. – 443-569-3498; 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.

National Federation of the Blind – 410-659-9314; 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-Serving Maryland and Delaware – 410-494-8545; Toll-Free 800-671-5369; kidneymd.org; Provides patient education, support and research, emergency financial assistance, and free health disease screenings.

National Multiple Sclerosis Society – Toll-Free 800-344-4867; 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; hopkinsmedicine.org/neurology-neurosurgery/specialty-areas/movement-disorders; 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; aacounty.org/finance; Collects tax and utility payments. Call for locations and hours throughout the County or visit the website for further information.

Homeowners' Property Tax Credit Program (HOPTC) – 410-767-4433; 410-767-5900 Toll-Free 800-944-7403; 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; 410-767-5915; Toll-Free 800-944-7403; 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.

TEMPORARY SHELTER

Arundel House of Hope/Winter Relief Program – 410-863-4888 x112; rundel-hoh.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 – Safe Harbor Resource Center: 410-263-1835; Residential Program: 410-349-5056; 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 – 667-600-3550; catholiccharities-md.org/sarahs-house; A 24-hour shelter program serving the homeless in AA County; onsite childcare 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.

AA County Dept. of Health/Medical Assistance Transportation – 410-222-7152; aahealth.org/medical-assistance-transportation; Transportation is provided for those with Medical Assistance (Medicaid) who have no other means of transportation.

Annapolis Transportation Department – 410-263-7964; annapolis.gov/159/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.

SPG Marley Transportation LLC – 8101 Sandy Springs Suite 250, Laurel, MD 20707; 2406061791; marleytransportation.com

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; mta.maryland.gov/disabled-reduced-fare-program; People with disabilities and senior citizens ages 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.

TRANSPORTATION

AA County Department of Aging and Disabilities/Taxi Voucher Program – 410-222-4257; aacounty.org/services-and-programs/taxi-voucher-program; Provides coupons for discounted taxi cab service within the county to persons 55 years and older and people 18 or older with disabilities.

AA County Office of Transportation/ Van Transportation – 410-222-0022; 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.



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From left to right: Attorneys Laura Curry, Jon Gasior and Alexander Pagnotta

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VETERANS

MD Transit Administration (MTA)/ Mobility/Para-transit – 410-764-8181; Toll-Free 866-743-3682; TTY 410-333-3624; mta.maryland.gov/mobility; 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); mtacallaride.org; mta.maryland.gov/content/brochures-publications; 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.

Partners In Care/Mobility Bus – 410-544-4800; Toll-Free 1-800-227-5500 8151-C Ritchie Highway, Pasadena, MD 21122; partnersincare.org; The Mobility Bus provides affordable, wheelchair and scooter accessible, on-demand transportation for members in the community.

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

American Legion Post #7 – 410-573-0004; Guy Carleton Parlett; 1905 Crownsville Rd, Annapolis, MD 21041

American Legion Post #40 – 410-761-9869; 500 Fifth Ave, S.E, Glen Burnie, MD 21061

American Legion Post #141 – 410-269-1416; Cook-Pinkney; 1707 Forest Dr, Annapolis, MD 21041

American Legion Post #175 – 410-544-2066; 832 Manhattan Beach Road, Severna Park, MD 21146

American Legion Post #226 – 410-798-9894; Cummings-Behlke; 830 Mayo Road, Mayo, MD 21106-0066

American Legion Post #276 – 410-969-8028; Howard L. Turner; 8068 Quarterfield Road, Severn, MD 21144

American Legion Post #277 – 410-360-0880; 7376 Carbide Road, Baltimore, MD 21226

American Red Cross/Chesapeake Region – 410-624-2000; 1-800-Redcross for Blood Donation; Toll-Free 800-787-0091; 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 Vet Center-Counseling – 410-605-7826; 100 Annapolis Street, Annapolis, MD 21401; We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

Anne Arundel County Veterans Services Coordination Center – 410-222-3500; veterans-assistance@aacounty.org; aacounty.org/aging-and-disabilities/veterans-services; The Coordination Center is a single access point for local, state, and federal government services and resources available to veterans and their families.

Anne Arundel County Mental Health Agency – 410-222-7858; annearundel.md.networkofcare.org; 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.

Anne Arundel County Veterans Affairs Commission – 410-222-1550; aacounty.org/veterans-affairs-commission; Serves as a forum for all Anne Arundel County Veterans of military service. The commission meets at 6:00 p.m. on the second Wednesday of the month via Zoom. The link to the meetings is available on the website. The meeting is open to the public.

Army Community Service/Director-ate, Family and Morale, Welfare and Recreation – Desk: (301) 677-5590; DSN: 622-5590; 830 Chisholm Ave; USAG Fort Meade, MD 20755

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

Brain Injury Association of Maryland – 800-221-6443; biamd.org; The Brain Injury Association of Maryland shall be the voice of those affected by brain injury through advocacy, education, and research. Provides referrals to a wide variety of support groups.

Coast Guard Yard – 410-789-1600; 2401 Hawkins Point Road, Baltimore, MD 21226

Disabled American Veterans (DAV) - Post #3 – 410-841-9327; 121 Jennifer Road, Annapolis, MD 21401

Disabled American Veterans (DAV) - Post #13 w/ American Legion Post #276; 410-969-8028

Fort Meade Community Based Out-patient Clinic – 410-305-5300; 2749 5th Street, Fort George G Meade, MD 20755; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

iCommunity Connection Services, Inc. – 7526 Connelley Dr., Suite C, Hanover, MD 21076; iccsu.org; 443-429-1970; iCCS is a nonprofit connecting veterans, people with disabilities, and youth and young adults to needed benefits and resources.

Maryland Department of Veterans Affairs – 410-260-3838; 16 Francis Street, 4th Floor, Annapolis, MD 21401; veterans.maryland.gov; Assists veterans, active duty service members, their families and dependents, in securing benefits earned through military service. Under the Department of Veterans Affairs are five major programs: *The Service and Benefits Program, The Charlotte Hall Veterans Home, The Cemetery and Memorial Program, The Communications, Outreach, & Advocacy Program, and The Maryland Veterans Trust.* The Department is assisted by the Maryland Veterans Commission; the Maryland Veterans Home Commission; and the War Memorial Commission.

MD Dept. of Veterans Affairs/ Veteran Benefits (Anne Arundel County) – 410-424-3039; Motor Vehicle Administration; Glen Burnie Service Center; Building A, Ground Floor, 6601 Ritchie Highway, Glen Burnie, MD 21062; james.wilkes@maryland.gov; veterans.maryland.gov; Helps veterans and family members of veterans apply to federal VA benefits. This includes education, pension access, healthcare or otherwise. Serves as liaison between veterans and federal agencies. Appointments made by phone or email from 9 a.m. to 2 p.m., M-W-F.

MD Veterans Cemetery/Crownsville – 410-987-6320; veterans.maryland.gov/cemetery-and-memorial-program; 1122 Sunrise Beach Rd, Crownsville, Maryland.



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Naval Support Activity, Annapolis – 410-293-9321 (Deputy Commanding Officer); 58 Bennion Road, Annapolis, MD 21402

United States Department of Veterans Affairs: For VA healthcare and enrollment: Glen Burnie Community Based Outpatient Clinic – 410-590-4140808; Landmark Drive, Suite 128, Glen Burnie, MD 21061; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

USAG Fort George G. Meade/Transition Assistance Program (TAP) – 301-677-9871; 4550 Parade Field Lane, Suite 303, Fort Meade, MD 20755; usarmy.meade.imcom-atlantic.mbx.soldier-for-life-tap@army.mil

VA Claims Assistance: (by appointment) – Maryland Department of Veterans Affairs; James R. Wilkes, Veterans Benefits Specialist II; Kiana Hinton, Veterans Benefits Specialist II; 410-424-3039; Glen Burnie MVA Service Center; 6601 Ritchie Highway NE, Ground Floor, Room 30, Glen Burnie, MD 21062.

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; 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; vfw.org; Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

Veterans of Foreign Wars - Post #304 – 410-919-3700; 1838 Generals Highway, Annapolis, MD, MD 21401

Veterans of Foreign Wars - Post #2462 – 410-437-5629; 1720 Bayside Beach Road, Pasadena, MD 21122

VICTIM AND WITNESS ASSISTANCE

Luminis Health Abuse and Domestic Violence Center – 443-481-1209; 410-222-6800 (24-hour hotline); luminishealth.org/en/services/abuse-and-domestic-violence?language_content_entity=en; 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; 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; aacounty.org/sao/victim-witness-services; 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; aahealth.org/vital-records; Provides certified copies of birth certificates for a fee to individuals born in Maryland after 1942. Hours are M-F 8:30 a.m.–12 p.m. and 12:45 p.m.–3:15 p.m., except Holidays. Birth certificates are by appointment only.

MD Dept. of Health – Main: 410-767-6500; Division of Vital Records: 410-764-3038; Toll-Free 877-463-3464 ; TTY 800-735-2258; health.maryland.gov/vsa; The Vital Records Administration provides copies of birth, death, divorce, adoption, etc., records for a fee.

VOLUNTEER ASSISTANCE & OPPORTUNITIES

AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program – 410-222-4257; Toll-Free 800-492-2499; aacounty.org/aging

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

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

AA County Food Bank (AACFB)

– 410-923-4255; aafoodbank.org; Distributes food and basic necessities to pantry partners throughout Anne Arundel County. AACFB supplies food pantries, senior pantries, baby pantries, soup kitchens, backpack buddy programs at schools, and more. AACFB Senior Pantries offer nutritional drinks to those with dietary constraints and incontinence supplies to those in need. A current list of pantries and programs can be found at aafoodbank.org/need-help. Donations are appreciated. Volunteer opportunities available. Hours of operation: Mon.–Fri. 9 a.m.–12, and 1 p.m.–3 p.m.

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

Bay Community Support Services, Inc. – Annapolis: 410-224-4205; Southern MD: 240-309-4046; 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. Andrew by the Bay Catholic Church – 443-808-3875; choresandmore3@gmail.com; stan-drewbythebay.org; This ministry serves people in the Broadneck Community who may be shut in, elderly, home-bound, who need a helping hand. Services most often provided are trips to the doctor, grocery shopping or minor chores. Sponsored by Churches on the Broadneck Peninsula, this program offers volunteer services Monday–Friday at no cost or obligation to the recipient. Those interested in volunteering should call or email to inquire.



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RESOURCES

Habitat for Humanity of the Chesapeake – 410-366-1250; habitat Chesapeake.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. Habitat uses the proceeds to do work in the local community and provide decent shelter around the world.

Pets on Wheels – 443-977-9726; AA County Coordinator: 443-569-0906; petsonwheels.org; Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting our pets with people to make a profound positive difference every day.

Rebuilding Together/AA County – 410-923-9992; Information@Rebuilding-TogetherAAC.org; rebuildingtogether.org; Home repairs for low-income, older adults, and/or homeowners with disabilities. Applications are taken year-round. Volunteers welcome.

SCORE – 410-266-9553; score.org/somd; 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.

SPG Severn River Lions Club meets the 4th Tuesday every month at 6:30 p.m. at the American Legion in Severna Park; 717-327-9419; severnriverlions.org; Promotes sight and hearing conservation in our local community. In addition to providing pre-school and adult vision and hearing screenings, we have a Medical Loan Closet which provides temporary use of medical equipment. We collect used eyeglasses, hearing aids, and cell phones for recycling. Visit us to find out more!

State’s Attorney’s Office/Volunteer Program – 410-222-1740; aacounty.org/sao/employment/volunteer-internship-opportunities; The Office of the State’s Attorney offers many duties for volunteers, from general office duties to case research. Our Office also provides opportunities for students looking to fulfill internship requirements. If you are interested in a volunteer or internship opportunity, please complete the form on our website.

VOTING

AA County Board of Elections – 410-222-6600; 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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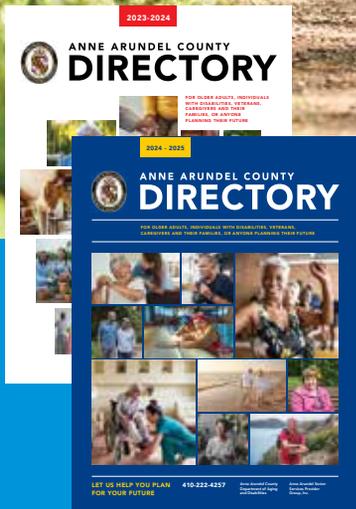


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