

2026 - 2027



ANNE ARUNDEL COUNTY DIRECTORY

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



410-222-4257

LET US HELP YOU PLAN
FOR YOUR FUTURE

Anne Arundel County
Department of Aging
and Disabilities

Anne Arundel Senior
Provider Group, Inc.



O'DONNELL

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IT'S NOT JUST AGING, IT COULD BE VEIN DISEASE ○○○○



Do You Have Signs of Vein Disease?

Visible Symptoms

- **Varicose Veins:** Enlarged, bulging, or twisted veins
- **Spider Veins:** Small, thread-like veins near the skin surface
- **Skin Discoloration:** Darkening or hyperpigmentation
- **Swelling (Edema):** Particularly around the lower legs or ankles
- **Venous Ulcers:** Chronic, slow-healing open sores (commonly near the ankles)

Hidden Symptoms

- Leg heaviness
- Aching or throbbing
- Fatigue in the legs
- Burning or itching
- Nighttime cramps (including restless legs)
- Tingling or numbness
- Skin sensitivity or irritation



Understanding Vein Disease

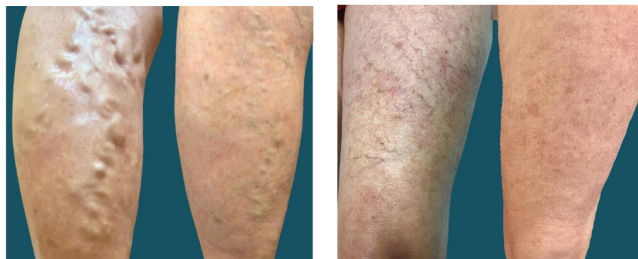
Venous insufficiency is a common condition where weakened veins struggle to return blood to the heart, causing blood to pool in the legs. This can lead to spider and varicose veins, swelling, discomfort, cramping, skin changes, and in more advanced cases, ulcers. At O'Donnell Vein & Laser, we offer safe, minimally invasive treatments to improve circulation and relieve symptoms.



02.24.26 03.17.26

Why Early Treatment Matters

Vein disease is progressive and won't go away on its own. Mild symptoms can worsen over time, leading to skin changes, nonhealing wounds, and increased risk of complications like blood clots. Early treatment helps prevent progression and keeps you moving comfortably.



Why Patients Choose Treatment With Us:

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- **Compression therapy** to support healthy blood flow
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Department of Aging and Disabilities

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7320 Ritchie Hwy, Glen Burnie, MD 21061

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



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Facebook: www.facebook.com/ArundelSeniors

Twitter: @AACoDoAD

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E-mail: info_and_assistance@aacounty.org

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What Services Are Available?

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

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Spring Arbor of Severna Park

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Steuart Pittman

COUNTY EXECUTIVE



“It is important that there are opportunities for our residents to stay active, socialize, continue their education, and access essential services in their own backyards.”



Iwelcome you to the 2026-2027 edition of The Directory for Older Adults, Individuals with Disabilities, Veterans, and Caregivers.

I want to express my deep appreciation for the work of the Department of Aging and Disabilities. Their dedication is truly invaluable, and I hope that you will continue to engage with the quality services they provide.

As we look toward the future, our priority remains clear: investing directly back into the neighborhoods and people we serve. We believe that a strong community is built on accessible, community spaces where everyone feels welcome.

It is important that there are opportunities for our residents to stay active, socialize, continue their education, and access essential services in their own backyards. I look forward to this great work continuing, and I know that our Department of Aging and Disabilities will find new, creative ways to serve our residents.

This Directory provides helpful information about our programs and offerings. Please stay connected and share your feedback. You can always connect with us at your local senior activity center, join the Area Agency on Aging Advisory Council, or call the Department of Aging and Disabilities at 410-222-4257.

We’re here to listen. We hope you keep this Directory at your fingertips and use it often.

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Karrisa Kelly

DIRECTOR

Anne Arundel County Department of Aging and Disabilities



"Our team is dedicated to the idea that everyone deserves to live a life of dignity. We have spent the last year expanding our reach, building new partnerships, and ensuring that no resident is left behind. Our mission is to provide you with the tools you need today to plan for a more secure tomorrow."



Welcome to the 2026-2027 edition of the Directory—your comprehensive roadmap to the services and resources available in Anne Arundel County. Whether you are an older adult, a veteran, a caregiver, or an individual with a disability, this guide is designed to help you navigate the future with confidence.

At the Department of Aging and Disabilities, "Making Life Better" is more than a motto; it is the mission that drives us every day. Our priority remains reaching our most vulnerable residents. Through expanded outreach and local partnerships, we are entering communities we haven't reached before, ensuring every resident has the tools to live independently and with dignity. Our team is dedicated to the idea that everyone deserves to live a life of dignity. We have spent the last year expanding our reach, building new partnerships, and ensuring that no resident is left behind. Our mission is to provide you with the tools you need today to plan for a more secure tomorrow.

A FUTURE-READY MARYLAND

Maryland's population is changing; the population of older adults is increasing and we are living longer, healthier lives. In response, we are proud to align our core goals with **Longevity Ready Maryland (LRM)**. This 10-year multisector plan, initiated by Governor Wes Moore, allows us to consolidate resources and coordinate with partners to ensure our programs are sustainable. With the launch of the **LRM** initiative, we are thinking bigger. This plan will help us coordinate better and work smarter. We are focusing on making Anne Arundel County a place where aging isn't just about "getting older," but about staying socially connected and physically healthy in the community you love.

We remain steadfast in our focus on the pillars of well-being:

- **Health & Wellness:** Promoting mental health programs, providing healthy living programs, and nutrition services.
- **Independence:** Providing housing resources and transportation options.
- **Connection:** Expanding social engagement and healthcare navigation.

We recognize that equity and inclusion are the bedrock of effective care. By broadening our outreach to underserved communities, our tireless team of professionals works to ensure every neighbor can age in place gracefully.

I am honored to work alongside such a dedicated team and such supportive community partners and stakeholders. On behalf of all of us, we look forward to a marvelous 2026-2027 season. We are here for you—today, tomorrow, and for the years to come.

For assistance or to learn more about our programs, please call **410-222-4257** (TTY users, please dial Maryland Relay at **7-1-1**).



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)

W

elcome to the 2026-2027 Anne Arundel County Directory for Older Adults, People with Disabilities, Veterans, and Caregivers. The

Anne Arundel County Commission on Disability Issues (CODI) is proud to be part of this resource. This directory is designed to help you find services, supports, and contacts that can improve the quality of life for people with disabilities and those who care for them.

CODI was created to improve the quality of life for people with disabilities in our community. The Commission works closely with Anne Arundel County government to review and advise on policies, programs, and services that affect residents with disabilities. It also seeks ways to remove barriers and improve access to services across the county.

What CODI Does

CODI serves as a bridge between residents with disabilities, local organizations, and county government. Its work includes:

- Reviewing services and programs available to people with disabilities
- Gathering information about community needs and sharing it with county leaders
- Advising on ways to improve accessibility in county services
- Promoting coordination among public and private agencies that serve people with disabilities
- Helping identify ways to make resources more effective and easier to use for everyone in our community CODI plays an important role in making sure that voices are heard and that decision makers understand the real needs of people living with disabilities.



How to Connect and Get Involved

CODI is made up of dedicated community members and representatives from agencies that support people with disabilities. The Commission meets regularly to discuss current issues and plan ways to address community needs. If you would like to serve on the Commission, Anne Arundel County welcomes your interest and participation.

If you need accommodations to participate in meetings or events, please contact the Americans with Disabilities Act (ADA) Office or the meeting or event point of contact in advance. All meeting materials can be provided in alternative formats upon request.

Need Assistance or Accommodations?

For help with disability-related services, accessible communication, or to ask questions about the Americans with Disabilities Act and accessibility issues in county programs, you may contact:

- ADA Office / Department of Aging and Disabilities
- Phone: 410-222-4383
- Email: disabilities_info@aacounty.org
- People who are deaf, hard of hearing, or have speech disabilities may use Maryland Relay by dialing 7-1-1.

Whether you are using this directory for information, resources, or support, the Commission on Disability Issues and the Department of Aging and Disabilities are here to help you live more comfortably, independently, and fully in Anne Arundel County.



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About Us

Our mission is to provide a smooth, safe, compassionate, and timely transition for older adults entering, departing or transferring within a senior living community. We will create a comfortable, cozy, and familiar living space while focusing on the details to personalize every move.

Choose From Our Services

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-Diane M., Annapolis



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- Jeanie Langellotto**
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Board Member



Jennifer McAndrews



Marie Simpson



Dawn Lewis



Elizabeth Balderrama



Kathy Sauve



Rick Mudd



Nicola Burwick



Alex Adler



Jeanie Langellotto



Elena Sallitto

Thank you for your interest in the Anne Arundel County Directory and the Senior Provider Group. The Senior Provider Group (SPG) is a membership organization for individuals and entities providing services to older adults and their families. Our mission is to support excellence in senior services through education, advocacy, leadership, and accessibility. Members benefit from monthly informational meetings, networking events, and sponsorship opportunities.

SPG also provides grants to nonprofit organizations that serve older adults in Anne Arundel County. These grants are made possible through partnerships with the Anne Arundel County Department of Aging and Disabilities and What's Up Media. In 2025, five nonprofit groups each received an

award of \$4,000. Applications for the next cycle will be accepted starting September 1, 2026. For more information on the application process, please visit the website: www.seniorprovidergroup.org.

Membership is open to any individuals or businesses that provide services to the senior community. Visiting as a guest is encouraged to learn more about the organization. Meetings are typically held on the second Tuesday of each month from 8:30–10:00 AM at Woods Memorial Church in Severna Park. Please visit the website or email seniorprovidergroup@gmail.com for further details.

Sincerely,
Jennifer McAndrews, President
On behalf of the 2026 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.



Pictured: Angela Mickalide, Sandra Schmidt, Mary Ann Yarbrough, Ettice Patton, Kathy McNally, Jamarri Bright, and Russell Jones. (Not pictured Shirley Norlem and Tona Ives) **Voting Members:** Angela Mickalide – Public At Large, Vice Chair, Ettice Patton - Brooklyn Park Senior Activity Center, Sandra Schmidt - Pasadena Senior Activity Center, Jamarri Bright – Pascal Senior Activity Center, Kathy McNally – O’Malley Senior Activity Center, Mary Ann Yarbrough – Arnold Senior Activity Center, Russell Jones – South County Senior Activity Center, Chair, Shirley Norlem – Annapolis Senior Activity Center, Tona Ives - Severn Senior Activity Center

The Anne Arundel County Area Agency on Aging Advisory Council is pleased to be a part of the 2026-2027 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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SOAR Program:

Supporting Older Adults with Resources

There are over 150 licensed assisted living facilities in Anne Arundel County, of those 150, around 130 are smaller community-based assisted living facilities. This is defined as a facility having between 2 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 the cost at 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. You can also visit their website (health.maryland.gov/ohcq) and find the Licensee Directory on their Quick Links tab on the lefthand side of their webpage.

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. The Medicaid Community Options Waiver and Supporting Older Adults with Resources (SOAR) are two programs that can provide financial assistance to help offset the cost of assisted living. Feel free to contact our office for more information.

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?
- Is there typically an annual rate increase?
- Is your facility accessible, does it include ramps, a stairlift, or hallways wide enough for a wheelchair?



To better serve Maryland's older adults, the Maryland Department of Aging (MDOA) will launch SOAR (Supporting Older Adults with Resources) on July 1, 2026. Authorized by HB36/SB212, this initiative integrates the Senior Care Program, Congregate Housing Services (CHSP) and Senior Assisted Living Subsidy (SALS) services into a single, streamlined program. To learn more about our support and services, use this QR Code.

Easy Travel Access Program

Are you 55 or older, or an adult over 18 with a disability and looking for transportation at a reduced cost?

Anne Arundel County's Department of Aging and Disabilities can help you stay connected to your community! Our ETA Program (Easy Travel Access) offers two reduced-cost transportation options to get you where you need to go. Both programs offer accessible, on-demand transportation alternatives that help residents to travel at discounted prices.

The **Taxi Voucher Program** offers discounted taxi fares with participating cab companies. With the **Rides-On-Demand program**, an appropriately equipped car, van, or SUV operated by professional drivers will pick you up at your desired location and deliver you directly to your destination with ease. To return, you can simply call to request a return trip if you do not already have one scheduled.

Don't let transportation hold you back – we're here to help you stay active and independent!

Contact us at 410-222-4222. TTY users, please call via Maryland Relay 7-1-1.



Senior Nutrition Program

The Senior Nutrition Program is a vital part of the Anne Arundel County Department of Aging & Disabilities' commitment to supporting older adults in leading healthy, independent lives. Through our program, we provide more than just nutritious food—we foster community connections, reduce isolation, and promote overall well-being.

Each year, our dedicated team serves thousands of balanced meals to eligible older adults aged 60 and over throughout Anne Arundel County. We operate at 22 different locations, including 8 senior activity centers, where participants enjoy hot meals, socialize with peers, and engage in enriching activities. For those who are homebound, our home-delivered meals ensure they receive essential nutrition while maintaining their independence in the comfort of their own homes.

Meals are offered for a suggested donation, but no one is ever turned away for an inability to contribute. Our goal is to ensure every older adult in need has access to nourishing meals without barriers or judgment.

At the heart of our mission is a simple but powerful belief: no older adult in our community should ever go hungry. We work tirelessly to ensure that every older adult who needs a meal has access to one. Food is more than sustenance; it's a gateway to health, dignity, and connection.

The success of the Senior Nutrition Program is a reflection of the dedication of our staff, volunteers, partners, and community supporters. Together, we are building a stronger, healthier future for our older adults—one meal, one conversation, and one connection at a time.

To learn more, sign up for meals, or get involved, call 410-222-0256 or visit your local senior activity center.



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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Dalia Alezra, Esq.



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colette@stavellylaw.com

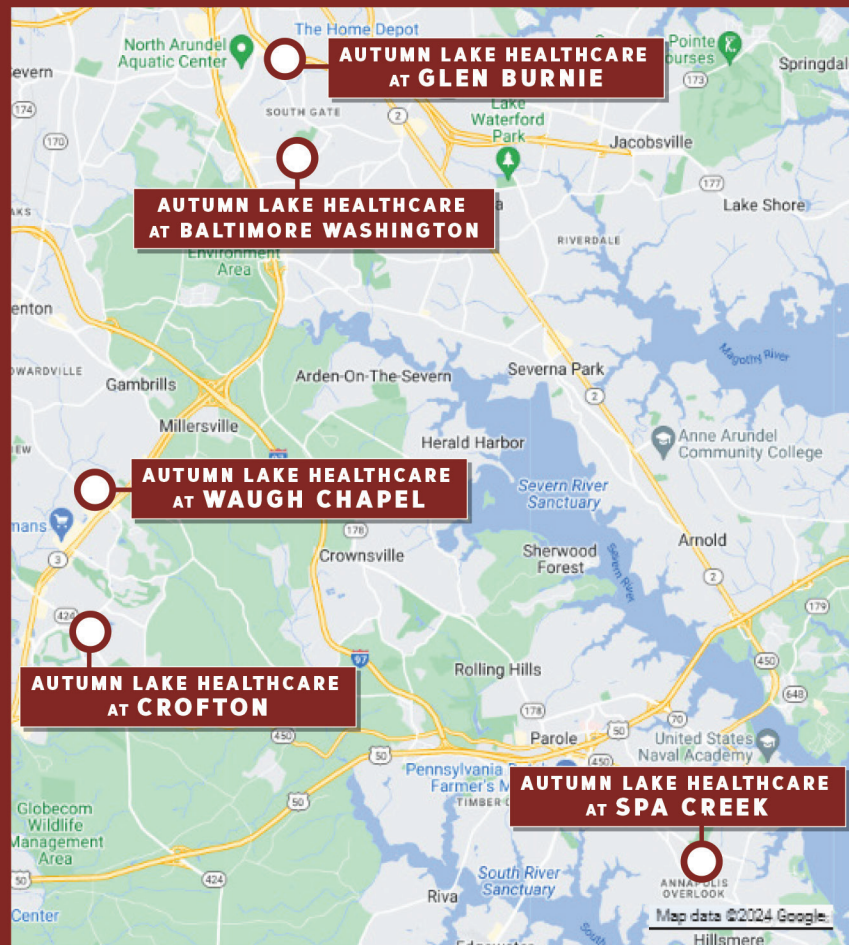
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ANNE ARUNDEL COUNTY LOCATIONS

Each facility is independently owned and operated.

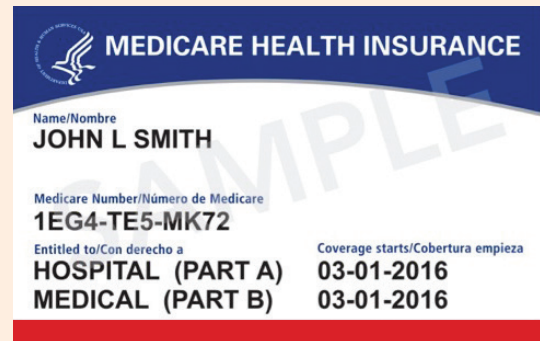


For more information visit:

www.AutumnLakeHealthcare.com

Autumn Lake Healthcare affiliated and licensed centers and companies are independently owned and operated. Autumn Lake Healthcare provides administrative and business support to its affiliated and licensed centers. Autumn Lake Healthcare is neither the owner nor operator of any licensed centers or companies.

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 2026 is \$202.90/month and the annual deductible is \$283.00. 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.



Navigating Medicare

HELP WITH MEDICARE PRESCRIPTION DRUG COST

If you are single and your income is below \$2,015 per month and your assets are below \$18,090 (not counting your home, personal possessions, or car), there could be help. If you are married and your combined income is below \$2,725/month and your combined assets are below \$36,100 (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

Whether 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 them 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 they have 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 them 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. They 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 they are unable to cook (or just don'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 they 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 they want 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 they may feel sadness and apprehension. Let the individual grieve. Let them make as many decisions as possible. As you help sort and organize for the downsizing of their home, allow them 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 their 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.



Evidence-Based Health Promotion Programs Help Older Adults Stay Independent

S

taying healthy and independent is important at every age. Anne Arundel County offers free evidence-based health promotion programs that help older adults feel better, move more safely, and manage their health with confidence.

What Does “Evidence-Based” Mean?

Evidence-based programs are not lectures or one-time talks. They are structured classes that have been carefully studied and shown to improve health, reduce falls, and support independence. Programs follow a proven model and are led by trained instructors.

According to the Administration for Community Living, these programs help older adults build skills to manage chronic conditions, stay active, and remain engaged in their communities.

Participants often report that they:

- Feel more confident managing their health
- Improve balance, strength, and mobility
- Reduce their risk of falls
- Learn safe ways to stay active
- Feel more connected and less isolated
- Gain tools to manage pain, stress, and daily challenges

Programs are welcoming and adaptable. You do not need to be in perfect health to participate.



Living Well Programs in Anne Arundel County

Managing Health And Wellness

Diabetes Self-Management Program: A six-week workshop for people with diabetes or prediabetes and caregivers.

Virtual Living Well Workshops: Online classes covering chronic pain, arthritis, depression, loneliness, and healthy lifestyle habits.

Kidney Health Education Sessions: Educational programs focused on kidney health and prevention.

Senior Center Plus

Senior Center Plus is an engaging social program for older adults with mild-moderate cognitive impairment. The mission of the program is to provide older adults with opportunities for socialization and recreation that enable them to remain engaged in the community while providing respite for care partners. This is a referral-based four hour fee-for-service program that is facilitated by staff members. Lunch is provided during the program.

To be eligible for the Senior Center Plus program you must be:

- A resident of Anne Arundel County
- Age 55+
- Able to manage personal care independently (restroom, meals, etc)
- Independently feed yourself
- Express your needs
- Able to remain and engage in a group setting
- Enjoy socialization, music, art, cognitive games, exercise, and more

Call Maryland Access Point at 410-222-4257 or Senior Center Plus Program Director Lori Litke at 410-222-1483 to schedule an evaluation to determine eligibility. There is a fee for this program. Transportation to and from the Senior Activity Center must be provided by a family member/caregiver.



Falls Prevention And Movement

Tai Chi for Arthritis and Fall Prevention: An 8-week exercise program composed of gentle movements to improve balance and flexibility.

Tai Ji Quan: Movement for Better Balance: A 24-week program designed to reduce fall risk.

Enhance Fitness: A 24-week structured exercise program with stretching, balance, strength training, and low-impact aerobics.

Walk With Ease: A 6-week walking program combined with education on managing arthritis safely.

Healthy Bones for Life: A series of workshops covering nutrition, fall prevention, fitness, and general education on bone health and osteoporosis.

Support For Caregivers

Powerful Tools for Caregivers: a six-week class offering practical tools for caregivers.

Healthy Weight And Nutrition

Eat Smart, Move More, Weigh Less: A 24-week program focused on realistic lifestyle changes offered through the North Carolina State University.

Why These Programs Matter

These programs help older adults stay healthy, independent, and active in their communities. Preventing falls, managing chronic conditions, and staying connected can make a meaningful difference in quality of life. You do not need to be an athlete or in perfect health to participate. Programs are designed to be welcoming, supportive, and adaptable to different abilities.

Learn More

To learn more about upcoming classes or register, visit the Anne Arundel County Living Well Series at <https://www.aacounty.org/aging-and-disabilities/services/living-well-series> or contact your local Senior Activity Center.

CATHOLIC CHARITIES
SENIOR COMMUNITIES
in Anne Arundel County

Exceptional, Affordable Apartment Living for Older Adults



Arundel Woods in Glen Burnie

Friendship Station and Friendship Village
in Odenton

The Caring Home Services Program (CHS) provides a helping hand to support older adults with their essential activities of daily living (ADLs), so they may continue to age in place successfully while preserving the highest quality of life.

Services include weekly housekeeping, laundry, and personal assistance as well as daily meals. Participants pay a monthly fee for CHS services, in addition to their rent.

For information

667-600-2280

cc-md.org/senior-communities

1-888-710-9868 Toll Free

TTY: Dial 711



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



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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

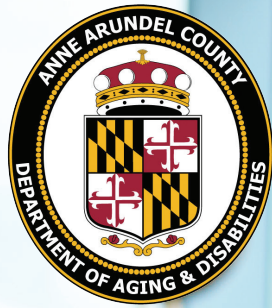
Before It’s Too Late (Opioid Hotline)..... 800-422-0009

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

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

Presentations

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



Presentation topics include but are not limited to:

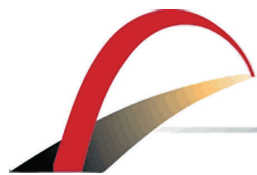
- Overview of Internal Programs/ Services
- Scams/Fraud
- Advanced Directives
- Benefits for Utilities, Property Taxes, etc.
- Medicare
- In-Home Care
- Tips for Family Caregivers
- Assistive Technology
- Nutrition for Older Adults

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

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

410-222-4257

How Do I Get Help?



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

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

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

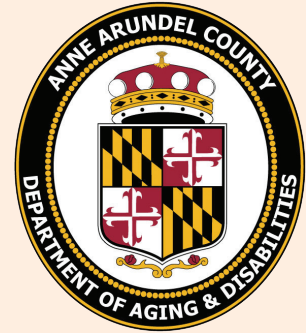
If you prefer, visit one of our Department of Aging and Disabilities Customer Service Centers at 2666 Riva Road, 2nd floor in Annapolis or 7320 Ritchie Highway in Glen Burnie!

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



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.

Get the support you need today.

- ✓ Pain & Symptom Management
- ✓ Medications
- ✓ Medical Equipment
- ✓ Medical Supplies
- ✓ Personal Care Products
- ✓ Emotional & Spiritual Support
- ✓ Education
- ✓ Family Support
- ✓ Care at Home
- ✓ Inpatient Care

 hospice of the chesapeake

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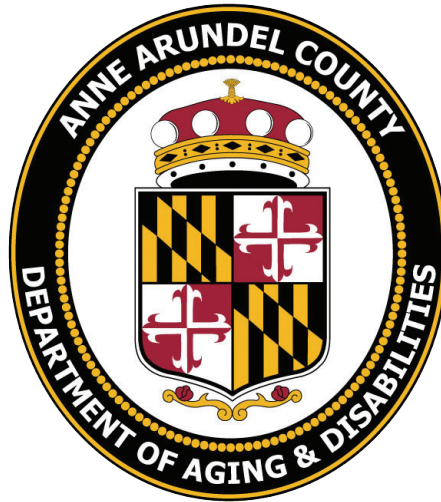
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dme.maryland@maryland.gov



Maryland
DEPARTMENT OF AGING



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

THE POWER OF BELONGING

Throughout our lives, we belong to many different groups. We find belonging with family, friends, teams, clubs, relationships, co-workers, neighbors, communities and organizations. We seek out people, places and institutions where we can feel connected and comfortable being ourselves. We look for others who share our values and identities, who enjoy doing the same activities, going to the same places or have common goals. Belonging is more than just fitting in; belonging means we are accepted and respected, we have a voice and feel seen, we are connected to others, feel safe and cared for and we are able to contribute to the group in a beneficial way. Belonging means we are recognized for who we are and we feel valued and empowered to express our authentic selves and use our voices. Belonging is a fundamental human need that impacts our well-being and longevity. It gives us a sense of security, provides support, acceptance and connection. As we get older, our sense of belonging can change as factors in our lives change. Health issues, reduced mobility and life transitions such as retirement, relocation, or the loss of a loved one can affect our existing support systems, make it harder to engage in social activities and decrease our social circles, which leads to a higher risk of social isolation and loneliness. As our lives change, we need to feel that we still belong and are a part of something, so we need to create new ways to connect.

Senior activity centers play an important role in maintaining our feelings of belonging and connection to others. They are vibrant, active, dynamic and inclusive communities where older adults can feel valued, supported, and seen. Senior activity centers are places where we can make new friends and create meaningful social connections with others. They offer opportunities to engage in activities such as volunteering, taking classes to learn something new, joining programs to optimize our health, connecting with others through technology, sharing a meal or finding a new hobby.



**BELONGING
MEANS WE ARE
RECOGNIZED FOR
WHO WE ARE AND
WE FEEL VALUED
AND EMPOWERED
TO EXPRESS
OUR AUTHENTIC
SELVES AND USE
OUR VOICES.**

The eight senior activity centers in Anne Arundel County are welcoming, friendly and diverse places where older adults can participate in engaging programs, classes and activities, socialize with friends, learn new skills, access important resources and enrich their lives. They offer programs and activities such as fitness and dance classes, fine arts classes, language classes, craft workshops, entertainment, technology classes, billiards, group travel, card games, special events, volunteer opportunities, shared meals with friends and so much more! They connect older adults with organizations and resources needed to live successfully and independently. Senior activity centers focus on the well-being of our participants, creating an environment where people can thrive, contribute, connect and feel empowered.

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. Come join us because this is where you belong!



Annapolis

Wiley H. Bates
Heritage Park, 119
South Villa Avenue,
Annapolis, MD 21401;
410-222-1818

Arnold

Building Annex A,
101 College Pkwy,
Arnold, MD 21012;
410-222-1922

Brooklyn Park

202 Hammonds Lane,
Baltimore, MD 21225;
410-222-6847

O'Malley

1275 Odenton Road,
Odenton, MD 21113;
410-222-6227
O'Malley Annex,
1270 Odenton Road,
Odenton, MD 21113;
410-222-0140

Pasadena

4103 Mountain Road,
Pasadena, MD 21122;
410-222-0030

Pascal

125 Dorsey Road, Glen
Burnie, MD 21061;
410-222-6680

Severn

1160 Reece Rd,
Severn, MD 21144;
410-222-0300

South County

27 Stepney Lane,
Edgewater, MD 21037;
410-222-1927

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O'MALLEY



CFC

COMMUNITY FIRST CHOICE

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.**



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Aging and Disabilities for
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www.aacounty.org/aging

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410-767-6960 (Voice/TTY)





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Resources

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DISABILITIES, VETERANS, CAREGIVERS AND
THEIR FAMILIES, AND ANYONE PLANNING THEIR
FUTURE IN ANNE ARUNDEL COUNTY**

SPG = Anne Arundel Senior Services Provider Group

ADV = Advertiser



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; www.aacounty.org/aging; Provides programs, services, information, education and special events to improve the quality of life for older adults, individuals with disabilities, caregivers, and veterans. Family members and caregivers also are encouraged to call for information and assistance.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program/Information & Assistance – 410-222-4257; Toll-Free 1-844-627-5465; TTY users please call via MD Relay 711; www.aacounty.org/aging; Information & Assistance offers reliable information, referrals, assistance with applications, and options counseling to older adults, individuals with disabilities, caregivers, veterans, and anyone interested in planning for their future. Information & Assistance Specialists also provide community outreach and presentations.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship – 410-222-4257; www.aacounty.org/aging; Serves as court-appointed public guardian of person, for Anne Arundel County residents who are 65 years or older, as the last resort, 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; www.aacounty.org/aging; www.ada.gov; The Anne Arundel County ADA Office coordinates countywide efforts to ensure access to programs, services, activities, and facilities in compliance with the Americans with Disabilities Act. The office provides guidance and technical assistance to County departments and facilities, responds to accessibility questions and concerns, and serves as a resource on ADA and federal Fair Housing Act requirements for both the public and private sectors. The ADA Office also provides staff support to the Anne Arundel County Commission on Disability Issues.

AA County Dept. of Aging and Disabilities/Assistive Technology Loan Program – 410-222-4383; www.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.

AA County Dept. of Aging and Disabilities/Community First Choice – 410-222-4257; www.aacounty.org/aging; Provides personal care, assistance with dressing, toileting, meals, shopping, laundry and other activities of daily living. Recipients receive Supports Planning and Nurse Case Monitoring services. Medical eligibility must be established. Recipients must also have community Medical Assistance.

AA County Dept. of Aging and Disabilities/Dementia Navigation – 410-222-4257; www.aacounty.org/aging; Navigation and social/educational programming for people with Dementia and their caregivers. Still Me Café, a memory café, is offered in both Glen Burnie and Annapolis, on a monthly schedule.

AA County Dept. of Aging and Disabilities/Easy Travel Access (ETA) Program – 410-222-4257; www.aacounty.org/aging; Two discounted transportation options available to Anne Arundel County residents 55 years of age or older or 18 years of age or older with a disability. Taxi Vouchers offer discounted taxi vouchers to support taxi fares with participating cab companies. Each book costs \$5.00 and is worth a value of \$10.00. Rides-on-Demand offers a discounted rideshare service option in which rides can be scheduled via telephone. The County matches participant contributions dollar for dollar up to \$75 per month.

Department of Aging and Disabilities/Evidence-Based and Health Promotions Program – 410-222-4257; 410-222-4335; www.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 the Living Well Series page.

AA County Dept. of Aging and Disabilities/Grief Counseling Program – 410-222-0263; TTY 410-222-4355; www.aacounty.org/aging; A specialized program that provides grief counseling to individuals at home 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; www.aacounty.org/aging; This statewide program provides services to eligible individuals age 18 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial and technical qualifications must be met.

AA County Dept. of Aging and Disabilities/Local Office of the Long-term Care Ombudsman Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Advocates for residents in nursing homes and assisted living, receives complaints, works to resolve problems and improve residents' care and quality of life, and educates the public about long-term care facilities and services, residents' rights, and elder abuse. A free, confidential service.

AA County Dept. of Aging and Disabilities/In-Home Aide Services (IHAS) Program – 410-222-4257; www.aacounty.org/aging; In partnership with the AA County Department of Social Services, the SC/IHAS program provides case management and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services, such as assistance with personal care or housekeeping, are available for eligible clients. This program allows clients to remain in the community as they age.

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Program for family caregivers to help relieve the stress associated with their role. It offers information, assistance, educational programs, support groups, respite, and supplemental services.

AA County Dept. of Aging and Disabilities/Respite Care Referral Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Maintains a registry of pre-screened and trained self-employed caregivers who provide aide services in the client's home on an hourly, daily, or overnight basis for older adults or those with disabilities. 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; www.aacounty.org/aging; 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 select Senior Activity Centers on select days and allows opportunities for socialization and recreation while providing respite for 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; www.aacounty.org/aging; The Senior Nutrition Program promotes nutrition through education and meal programs. Programs include the Congregate Meal Program (meals served at senior centers, senior housing locations, and community centers), Home Delivered Meals Program, and Senior Farmers' Market Coupon Program.

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP) – 410-222-4257 or 410-222-4077; www.aacounty.org/aging; SHIP provides health insurance assistance and information to Medicare-eligible persons, their caregivers, and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options, and Medicare Part D options.

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) – 410-222-4257; www.aacounty.org/aging; Provides public education to Medicare beneficiaries to increase 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/Supporting Older Adults with Resources (SOAR) Program – 410-222-4257; www.aacounty.org/aging; The SOAR program provides case management and supportive services for clients 62 years and older who meet medical and financial eligibility. Some in-home services, such as assistance with personal care or housekeeping, or assistance with paying for assisted living, are available for eligible clients. This program allows clients to remain in the community as they age.

AA County Dept. of Aging and Disabilities/Telephone Reassurance – 410-222-4257; www.aacounty.org/aging; Provides a daily well-check telephone call to older adults and adults with disabilities who are living alone in Anne Arundel County. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family, or county police.

AA County Dept. of Aging and Disabilities/Veterans Services Coordination Center – 410-222-3500; veterans-assistance@aacounty.org; <https://www.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.

ADULT DAY CARE

SPG Better Life Care – 2525 Riva Road, Suite 100, Annapolis, MD 21401; mybetterlifecare.com; Better Life Care provides exceptional, affordable adult care built around everyday needs. Our specialized support services include medical and memory care, transportation, daily programming and activities, laundry and personal care services, nutritious meals, and so much more. Every offering is designed to promote dignity, independence, and well-being. Our trained caregivers deliver reliable, high-quality care families can trust, ensuring each guest receives personalized support in a safe, supportive environment.

Foundations Medical Adult Day Services – 1025 W. Nursery Road, Suite 112, Linthicum, MD 21090; 410-789-7772; www.foundationsgroup.net; Dedicated adult day care that provides medical day services and psychiatric rehabilitation for adults 18 and over. Specializes in dealing with mental disorders and substance abuse disorders.

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

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AA County Office of Community Engagement and Constituent Services – 410-222-1785; www.aacounty.org; The Office of Community Engagement and Constituent Services serves as the direct link between County Executive 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; www.aacounty.org/aging

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

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

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

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

Fello – 410-269-1883; TTY 800-735-2258; https://fello.org/; Provides community-based support for people with disabilities, including residential services, day and employment programs, behavioral health services, and family support. Services focus on independence, skill-building, community connection, and overall well-being.

Associated Black Charities – 410-659-0000; https://www.associatedblack-charities.org/; A public foundation that advocates and facilitates the creation of measurably healthier and more prosperous communities through responsible leadership and philanthropic investment.



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Anne Arundel & Howard County Medical Society – 410-878-9404; <https://www.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.

Laurel Advocacy and Referral Services (LARS) – 301-776-0442; www.laureladvocacy.org; Crisis intervention in the Laurel area by a group of religious member organizations. Hours of operation: Monday, Wednesday, and Friday from 9 a.m. – 2 p.m., with additional hours from 5 p.m. – 7:30 p.m. on Mondays.

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

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

SPG Partners in Care Maryland, Inc. – 8151-C Ritchie Highway, Pasadena, MD 21122; partnersincare.org

SPG The Senior Provider Group (SPG) is a membership organization for individuals and entities providing services to older adults and their families. Our mission is to support excellence in senior services through education, advocacy, leadership, and accessibility. Members benefit from monthly informational meetings, networking events, and sponsorship opportunities. SPG also provides grants to nonprofit organizations that offer valuable programs and services benefiting older adults throughout Anne Arundel County; <https://www.seniorprovidergroup.org/>; seniorprovidergroup@gmail.com; PO Box 130 Severna Park, Maryland 21146

SPG Severn River Lions Club – Severn, MD; severnriverlions.org

State’s Attorney’s Office/Community Outreach – 410-222-1740; www.aacounty.org/departments/sao/; Provides community presentations on elder fraud and abuse, cyber safety, identity theft, gang prevention and awareness, and dating violence.

ARTS AND CULTURE

SPG ADV Annapolis Music Therapy Services – 410-697-1812; 2568A Riva Road Suite 103, Annapolis MD 21401; www.annapolismusictherapy.com; Providing goal-oriented and relationship-based music therapy services across the lifespan.

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; Empower Motivation Fitness, a 501(c)(3) organization, offers programs to assist those with Parkinson’s disease and other movement disabilities with programs engaging the body and the mind. Programs include Rock Steady Boxing, monthly art classes, loud voice training, music therapy, and support groups. Some programs are offered for a small fee, and scholarships are available based on need.

SPG Encore Creativity for Older Adults – Annapolis, MD; encorecreativity.org

ASSISTED LIVING

AA County Dept. of Aging and Disabilities/Assisted Living Program – 410-222-4257; Provides information and assistance related to assisted living program support through the Department of Aging and Disabilities.

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – Enrolled Participants: Contact your Supports Planner with any questions; Registry Waitlist: 410-222-4257; Provides information and access support for eligible participants seeking home and community-based options.

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

SPG Arbor Terrace Waugh Chapel – 2535 Evergreen Road, Gambrills, MD 21054; arborwaughchapel.com

SPG ADV Arcadia of Crofton I & II, Arcadia of Chester, Arcadia of Denton I & II, Arcadia of Easton, Arcadia of Davidsonville – 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 – Annapolis, MD; www.assistedlivinglocators.com/care-advisor/annapolis; jennm@AssistedLivingLocators.com

SPG ADV Brightview Annapolis – 1935 Generals Highway, Annapolis, MD 21401; brightviewseniorliving.com/find-a-community/brightview-annapolis

SPG ADV Brightview Crofton River Walk – 1301 Clarity Dr, Crofton, MD 21114; www.Brightviewcroftonriverwalk.com

SPG ADV Brightview Severna Park – 469 Jumpers Hole Road, Severna Park, MD 21146; www.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.

SPG Calm Pines Assisted Living – 332 Benfield Road, Severna Park, MD 21146; calmpines.com

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 Celebration Villa of Manresa – 85 Manresa Drive, Annapolis, MD 21409; celebrationvillaofmanresa.com

SPG HeartHomes Assisted Living & Memory Care of Bay Ridge – Bay Ridge/Pasadena/Piney Orchard, MD; hearthomes.com

SPG ADV Morningside House of Friendship – 7548 Old Telegraph Road, Hanover, MD 21076; 410-863-0830; www.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.

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

Pelican Hill Assisted Living – 204 Pelican Drive, Glen Burnie, MD 21060; 410-609-0904; Five-person senior living facility with a family dynamic that provides family-style meals and close-knit activities. Staff are certified med-techs or more highly qualified. Features four rooms, including three private rooms and one shared room for two residents, with a safe environment and community living spaces for residents of all physical and mental status, from alert to hospice.

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

SPG Ridge Homes Assisted Living and Agency – Glen Burnie, MD; ridge-homesseniorliving.com

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; sunriseseniorliving.com

SPG Sunrise of North Severna Park – 134 Ritchie Highway, Pasadena, MD; sunrisenorthsevernapark.com

SPG Sunrise of Severna Park – 41 W. McKinsey Rd, Severna Park, MD 21146; sunriseseniorliving.com

SPG Sweetbay Assisted Living – 511 Leelyn Drive, Severna Park; sweetbayassistedliving.com

Tribute at Melford – 17300 Melford Blvd, Bowie, MD 20715; 301-329-5565; <https://cogirusa.com/communities/tribute-at-melford/contact-us/>; 140-apartment senior living community offering various styles and amenities, with services and transportation provided and an on-call delegating registered nurse to oversee needs.

ASSISTIVE TELEPHONES

ADV Maryland Accessible Telecommunications (MAT) program – Apply at MATapply.org or call 800-552-7724 or 410-767-7253 (Voice/TTY) or 410-801-9618 (Video Phone). 301 W. Preston Street, Suite 1008A, Baltimore, MD 21201; Additional information can be found at MDrelay.org. The MAT program welcomes Maryland residents to apply for FREE telecommunications equipment, such as amplified phones, tablets and captioned telephones, to independently make and receive phone calls – free of charge.

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 – 90 Ritchie Highway, Pasadena, MD 21122; 888-501-7077 / 410-987-2129; www.chesapeakelifecenter.org; Provides grief and traumatic loss support and education to children, adults, families and others in the community. Also, programs and services for those impacted by unexpected diagnosis or advancing illness.

SPG Epilogue Tributes – 7 Constitution Avenue, Annapolis, MD 21401; celebratingthedash.com

CASE MANAGEMENT

AA County Dept. of Aging and Disabilities/In-Home Aide Services (IHAS) Program – 410-222-4257; www.aacounty.org/aging; In partnership with the AA County Department of Social Services, the SC/IHAS program provides case management and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services, such as assistance with personal care or housekeeping, are available for eligible clients. This program allows clients to remain in the community as they age.

AA County Dept. of Aging and Disabilities/Supporting Older Adults with Resources (SOAR) Program – 410-222-4257; www.aacounty.org/aging; The SOAR program provides case management and supportive services for clients 62 years and older who meet medical and financial eligibility. Some in-home services, such as assistance with personal care or housekeeping, or assistance with paying for assisted living, are available for eligible clients. This program allows clients to remain in the community as they age.

Taking The Weight Off Your Shoulders

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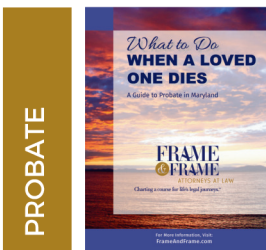
Is estate planning the same as long term care planning?

No. Not all estate planning attorneys are experienced in 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.



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 Aging Individualized, LLC – Severn, MD serving Anne Arundel County and Central MD; 240-888-4016; AgingIndividualized.com; Aging Individualized, LLC provides compassionate dementia care consulting, education, and care management support for older adults, families, and professionals. Founded and operated by Samantha McDaniel, Aging Individualized focuses on person-centered care, communication strategies, care planning, and advocacy. Services are designed to help people navigate aging with confidence. Aging Individualized also offers professional development training to strengthen dementia awareness, improve caregiver skills, and support more thoughtful, individualized approaches to care.

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); www.anatomygifts.org; info@anatomygifts.org; Dignified Body Donation. A nationwide, non-profit whole-body donor program benefiting medical research and education. Please call for information on enrollment or Donor Services. The program covers all costs associated with transportation, donation, and cremation.

Lakemont Memorial Gardens – 900 W. Central Avenue, Davidsonville, MD 21035; 410-956-3060; www.dignitymemorial.com/lakemont-memorial-gardens; Premier memorial cemetery located in Anne Arundel County, Maryland, and part of the Dignity Memorial Network.

MD Veterans Cemetery/Crownsville – 1122 Sunrise Beach Road, Crownsville, MD 21032; 410-923-6981; https://veterans.maryland.gov/benefits-services/burial; 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; www.health.maryland.gov/anatomy/; State's cadaver donation program. Cadavers are used to support medical and dental education and research. Donor forms are available by calling or writing the board, and the registration form is also available for download from the website.

COMPLAINTS AND INFORMATION

AA Conflict Resolution Center – 410-266-9033; www.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. Fees apply.

MD Attorney General's Consumer Protection Office – 410-528-1840 Health Advocacy Unit Hotline; Toll-Free 877-261-8807; TTY: Dial 7-1-1 or 800-735-2258; www.marylandcares.org; Investigates medical billing complaints, reimbursement disputes, and denial of care. Complaint form available online. Also furnishes mediation services to consumers to help resolve complaints against businesses and health insurance carriers. For disputes unrelated to insurance or medical issues, call the general number 410-528-8662.

MD Office of People's Counsel – 410-767-8150; Toll-Free 800-207-4055; www.opc.state.md.us; Handles consumer complaints and 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; www.sos.maryland.gov; Registers, regulates, and renews charitable organizations, professional solicitors, and fundraising counsels doing business in the State of Maryland. 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; 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 is available based on income.

CONSUMER CREDIT

Office of Financial Regulation – 410-230-6100; Toll-Free 1-888-784-0136; financial.regulation@maryland.gov; https://labor.maryland.gov/finance/; Protects Maryland consumers by operating a modern financial regulatory system that promotes fairness, safety, compliance, responsible innovation, and healthy competition while supporting a strong state economy. The Office ensures that financial institutions and financial service providers treat consumers fairly, operate in a fiscally sound manner, and comply with Maryland laws and regulations.

Consumer Credit Counseling Services Maryland and Delaware (CCCSMD) – 1-888-939-9723; www.cccsmd.org; A non-profit 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; 410-267-8381; customerservice@admiral-cleaners.com; www.admiralcleaners.com; Provides free pick-up and delivery Wash & Fold laundry services to homes, condos or apartments. Contact for additional information or to sign up. Admiral eliminates the chore and potential safety concern of doing laundry.

DENTISTS

AA County Department of Health/ Dental Access Program – 410-222-7138 Annapolis; 410-222-6861 Glen Burnie; www.aahealth.org/family-health/dental-health-services; Provides dental services to the uninsured and the under-insured. Local dentists provide services at reduced fees, and patients are interviewed for eligibility via application. Eligible patients are given a choice of participating dentists and a fee reduction letter valid for one year.

AA County Department of Health/ Emergency Dental Care Coordination Program – 410-222-4531 or 443-222-8881; TTY 410-222-7153; https://www.aahealth.org/family-health/healthcare-and-insurance-access/reach-residents-access-coalition-health; 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 – 701 Glenwood St. (inside Morris Blum senior housing), 1419 Forest Dr. #100, Annapolis, and Arundel Lodge at 2600 Solomons Island Rd., Edgewater; 410-990-0050; www.myaamg.org/community-clinic; Primary care medical centers where a team of health professionals provides continuous, comprehensive, and coordinated care throughout a person's life.

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

University of MD School of Dentistry – 410-706-7101; www.dental.umaryland.edu; Walk-in clinic. Provides complete family dental care. Urgent care clinic is a walk-in clinic for patients experiencing pain or swelling and is open Monday through Friday on a first-come, first-served basis. Before beginning treatment, dental health care providers conduct a complete examination to determine the best course of care. Faculty reviews and evaluates all treatment provided by students. Personal payment plans, some types of insurance, and Medical Assistance are accepted.

Avoiding Mistakes when Working with Probate Estates

- Selecting the Right Guidance for Counsel and Advice
- Knowledge of the Probate Process
- Thinking one Person can Handle the Entire Probate Process
- Properly Insuring and Securing the Property and Assets
- Hiring Professionals with Experience to Liquidate Estate Assets and Sale the Property





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✓ Fatigue

✓ Shortness of Breath

✓ Depression

✓ Loss of appetite



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www.chesapeakesupportivecare.org

DISABILITY SERVICES

AA County Commission on Disability Issues – 410-222-4383; Toll-Free 800-492-2499; TTY users call via MD Relay 711; www.aacounty.org/aging; Promotes and enhances the quality of life for people with disabilities by advising the County Executive and 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 – 410-777-1823; 7009 Arundel Mills Circle, Hanover, MD 21076; www.aacc.edu/resources/academic-services/adult-basic-skills-and-ged/; Adult Basic Skills (ABS) classes are designed for students who do not have a high school diploma and need to review and improve basic skills in math, science, social studies, and reasoning through language arts. Students in ABS classes may be referred to the GED Ready practice test once qualifying scores have been achieved.

AA Community College/Disability Support Services – 410-777-1411; www.aacc.edu/resources/disability-support-services/; Assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program – 410-222-4257; Toll-Free 844-627-5465; TTY users please call MD Relay 711; www.aacounty.org/aging; Provides information, referrals, assistance with applications, and options counseling for older adults, individuals with disabilities, caregivers, veterans, and others planning for the future.

Accessible Resources for Independence – 410-636-2274; www.arinow.org; Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. It provides independent living services to people with disabilities of any age, including children, seniors, and veterans, at no charge. Services include accessibility adaptations, counseling, technical assistance, training, transitioning services, and other supports designed to maximize independence and community participation.

Americans with Disabilities Act Office – 410-222-4383; TTY users call via MD Relay 711; www.aacounty.org/aging; www.ada.gov; Coordinates and serves as a resource for Anne Arundel County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Also serves as a resource for private sector ADA and federal Fair Housing issues and supports the AA County Commission on Disability Issues.

AA County Dept. of Aging and Disabilities/Assistive Technology Loan Program – 410-222-4383; www.aacounty.org/aging; The Anne Arundel County ADA Office maintains a collection of assistive technology available for loan or demonstration for county employees, residents, families, professionals, and educators who work with individuals with disabilities. Participants may borrow equipment for up to 3 weeks or schedule a free demonstration. To schedule an appointment, call 410-222-4383, email agmart11@aacounty.org, or complete the online form.

Fello – 410-269-1883; TTY 800-735-2258; <https://fello.org/>; Provides community-based support for people with disabilities, including residential services, day and employment programs, behavioral health services, and family support. Services focus on independence, skill-building, community connection, and overall well-being.

Bello Machre, Inc. – 443-702-3000; www.bellomachre.org; Bello Machre provides a lifetime commitment of loving care, guidance, and opportunity for people with developmental disabilities throughout Central Maryland. Services include in-home care and support, assistance through the Hertha and Jesse Adams Ray of Hope Program for expenses such as specialized summer camp, physical therapy, and adaptive equipment, community-based residential homes, and the Meaningful Day Program, which offers individualized day services including supported employment, job development and training, and community-based social, recreational, and educational opportunities.

Blind Industries and Services of MD – 410-737-2600 (Baltimore); Toll-Free 888-322-4567; www.bism.org; 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 in the community. Independence and Rehabilitation training is accredited by the MD Dept. of Education (DORS) and aims to help students navigate the world independently. The 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 blind and low-vision Maryland residents.

Chesapeake Region Accessible Boating, Inc. (CRAB) – 410-266-5722; info@crabsailing.org; <https://crabsailing.org/>; CRAB offers outdoor, therapeutic, recreational sailing and boating programs on the Chesapeake Bay for people with disabilities at no cost. With more than 30 years of experience, CRAB has developed adaptive equipment and programs that serve as a model for adaptive sailing programs across the country, providing a safe and inclusive environment and access to the therapeutic benefits of being on the water.

Developmental Disabilities Administration (DDA) – 410-234-8200; Maryland Relay 1-800-735-2258; Toll-Free 1-877-874-2494; <https://health.maryland.gov/dda/Pages/Home.aspx>; 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; <http://disabilityrightsmd.org/>; A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are afforded 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 410-220-1670; www.dors.maryland.gov; A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind include teaching individuals over age 55 who are not seeking employment home-making skills, orientation, mobility, and Braille lessons. Counselor for all deaf clients located in this office.

Easter Seals Adult Day Services – 410-277-0940; www.easterseals.com/ DCMDVA; Easter Seals Adult Day Services in Baltimore provides daily monitoring in a safe, home-like environment for medically diverse individuals who are frail with chronic conditions, cognitive impairments, or dementia-related diagnoses 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, assisted living, and nursing home placement.

Foundation Fighting Blindness – 410-423-0600 (Columbia, Maryland); Toll-Free 800-683-5555; TTY 800-683-5551; www.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. Offers information and referral services for affected individuals and their families as well as for doctors and eye care professionals, and provides comprehensive information kits on these conditions.

Gallagher Services for People with Developmental Disabilities – 667-600-2520; www.catholiccharities-md.org; A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with intellectual and developmental disabilities, giving residents opportunities for greater independence by building self-esteem, engaging in the community, and meeting their individual and medical needs.

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

Starkey Cares – Toll-Free 800-328-8602; www.starkey.com; Hearing aid program for low-income persons based on household income. Works with partners who donate their time and services for fittings, and the program donates the hearing aids and support.

Home and Community-Based Options Waiver – 410-222-4257; www.dhmh.maryland.gov; A program of the Maryland Department of Health that provides in-home and community-based care and services for people with chronic health conditions or disabilities based on need and eligibility.

Low Vision Resource Center – 301-951-4444; www.youreyes.org; A non-profit organization that helps people with low vision maintain their independence. Resources are offered without charge. Please call for an appointment.

Magothy United Methodist Church of the Deaf – VP/Tel: 410-317-8414; www.magothydeafchurch.com; Committed to the betterment of the deaf community through advocacy and education. Ministries include community outreach and grief support. Church services are provided in American Sign Language with interpreting available for hearing people.

MD Accessible Telecommunications (MAT) – Toll-Free 800-552-7724 V/TTY; 410-767-7253 V/TTY; Video: 410-801-9618; MAT.Program1@Maryland.gov; <https://mdod.maryland.gov/tam/Pages/mat.aspx>; A program of the Maryland Department of Disabilities that provides free amplified and captioned phones, hands-free phones, ring signalers, text telephones (TTYs), and other assistive devices to qualified applicants who have difficulty using a standard telephone.

Maryland Department of Transportation Motor Vehicle Administration – 410-768-7000; Toll-Free 800-950-1682; TTY 800-492-4575; www.mva.maryland.gov; Licenses and regulates vehicles, dealers, driving schools, title services, auto dismantlers, and vehicle manufacturers. Provides disability/handicap passes and plates to those with written verification from a physician. Services in Anne Arundel County are available in Annapolis, Glen Burnie, and online.

Maryland Relay – 410-767-6960; Toll-Free 800-552-7724 V/TTY; Video Phone 443-453-5970; <https://mdod.maryland.gov/tam/Pages/make-a-relay-call.aspx>; MD Relay is a free service for people with hearing or speech loss to make and receive phone calls. Dial 711 to make a Relay call.

RESOURCES

Maryland State Library for the Blind and Print Disabled – 410-230-2424; Toll-Free 800-964-9209; TTY 410-333-8679; TTY 800-934-2541; reference.desk@maryland.gov; <https://msla.maryland.gov/pages/lbpd.aspx>; Provides library services to people who are blind and print disabled. Books and magazines are available in specialized formats, such as audio and braille, through the U.S. Postal Service and through digital download. Services are free for eligible Maryland State residents.

Maryland Assistive Technology Program (MDTAP) – 410-554-9230; Toll-Free 800-832-4827; MDTAP.General@maryland.gov; <https://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx>; This Maryland Department of Disabilities program provides assistive technology through in-person and virtual equipment trials, a device library, and by helping people apply for low-interest loans to buy equipment and make accessibility modifications.

Maryland Transit Administration (MTA) Call-A-Ride Service – 410-664-2030; Toll-Free 866-743-3682 (General Information); <https://www.mtacallaride.org/>; <https://www.mta.maryland.gov/brochures-publications>; An on-demand car service for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements. Service is provided by contracted taxi and sedan companies.

Maryland Transit Administration (MTA) MobilityLink/Paratransit Program – 410-764-8181; 410-539-5000 (General Information); Toll-Free 866-743-3682; www.mta.maryland.gov/mobility/; A specialized transit service available to people who have an impairment that prevents them from using other MTA services. 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.

Maryland Transit Administration (MTA) Reduced Fares – 410-767-3438; MTAReduceFareCertification@mta.maryland.gov; www.mta.maryland.gov/senior-reduced-fare-program; People with disabilities and senior citizens 65 years and older can ride for a reduced fare on Maryland buses, light rail, Metro, and MARC trains. Riders must show a valid ID.

Metropolitan Washington Ear, Inc. – 301-681-6636; www.washear.org; A free dial-in reading and look-up service for those who are blind, visually impaired, or physically disabled who cannot effectively read printed materials. Also offers radio reading services and live description and audio recording program notes for local theater productions.



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Anne Arundel County



www.griswoldhomecare.com/annearundel



PEARTREE HOUSE
ASSISTED LIVING



The Peartree House is an Assisted Living located in Pasadena MD. Owned by nurses and under the direction of a Gerontologist with 25+ years of experience, this family-owned private community provides individualized care in a home-like setting. We are small enough to allow for personalized treatment but large enough to ensure that every resource that is needed is available. Featuring an excellent staff to resident ratio, private rooms with private bathrooms, nutritious homemade meals, and daily snacks. Our all-inclusive monthly rate includes housekeeping, laundry, medication management, assistance with all activities of daily living, and more. Call us to schedule a visit anytime.

8001 Middlebury Drive | Pasadena, MD
8004 Shadow Oak Lane | Pasadena, MD
(410) 437-5050
www.thepeartreehouse.com



Muscular Dystrophy Association, Inc. – 800-572-1717; www.mda.org; A voluntary health agency that offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital, camp programs for children with muscle diseases, support groups, financial assistance with repairs of medical equipment, a medical equipment loan closet, and volunteer opportunities.

National Federation of the Blind (NFB) of Maryland – 443-426-4110; www.nfbmd.org; An affiliate of the National Federation of the Blind, this consumer advocacy organization 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.

Opportunity Builders, Inc. – 410-787-0700; www.obiworks.org; Supports youth and adults with disabilities to experience full inclusion in their communities as they learn, work, and pursue their paths to personal success. Offers workforce development, a youth summer program, community events, and leisure activities that encourage independence. Includes The Fuse, a monthly inclusive nightclub experience for individuals ages 21 and over of all abilities; tickets may be purchased on the website.

The Parents Place of Maryland – 410-768-9100; Toll-Free 800-394-5694; www.ppm.org; Provides resources, support, and information to parents of children with disabilities and special health care needs. Serves as Maryland's Parent Training and Information Center and Family-to-Family Health Information Center.

Providence Center – 410-766-2212; www.providencecenter.com; Provides services for individuals with developmental disabilities, including vocational training, sheltered and supported employment, job placement, adult day care, leisure programs, senior retirement support, in-home support, and job support.

Service Coordination, Inc. – 301-663-8044 General Information; 888-240-6835 Coordination of Community Services; 888-505-8677 Supports Planning Services; <https://www.servicecoord.org/>; Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA-funded services. It helps develop plans for clients by exploring options, arranging and monitoring needed supports, and advocating as necessary.

IMAGE Center of Maryland, Volunteers for Medical Engineering (VME) – 410-982-6311; <https://imagemd.org/>; Provides technology solutions and training to assist individuals in their home, community, and workplace. Meets individualized needs by providing uniquely designed assistive technology and adaptive devices that are not commercially available. Services are provided for a small fee based on ability to pay; availability in Anne Arundel County depends on the service requested.

DISCOUNTS

AA County Public Schools Senior Citizen Event Card – 410-222-4257; Free admission for older adults to school-sponsored cultural or athletic events. Event cards are available from the county Department of Aging and Disabilities and Anne Arundel County Public Schools at 410-222-5000.

AA County Dept. of Aging and Disabilities/Easy Travel Access (ETA) Rides-on-Demand – 410-222-4257; www.aacounty.org/aging; A discounted transportation option available to Anne Arundel County residents 55 years of age or older or 18 years of age or older with a disability. Rides-on-Demand offers a discounted rideshare service option in which rides can be scheduled by telephone. The County matches participant contributions dollar for dollar up to \$75 per month.

AA County Dept. of Aging and Disabilities/Taxi Voucher Program – 410-222-4257; www.aacounty.org/services-and-programs/taxi-voucher-program; A discounted transportation option available to Anne Arundel County residents 55 years of age or older or 18 years of age or older with a disability. Taxi Vouchers offer discounted taxi vouchers to support taxi fares with participating cab companies. Each book costs \$5.00 and is worth a value of \$10.00.

DISCRIMINATION

AA County Human Relations Commission – 410-222-1234; <http://www.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; <https://www.annapolis.gov/1386/Human-Relations-Commission>; A city board of volunteers that seeks to ensure equal opportunity in Annapolis. Established in 1963, it consists of 15 Annapolis residents appointed by the Mayor with the approval of the City Council. The Commission can accept complaints of discrimination on the basis of age, gender, genetic information, marital status, national origin, physical or mental disability, race/ethnicity, religion, and sexual orientation.

U.S. Equal Employment Opportunity Commission – Toll-Free 800-669-4000; TTY 800-669-6820; ASL Video Phone 844-234-5122; info@eeoc.gov; www.eeoc.gov; Responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of race, color, religion, sex (including pregnancy and related conditions, gender identity, and sexual orientation), national origin, age (40 or older), equal pay, disability, or genetic information, and for retaliation related to filing a charge, opposing discrimination, or participating in a discrimination lawsuit, investigation, or proceeding.

DOCUMENT & INFORMATION ORGANIZATION

SPG Care Prepared – Annapolis, MD; careprepared.org

EDUCATION

AA Community College/Adult Basic Education – 410-777-1823; www.aacc.edu/learn-basic-skills/; Provides High School Diploma and English Language Learning programs for those age 18 and older, including reading, math, English, writing, and test preparation. Free individualized instruction; GEDs awarded.

AA Community College/Disability Support Services – 410-777-1411; www.aacc.edu/resources/disability-support-services/; AACC’s Disability Support Services assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

Department of Aging and Disabilities/Evidence-Based and Health Promotions Program – 410-222-4257; 410-222-4335; www.aacounty.org/aging; Offers a variety of workshops designed to improve health and manage chronic conditions for older adults age 60 and over. Programs cover diabetes, fall prevention, health and fitness, and other chronic conditions, and are offered at no cost, virtually, and in person at senior activity centers.

AA County Literacy Council – 410-269-4419; www.icanread.org; Provides free tutoring in reading, writing, and adult basic education. Private tutoring is available in libraries and at various other locations. The council also recruits and trains adult volunteers to tutor.

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From left to right: Alexander Pagnotta, Helen “Beth” Burge, Cristol Wagner, Jon Gasior

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AARP Driver Safety Program – Toll-Free 1-888-687-2277; <https://www.aarp.org/auto/driver-safety/>; Intended for motorists over age 50 to help them improve their driving skills while learning to avoid accidents and traffic violations.

Center of Help (Centro de Ayuda) – 410-295-3434; <https://centerofhelp.org/>; Provides educational services and referrals to Anne Arundel 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 Anne Arundel County.

Road Scholar – 800-454-5768; www.roadscholar.org; A nonprofit organization offering experiential learning opportunities for older adults, including educational travel programs, online lectures, and multi-day courses. Financial aid may be available for qualified participants.

University of MD Extension – 301-226-7470; <https://extension.umd.edu/locations/anne-arundel-county>; A statewide, non-formal education system within the College of Agriculture and Natural Resources and the University of Maryland Eastern Shore that provides educational programs and problem-solving assistance.

ELDER ABUSE

AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Advocates for residents in nursing homes and assisted living, receives complaints, works to resolve problems and improve residents' care and quality of life, and 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 Social Services/ Adult Protective Services – Toll-Free 800-917-7383; <http://dhr.maryland.gov/office-of-adult-services/adult-protective-services/>; Adult Protective Services (APS) assists adults who lack the physical or mental ability to provide for their own basic needs. Reports of abuse, neglect, and exploitation are investigated and services are implemented to protect the vulnerable adult.

Anne Arundel Medical Center's Abuse and Domestic Violence Program – 443-481-1209; https://www.luminishealth.org/en/services/abuse-and-domestic-violence?language_content_entity=en; 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; www.annapoliswca.org; Provides sexual assault counseling, crisis intervention, therapy, and advocacy for sexual assault exams.

YWCA Domestic Violence Program – Main Office: 410-626-7800; 24-hour Hotline: 410-222-6800; www.annapoliswca.org; Provides help and support for women who have experienced domestic abuse. Services include a safe house, case management, counseling, legal services, mentoring, abuse intervention, and advocacy during a Sexual Assault Forensics Exam.

ELDER LAW

AA County Lawyer Referral and Information Services – 410-222-6859; www.aabar.org; A phone referral service only. Provides referrals to an attorney specializing in the client's appropriate area of law. The first 30 minutes of consultation is \$35. Hours: Monday–Thursday 8:30 a.m.–5:00 p.m.; Friday 8:30 a.m.–2:00 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; chesapeake-elder-law.com

Civil Justice – Intake Number: 443-853-1011; <https://civiljusticeinc.org/>; A non-profit organization providing low-cost legal services to eligible Maryland residents with limited income. Services include eviction, foreclosure, and home title assistance; consumer protection and tenant debt defense; and attorney referrals.

SPG ADV Frame & Frame Attorneys Medicaid & Long Term Care Planning, Guardianship & Elder Law – 410-255-0373; www.FrameAndFrame.com; For over 70 years, we have served the needs of our local community providing services for thoughtful planning and during times of crises. We provide estate planning, elder law, guardianship and probate administration. We help you navigate the future, protect the past, and honor the present. We are proud to serve as your family's lawyer and 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; jmasonlaw.com; Ensure that plans address tax and legal issues by drawing on my CPA experience and Master's degree in taxation. Estate planning, probate, elder law.

SPG Liberty Legacy Law Group, LLC – Annapolis, MD; mdestateplanninglaw.com

Maryland Legal Aid – Intake Number: 888-465-2468; www.mdlab.org; A private, non-profit law firm providing free civil legal services to financially eligible individuals from 12 office locations across the state to help protect people's basic needs and human rights. Free legal clinics are available.

Maryland Legal Aid/Long Term Care Assistance Project – Advice/Help Hotline: 866-635-2948; <https://www.mdlab.org/get-help-services/>; Maryland Legal Aid's Long-Term Care Assistance Project provides free legal assistance to help low-income people obtain long-term healthcare. Through this project, clients can get the services and support they need wherever they want to live, whether in their own homes, within the community through assisted living, or in nursing homes.

Maryland Senior Legal Helpline – Advice/Help Hotline: 410-951-7777; The Senior Legal Helpline is a free telephone service for Maryland residents age 60 and older. Attorneys who staff the helpline provide legal advice, brief legal services, or referrals to another lawyer or to an appropriate public or private agency. By providing these services over the telephone, seniors can get help for legal problems without having to leave home.

Maryland Volunteer Lawyers Service – 410-547-6537; Toll-Free 800-510-0050; www.mvlsaw.org; A non-profit organization that provides free civil legal services to eligible Maryland residents with low and moderate income. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, and more. Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m.

SPG ADV Stavelly & Sallitto Elder Law, LLC – 635 N Bestgate Rd, 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; www.aacounty.org/fire; The Fire Department stands ready as an all-hazards organization to assure the safety of our communities. It responds to fires, medical emergencies, and other calls for service, promotes fire prevention strategies and life safety programs, and enforces fire code compliance to help ensure buildings and properties are safe.

American Red Cross of Central MD – 410-624-2000; Experienced a Disaster? Call 1-800-RED-CROSS; <https://www.redcross.org/local/dc-va-md-de/about-us/locations/central-maryland.html>; Helps people prevent, prepare for, and cope with emergencies. Services include volunteer blood donor services, financial assistance to disaster victims, emergency communications and financial assistance for military personnel and families, first aid and CPR training, water safety, nurse assistant training, babysitter training, and international tracing of family members lost due to war or natural disasters.

Offices of Emergency Management – 410-222-0600 County; 410-216-9167 City; www.aacounty.org/departments/office-of-emergency-management/; <https://www.annapolis.gov/260/Office-of-Emergency-Management>; County and city offices coordinate resources with regional, state, and federal partners to assist citizens before, during, and after emergencies or disasters and promote family and business preparedness.

EMERGENCY RESPONSE

Alzheimer's Association/MedicAlert and Safe and Found – Main: 1-800-432-5378; 24/7 Helpline: 800-272-3900; <https://www.medicalert.org/our-partners/alz/>; A national Alzheimer's Association program that assists in the identification and safe, timely return of individuals with Alzheimer's disease and related dementias who wander off. Identification products such as bracelets, necklaces, and wallet cards, a 24-hour toll-free emergency crisis line, support, and education are part of the program.

Annapolis City Police Dept. – Emergencies: Dial 911; Non-Emergency: 410-268-4141; Main Operator: 410-268-9000; Anonymous Tip: 410-280-CLUE; <https://www.annapolis.gov/413/Police>; Provides assistance with crime, abuse, and Neighborhood Watch programs. English/Spanish translation is available.

AA County Police Dept./Community Relations – Emergencies: Dial 911; Non-Emergency: 410-222-8610; www.aacounty.org/Police; General phone number 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; www.mdpoison.com; Reach poison experts, including specially trained pharmacists and nurses, who are ready to manage poisoning and overdose calls 24/7. Call for emergencies or information about medicine, household products, bites and stings, food poisoning, plants, chemicals, and overdoses.

EMPLOYMENT AND JOB COUNSELING

AA Workforce Development Corporation/Senior Focused Program – 410-987-3890; www.aawdc.org; Government-funded employment program for low-income seniors age 55 and older in Anne Arundel County.

Community Action Agency of AA County – 410-626-1900; www.aaccaa.org; Committed to providing services and opportunities that eliminate the causes and conditions of poverty in Anne Arundel County. Programs for income-eligible residents include housing assistance, home energy programs, Early Head Start, homeownership, reverse mortgage counseling, and employment counseling for youth and adults. Bilingual Spanish staff available.

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

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

ESTATE PLANNING

SPG ADV Frame & Frame Attorneys Wills, Trusts, Probate – 410-255-0373; www.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.

SPG ADV Sinclair Prosser Gasior – 183 Harry S. Truman Parkway, Suite 104, Annapolis, MD 21401; 410-573-4818; www.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.

ESTATE SALE SERVICES

ADV Chesapeake Transitions – 502 Corbin Parkway, Annapolis, MD 21401; 410-897-0050; www.chesapeake.transitions.com; Locally owned and operated, Chesapeake Transitions has been helping Maryland seniors and their families for almost two decades. Sorting, packing, move management, new home setup, whole house clearout and professional Estate Sales.

ADV Fanita Pegues - Keller Williams Preferred Properties - Certified Probate Estate Specialist – 301-802-4568 or 240-737-5000; Fanita has over 20 years of experience and 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

Annapolis Mall Walkers Program – 410-266-5432; Self-directed walking program held Monday through Saturday at 7:00 a.m. and Sunday at 9:00 a.m.

Chesapeake Region Accessible Boating, Inc. (CRAB) – 410-266-5722; info@crabsailing.org; <https://crabsailing.org/>; CRAB offers outdoor, therapeutic, recreational sailing and boating programs on the Chesapeake Bay for people with disabilities at no cost. With more than 30 years of experience, CRAB has refined adaptive equipment and programs that serve as a model for accessible sailing programs nationwide, providing a safe and inclusive environment and access to the therapeutic benefits of being on the water.

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; A 501(c)(3) organization offering programs to assist those with Parkinson's disease and other movement disabilities by engaging both body and mind. Programs include Rock Steady Boxing, monthly art classes, loud voice training, music therapy, and support groups. Some programs have a small fee, and scholarships are available based on need.

SPG GYMGUYZ Annapolis & Columbia – Annapolis/Columbia, MD; gymguyz.com

Jing Ying Institute of Kung Fu and Tai Chi – 1195 Baltimore Annapolis Blvd., #6, Arnold, MD 21012; 410-431-5200; www.jingying.org; Dedicated to preserving and sharing the philosophy, techniques, and traditions of Tian Shan Pai Gong Fu and Chen Shi Tai Ji Quan while applying these ancient arts to modern life. Programs are designed to improve health, fitness, and quality of life in a fun, friendly, family environment that also offers rigorous, high-level training and special opportunities with world-class instructors.

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

EYE CARE

EyeCare America – 877-887-6327; www.aao.org/eyecare-america; One of the country's leading public service programs providing eye care through volunteer ophthalmologists. Since 1985, it has helped more than 2.2 million people. Ninety percent of the care provided is at no out-of-pocket cost to the patient. Elderly patients and those at increased risk for glaucoma may be eligible for free eye care exams.

New Eyes – info@new-eyes.org; https://new-eyes.org/; New Eyes purchases new prescription eyeglasses for low-income children and adults across the United States. Applications are available online.

Wilmer Eye Institute at Johns Hopkins Medicine – 1800 Orleans Street, Baltimore, MD 21287; 410-955-5080; www.hopkinsmedicine.org/wilmer; Wilmer Eye Institute at Johns Hopkins Medicine provides comprehensive eye care ranging from routine eye exams to advanced medical and surgical treatment for complex eye conditions. Services include care for cataracts, glaucoma, retinal disease, macular degeneration, diabetic eye disease, corneal disorders, and low vision needs. With nationally recognized specialists and patient-centered care, Wilmer helps patients protect and preserve vision at every stage of life.

FINANCIAL SERVICES AND PROGRAMS

AA County Dept. of Social Services Representative Payee Program – 410-222-4257 (call Department of Aging and Disabilities for a referral); www.aacounty.org/aging; Provides volunteers to assist older adults with money management. Participants must be enrolled in a case management program to be eligible for the Representative Payee Program.

SPG Edward Jones Investments – Robert Keeley, Crownsville, MD; edwardjones.com

Laurel Advocacy and Referral Services (LARS) – 301-776-0442; 311 Laurel Avenue, Laurel, MD 20707; https://www.laureladvocacy.org/; Provides food, financial assistance, and mentoring/coaching to individuals and families in the Laurel area. Client service hours are Monday through Friday from 9:00 a.m. to 2:00 p.m. and Monday evenings from 5:00 p.m. to 7:30 p.m.

SPG PFS Investments – Annapolis, MD; primerica.com

FOOD AND NUTRITION (See also Lunch Sites)

AA County Food Bank (AACFB) – 410-923-4255; www.afoodbank.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, including the pet food pantry, backpack program, baby pantry, and soup kitchen program, is available on the website. Donations are appreciated, volunteer opportunities are available, and food donation drop-off times are Monday through Friday from 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:00 p.m.

AA County Dept. of Aging and Disabilities/Senior Nutrition Program – 410-222-4464; https://www.aacounty.org/aging-and-disabilities/services/senior-nutrition-program; Promotes nutrition through education and meal programs for older adults, including congregate meals, home-delivered meals, and related nutrition services.

AA County Dept. of Human Services – Annapolis and Glen Burnie – Main: 1-800-332-6347; TTY 1-800-735-2258; Holiday Sharing: 410-269-4462; www.dhr.maryland.gov/local-offices/anne-arundel-county/; Provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Temporary Disability Assistance Program (TDAP). Also administers elder and child abuse, domestic violence, and many other programs. Emergency assistance is available.

FUNERAL HOMES/SERVICES

SPG Barranco Severna Park Funeral Home & Cremation Care, P.A. – 495 Ritchie Highway, Severna Park, MD 21146; barrancofuneralhome.com

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

Funeral Consumers Alliance – 802-865-8300; fca@funerals.org; www.funerals.org/about/; Funeral Consumers Alliance is a national consumer organization that monitors the funeral industry, keeps a close eye on industry trends, and advocates for fair practices on behalf of consumers. Its network of volunteers works directly with consumers and alongside those fighting for legal and regulatory reform on the local, state, and national levels.

John M. Taylor Funeral Home, Inc. – 410-263-4422; 147 Duke of Gloucester Street, Annapolis, MD 21401; JohnMTaylorFuneralHome.com; Serving Annapolis and surrounding communities since 1862. Taylor Funeral Home offers Life Story, burial, cremation, and celebration of life services tailored to meet your needs and budget.

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 CONSULTING

SPG Hewes Health Consulting, LLC – Annapolis, MD; heweshealthconsult.com

HEALTH ORGANIZATIONS

AA County Dept. of Health/Assessment, Evaluation and Review Services (AERS) – AERS Direct Line: 410-222-4361; To Request AERS Referral: 410-222-4257; <https://www.aahealth.org/adult-health-services/aging-and-disability-services>; AERS serves county residents age 18 and older who are chronically ill or disabled and at risk for institutionalization, as well as individuals with Medical Assistance of any age who want to apply for support programs. Licensed clinical social workers and registered nurses perform comprehensive assessments to help clients live in the safest and least restrictive environment possible while fostering independence and personal welfare. Referrals are completed by the Department of Aging and Disabilities.

ALS Association (ALSA) – 301-978-9855; Toll-Free 866-348-3257; www.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).

American Cancer Society – Toll-Free 800-227-2345; www.cancer.org; <https://www.cancer.org/about-us/local/maryland.html>; A national organization that provides free cancer information and support groups. Transportation to and from chemotherapy and radiation therapy, lodging, hospital navigation, and dietary help are available, along with financial assistance for pain and nausea medication and volunteer opportunities.

American Diabetes Association – 410-265-0075; Toll-Free 800-342-2383; www.diabetes.org; <https://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; Toll-Free 800-242-8721; www.heart.org; <https://www.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 website, and CPR course information can also be found there and is sorted by ZIP code.

American Lung Association – Toll-Free 800-LUNGUSA (800-586-4872); www.lung.org; 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 – Toll-Free 800-223-2732; www.apdaparkinson.org; <https://www.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-RED-CROSS (1-800-733-2767); www.redcross.org/local/maryland-delaware.html; Mission is to help people prevent, prepare for, and cope with emergencies. Services include volunteer blood donor service, financial assistance to disaster victims, emergency communications and financial assistance to military personnel and their family members, first aid and CPR training, water safety training, nurse assistant training, babysitter training, and international tracing of family members lost due to war and natural disasters.

Anatomy Gifts Registry – 410-863-0491 Office; 410-863-0497 Fax; Toll-Free 800-300-5433; www.anatomygifts.org; Dignified Body Donation. A nationwide, non-profit whole body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services.

AA County Dept. of Health – 410-222-7095; TTY 410-222-7153; www.aahealth.org; This is the general number for the Anne Arundel County Department 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.

Bay Community Support Services, Inc. – Annapolis: 410-224-4205; Southern MD: 240-309-4046; www.baycss.org; Provides residential and vocational services to people with intellectual and developmental disabilities within the DDA community.

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.

SPG ADV The Lifecare Institute – 2001 Medical Parkway, Annapolis, MD 21401; 443-332-5800; provides an integrated continuum of care for older adults across all settings in Anne Arundel and Prince George's counties. We can help at home or in a senior living 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.

RESOURCES

Maryland Health Connection – 1-855-642-8572; <http://marylandhealthconnection.gov>; Maryland Health Connection is the state's health insurance marketplace, where individuals and families can shop, compare, and select a health plan that meets their needs. Many residents may qualify for financial help to pay for private health insurance or may be eligible for Medicaid or the Maryland Children's Health Program (MCHP).

MD Kidney Disease Program – 410-767-5000; <https://health.maryland.gov/pha/Pages/maryland-kidney-disease-program.aspx>; Provides for the payment of Medicare deductibles and coinsurance for end-stage renal disease. The electronic claims administration system allows providers to enter and submit claims electronically.

National Kidney Foundation of MD – 410-494-8545; Toll-Free 800-671-5369; <https://www.kidney.org/offices/nkf-serving-maryland-delaware>; 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; www.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, Ste 101, Annapolis, MD 21401; 499 Idlewild Ave, Ste 101, Easton, MD 21601; 410-224-3390; odonnellveinandlaser.com; Premier medical center specializing in the diagnosis and treatment of varicose veins, spider veins, and non-healing wounds. Also offering advanced aesthetic services, including laser treatments, injectables, RF microneedling, hair restoration, and professional skincare.

SPG Parkinson's Foundation Mid-Atlantic Chapter – Towson, MD; parkinson.org

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 are available. Free literature and personal case management services are offered.

Wellness House of Annapolis – 410-990-0941; 2625 Mas Que Farm Road, Annapolis, MD 21403; www.annapoliswellnesshouse.org; Wellness House of Annapolis provides free education, support, and wellness programs for individuals and families touched by cancer. Services include counseling, support groups, yoga, and meditation.

HEARING AIDS

American Speech, Language and Hearing Association – Toll-Free 800-638-8255; www.asha.org; ASHA is the professional, scientific, and credentialing association of more than 150,000 audiologists, speech-language pathologists, speech, language and hearing scientists. Helps individuals locate providers of hearing aids, screenings, and related services. Free consumer information and an online directory are available.

SPG Chesapeake Hearing Centers, Inc – 650 Ritchie Highway, Suite 104, Severna Park, MD 21146; helpyourhearing.com

Starkey Hearing Foundation – Toll-Free 800-328-8602; www.starkey.com; The program is a hearing aid program for low-income persons based on household income. Partners donate their time and services for fittings, and the program donates the hearing aids and support.

OnSite Medical House Calls

OnSite Medical House Calls brings the doctor's office to the comfort and convenience of your home. We specialize in delivering primary and specialty medical care for medically complex, chronically ill and homebound patients. We have a team of healthcare professionals that are board certified Nurse Practitioners who specialize in geriatrics, adult and family medicine. We take the time to get to know you – and provide care to address all of your needs.

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▶ PALLIATIVE CARE
▶ PSYCHIATRIC CARE

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- Prescribe Medications
- Order In-Home Diagnostic Tests (x-rays, ultrasounds, pacemaker checks)
- Referrals to Specialists
- Wound Care
- Immunizations
- End of Life Care
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 - High Blood Pressure
 - Thyroid Disorders • Stroke
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Calls – ADV Office 410-255-0102; Fax 410-255-0103; www.onsitemedicalcalls.com; Onsite Medical brings the doctor's office to the comfort and convenience of your home. We specialize in delivering primary, psychiatric and palliative care for medically complex chronically ill, homebound patients.

HOME CARE

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

– 410-222-4257; www.aacounty.org/aging; Provides in-home aide services and related support through the Department of Aging and Disabilities for eligible Anne Arundel County residents.

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

– 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Maintains a registry of pre-screened and trained self-employed caregivers who provide aide services in the client's home on an hourly, daily, or overnight basis for older adults or those with disabilities. 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/Telephone Reassurance

– 410-222-4257; www.aacounty.org/aging; Provides a daily well-check telephone call to older adults and adults with disabilities who are living alone in Anne Arundel County. In case of an emergency, volunteers confirm the client's well-being by consulting neighbors, family, or county police as authorized.

SPG A Helper's Heart – Annapolis, MD; ahelpersheart.com

SPG A Homemade Plan – 130 Holiday Court, Suite 106, Annapolis, MD 21041; ahomemadeplan.com

SPG Advance Well Care – Annapolis, MD; advancewellcare.com

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 561 Riva, MD 21140; 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; www.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 Avila Home Care – Luminis Health Anne Arundel Medical Center, 2000 Medical Parkway Unit 607, Annapolis, MD 21401; 410-826-6100; www.avilahomecare.com; Best of Home Care- Provider of Choice for 8th straight year! Avila's 500 Caregivers serve 250 clients in their own homes, as well as in 30 Senior Living Communities, in the Annapolis and Baltimore regions. Avila is the preferred Home Care partner of Luminis Health Gilchrist Lifecare Institute, GBMC Hospital, and LifeBridge Health Hospitals. Avila offers 2-hour visits to 24/7 care, and everything in between, with No Long-Term Contract. Avila provides Personal and Companion Care, including Memory Care, Hospice Support and Care for Veterans. Avila's Caregivers can also help clients with Transportation, Light Housekeeping and Laundry, Meal Preparation and Medication Administration and Reminders. Call 410-826-6100 to ask for a Free In-Home or In-Hospital Assessment by one of Avila's Registered Nurses.

SPG CareProvide – 53 Old Solomons Island Road, Suite J, Annapolis, MD 21401; careprovide.com

SPG ADV Chesapeake Caregivers, Inc. – 1410 Forest Drive, Suite 31, Annapolis, MD 21403, 410-919-0190 or 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. chesapeakecaregivers.com

Chores and More / St. Andrew by the Bay Catholic Church – 443-808-3875; choresandmore3@gmail.com; <https://www.standrewbythebay.org/>; This ministry serves people in the Broadneck Community who may be shut in, elderly, or homebound and 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 through Friday at no cost or obligation to the recipient. Requests should be made 10–14 days in advance.

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

SPG Comfort Keepers of Annapolis – 8370 Veterans Highway, Suite 202, Millersville, MD 21108; comfortkeepers.com

SPG Executive Home Care – Baltimore, MD; executivehomecare.com

SPG ADV Family & Nursing Care – 410-697-8200; familynursingcare.com; Since 1968, we’ve been there for tens of thousands of clients and their families. Wherever and whenever needed, we are a leading resource for access to compassionate and reliable home care, trusted by families and senior care professionals for decades. A network of highly qualified Caregivers can support clients with activities of daily living including bathing, dressing, meal preparation, mobility, companionship, light housekeeping, and errands.

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 – Severna Park, MD; happyathomelivein.com

SPG Home Instead - 1511 Ritchie Hwy St 301 Arnold, MD; homestead.com/241

Homewatch Caregivers – 410-715-9175; 410-431-1897; 301-596-0006; 1997 Annapolis Exchange Parkway, Annapolis, MD 21401; www.hwcg.com/annapolis; Provides compassion, dignity, and peace of mind through screened employees who are bonded and insured. Services include short- or long-term care, personal care, medication reminders, meals, transportation, housekeeping, and hourly to live-in care.

SPG HomeWell Care Services – Annapolis, MD; homewellcares.com

SPG Lean on Dee Home Care Services, LLC – Annapolis, MD; leanondee.com

SPG Little Way Home Care – Anne Arundel County; 410-914-2939; littlewayhomecare.com; Little Way Home Care is a family-owned agency serving Anne Arundel County, providing compassionate, personalized in-home support for seniors and families. Inspired by the “Little Way” philosophy, caregivers deliver thoughtful, high-quality care through small acts of kindness that preserve dignity and independence. Services include personal care, companionship, memory care, and respite support. With a focus on clear communication and caregiver excellence, Little Way Home Care makes finding and receiving care simple, supportive, and stress-free.

Options For Senior America – 301-562-1100; 6 Montgomery Village Ave, Gaithersburg, MD 20879; www.option-sccorp.com; An in-home care agency that serves the senior community.

Partners In Care/Member Care Services – 8151-C Ritchie Highway, Pasadena, MD 21122; 410-544-4800; Toll-Free 1-800-227-5500; www.partnersincare.org; The Member Care team provides assistance with navigating county and state agencies, resource referrals, and completing forms and applications. Neighborly assistance and resources are available for those transitioning home from hospital stays, as well as for caregivers in need of support in caring for a loved one. Additional services include friendly visits and phone calls, picking up groceries and prescriptions, and occasional light cleaning and laundry. Service availability depends on volunteer capacity.

SPG Response Senior Care, LLC – Annapolis, MD; response-seniorcare.com

SPG 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!

Stay at Home Senior Care – 410-290-7690; 9430 Farewell Road, Columbia, MD 21045; www.stayathomesenior-caremd.com; Non-medical, in-home senior care including companionship, meal planning, transportation, shopping, errands, laundry, and light housekeeping. Bonded and insured.

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 TheKey – 17251 Melford Blvd., Ste. 105, Bowie; theykey.com

SPG Thrive USA – Rockville, MD; thriveusahomecare.com

SPG Tribute Home Care – Baltimore, MD; tributehomecare.com

True Companion Care Enterprises, LLC – 410-507-5578; P.O. Box 461, Arnold, MD 21012; www.truecompanioncare.com; Provides professional in-home companion care services to seniors in an honest, genuine, and compassionate way, treating each person with dignity and respect while helping them remain as independent as possible in the comfort of their own home and senior communities.

SPG Visiting Angels Annapolis – 8338 Veterans Highway, #103A, Millersville, MD; visitingangels.com/annapolis/home

SPG Visiting Angels Edgewater – 3168 Braverton St., Ste. 400, Edgewater; visitingangels.com/edgewater/home

HOME HEALTH CARE

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – Enrolled Participants: Contact your Supports Planner; Registry Waitlist: 410-222-4257; www.aacounty.org/aging; Provides information and access support for eligible participants seeking home and community-based services that help individuals remain in the community.

AA County Dept. of Aging and Disabilities/Community First Choice – 410-222-4257; www.aacounty.org/aging; Provides personal care, assistance with dressing, toileting, meals, shopping, laundry, and other activities of daily living. Recipients receive supports planning and nurse case monitoring services. Medical eligibility must be established, and recipients must also have community Medical Assistance.

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SPG ADV Amada Senior Care – 134 Holiday Court, Suite 306, Annapolis, MD 21401; 443-569-0799; amadase-niorcare.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 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 Home Health – 180 Admiral Cochrane Annapolis, MD 21401; lhcgroupp.com/locations/home-call-of-annapolis

SPG Interim HealthCare of Annapolis – Annapolis, MD; interim.com/annapolis

SPG Personic InHome Wound Care Center – Elkridge, MD; personichealth.com

HOME IMPROVEMENT, DESIGN, REPAIRS, AND MAINTENANCE

Accessible Homes for Seniors – 301-429-7409; Toll-Free (Maryland Only): 877-218-8101; TTY 711 or 1-800-735-2258; <https://dhcd.maryland.gov/Energy-Home-Repair/Pages/Homeowner-Loans/Accessible-Homes-Seniors.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 at 410-222-4257.

SPG Ace Handyman Services Laurel – 413 Headquarters Dr Suite 4F Millersville, Md 21108; acehandymanservices.com/offices/Laurel

Arundel Community Development Services, Inc. – 410-222-7600; 2666 Riva Road, Suite 210, Annapolis, MD 21401; www.acdsinc.org; A non-profit organization that assists Anne Arundel County residents in obtaining 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 Brightwork Interior Design – Millersville, MD; brightworkinteriors.com

SPG Floor Coverings International – 2147 Priest Bridge Road Crofton 21114; floorcoveringsinternational.com/locations/us/md/bowie/

Freedom Mobility – 443-445-3518; 888-414-6553; 7271 Park Circle Drive, Suite 100, Hanover, MD 21076; www.freedommobilitysolutions.com; There are many modifications that can increase the safety and convenience of any home. Stop by the interactive showroom or schedule a home evaluation with a Certified Aging in Place Specialist to help you stay at home safely.

Habitat for Humanity of the Chesapeake – 410-366-1250; 410-437-7755; www.habitatchesapeake.org; Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute “sweat equity,” and house payments are recycled to build additional houses. Habitat also operates ReStore retail outlets for home improvement items, using the proceeds to support work in the local community and provide decent shelter around the world.

Partners In Care/Repairs With Care – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Partners In Care volunteers help members maintain their homes for safe and independent living. Services include light carpentry, repairing leaky faucets and toilets, replacing light bulbs, and addressing safety issues by installing handrails, repairing stairs, and installing bathroom safety equipment. Availability of repairs depends on the gifts and talents of volunteers.

Rebuilding Together/AA County – 240-749-1699; Information@RebuildingTogetherAAC.org; <https://rebuildingtogether.org/>; Provides home repairs for low-income older adults and homeowners with disabilities. Applications are accepted year-round, and volunteers are welcome.

Stay Home Safely, LLC – 443-679-6200; 1919 Eamons Way, Annapolis, MD 21401; www.stayhomesafely.com; Provides home modification services, including grab bars, stair lifts, and zero-entry showers. Also provides physical and occupational therapy in the client's home. Home assessment is available.

SPG Steps to Stay – 410-940-3563; stepstostay.com; Stay safe and independent in the home you love! Our Certified Aging in Place Specialist and Occupational Therapist provides personalized home assessments to identify risks, recommends practical modifications—from simple safety upgrades to mobility-friendly renovations—and coordinates with builders to ensure professional implementations. We also provide equipment recommendations, caregiver training, and individualized functional therapy to help our clients maintain the ability to perform daily activities independently with confidence.

Weatherization Assistance Program – Toll-Free 855-583-8976; <https://dhcd.maryland.gov/Energy-Home-Repair/pages/homeowner-grants/wap.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. Applicants must be eligible for the MD Energy Assistance Program (MEAP) to participate.

HOSPITALS

Luminis Health Anne Arundel Medical Center – 2001 Medical Parkway, Annapolis, MD 21401; 443-481-1000; <https://www.luminishealth.org/en>; A private, non-profit hospital that provides a medical group, imaging services, a substance use treatment center, and other health enterprises.

University of Maryland Baltimore Washington Medical Center – 301 Hospital Drive, Glen Burnie, MD 21061; 410-787-4000; <https://www.umms.org/bwmc>; Provides comprehensive primary and specialty health care to residents of Anne Arundel County and the surrounding region. As part of the University of Maryland Medical System, it connects patients to local practices as well as University of Maryland Medical Center in Baltimore for high-quality care and access to research-driven treatment.

Veterans Affairs MD Health Care System – 410-590-4140 Glen Burnie VA Outpatient; 410-305-5300 Fort Meade VA Outpatient; Benefits: 1-800-827-1000; Health Care: 1-877-222-8387; www.maryland.va.gov; Dedicated to providing quality, compassionate, and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, the Loch Raven VA Community Living & Rehabilitation Center, and six community-based outpatient clinics work together as a comprehensive health care delivery system.

HOSPICE CARE

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.

SPG ADV The Lifecare Institute – 2001 Medical Parkway, Annapolis, MD 21401; 443-332-5800; provides an integrated continuum of care for older adults across all settings in Anne Arundel and Prince George's counties. We can help at home or in a senior living 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.

HOUSE CLEANING

ADV Ameri-Maid – 410-757-5571; 1511 Ritchie Hwy., #105, Arnold, MD 21012; ameri-maid.com; Friendly, English-speaking personnel providing housecleaning. All employees are bonded and insured. We come weekly, bi-weekly, or monthly. We also clean windows and carpeting. Free estimates.

HOUSING, HOUSING COUNSELING

AA County Dept. of Aging and Disabilities/Assisted Living Program – 410-222-4257; www.aacounty.org/aging; Provides information and assistance related to assisted living program support through the Department of Aging and Disabilities.

Community Action Agency of AA County – 410-626-1900; www.aaccaa.org; Committed to providing services and opportunities that eliminate the causes and conditions of poverty in Anne Arundel County. Programs for income-eligible residents include housing assistance, home energy programs, Early Head Start, homeownership, reverse mortgage counseling, and employment counseling for youth and adults. The Youth Service Bureau offers comprehensive counseling and intervention. Bilingual Spanish staff available.

MD Dept. of Human Resources – Toll-Free 800-332-6347; TTY 800-925-4434; <http://dhs.maryland.gov>; Provides help and information about numerous state-supported economic assistance programs, as well as abuse and neglect provisions. Includes Living at Home: MD Community Choices, a program for eligible people ages 21 to 59 with a disability 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); <https://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.

Asbury Church Assistance Network, Inc. (ACAN) – 410-647-7667; <https://www.asburytownneck.org/acan>; Food pantry open Monday through Wednesday from 11:00 a.m. to 2:00 p.m.

North County Emergency Outreach Network (NCEON) – 410-766-1826; <https://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 Monday, Wednesday, and Friday from 10:00 a.m. to 12:00 p.m. only. Financial assistance is limited to funds available per day and is first-come, first served.

Office of Home Energy Program (OHEP) – 410-269-4500; 410-626-1900; 1-800-925-4434 (hearing impaired); <http://dhs.maryland.gov/office-of-home-energy-programs/>; Helps low-income Maryland residents pay heating bills through programs including the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP). Applications and brochures are available on the website. Application assistance is available at the AA County Dept. of Aging and Disabilities.

Salvation Army – 410-263-4095 (Annapolis); 351 Hilltop Lane, Annapolis, MD; <https://salvationarmypotomac.org/>; Provides assistance to people in need, including food pantry services, holiday assistance, clothing, utility assistance, spiritual counseling, and youth programs. Serves all ages. Must be a resident of Anne Arundel County. It is recommended to call first.

SPAN, Inc., Serving People Across Neighborhoods – 410-647-0889; [www.spanhelps.org](http://spanhelps.org); Emergency assistance network for those facing court-ordered evictions, utility shutoffs, and medication needs. Food pantry available. Volunteer opportunities accepted. Serves a large part of Anne Arundel County. It is recommended to call first.

South County Assistance Network (SCAN) – 410-867-2838; www.scan-foodpantry.org; Provides emergency food. Open Thursday and Saturday from 9:00 a.m. to noon at St. James' Parish, 5757 Solomons Island Road, Lothian, MD 20711. Also offers a clothing closet with free clothing for women, men, and children.

Social Security Administration – Toll-Free 800-772-1213; TTY 800-325-0778; www.ssa.gov; Provides retirement, disability, survivor, and Supplemental Security Income (SSI) information and services, including applications, benefit questions, and replacement cards.

INDEPENDENT LIVING

SPG Gardens of Annapolis – 931 Edgewood Road, Annapolis, MD 21403; gardensofannapolis.com

INFORMATION AND ASSISTANCE

Accessible Resources for Independence – 410-636-2274; www.arinow.org; Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. It provides independent living services to anyone with a disability at any age, including children, seniors, and veterans, at no charge. Services include accessibility adaptations, counseling, technical assistance, training, transitioning services, and other supports designed to maximize independence and community participation.

Anne Arundel County Community Engagement and Constituent Services – 410-222-1785; <https://www.aacounty.org/county-executive/cecs/constituent-services>; Serves as the direct link between the County Executive and the residents of Anne Arundel County by providing personal attention to constituent matters and actively engaging in the community.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship – 410-222-4257; www.aacounty.org/aging; Serves as court-appointed public guardian of the person for Anne Arundel County residents age 65 or older, as a last resort when 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/Supporting Older Adults with Resources (SOAR) Program – 410-222-4257; www.aacounty.org/aging; The SOAR program provides case management and supportive services for clients age 62 and older who meet medical and financial eligibility. Some in-home services, such as assistance with personal care or housekeeping, or help with paying for assisted living, are available for eligible clients. This program allows clients to remain in the community as they age.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) – 410-222-4257; Toll-Free 1-844-627-5465; TTY users please call via MD Relay 711; www.aacounty.org/aging; Information and Assistance offers reliable information, referrals, assistance with applications, and options counseling to older adults, individuals with disabilities, caregivers, veterans, and anyone interested in planning for the future. Specialists also provide community outreach and presentations.

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP) – 410-222-4257 or 410-222-4077; www.aacounty.org/aging; SHIP provides health insurance assistance and information to Medicare-eligible persons, their caregivers, and families. Staff and trained volunteers help clients understand Medicare benefits, supplemental plans, Medicare Advantage options, and Medicare Part D options.

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) – 410-222-4257; www.aacounty.org/aging; Provides public education to Medicare beneficiaries to increase awareness of health care fraud. One-on-one assistance is available for reporting suspected Medicare or Medicaid fraud and abuse.

Catholic Charities Senior Communities – 667-600-2000 Main; 667-600-2280 Senior Communities; Toll-Free 1-888-502-7589 (MD only); <https://cc-md.org/senior-communities/>; Maryland's largest private provider of human services serves all people regardless of faith. Senior services in Anne Arundel County include rent-assisted senior housing communities at Arundel Woods in Glen Burnie and Friendship Station and Friendship Village in Odenton, as well as Caring Home Services programs offering meals, housekeeping, laundry, and personal services.

Center of Help (Centro de Ayuda) – 410-295-3434; <https://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 Anne Arundel County. Works in partnership with government services and area nonprofits.

Eldercare Locator – Toll-Free 800-677-1116; <https://eldercare.acl.gov/>; First step to finding resources for older adults in any U.S. community. This free national service of the U.S. Administration on Aging helps caregivers of any age and older adults find needed resources.

Luminus – Network for New Americans – 410-992-1923; <https://www.beluminus.org/>; Assists immigrants with general information and referrals, immigration counseling, immigrant legal services, U.S. citizenship support, interpreters, translation services, notary services, birth certificate applications and corrections, social services referrals, consumer help, and medical information and assistance. Multi-lingual physician referrals available. Office closed on Wednesdays; appointments required.

MD Volunteer Lawyers Service – 410-547-6537; Toll-Free 800-510-0050; www.mvslaw.org; Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m. Provides free civil legal services to low- and moderate-income people across Maryland, including help with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, and more. Online applications are available for most civil matters.

National Cancer Institute/Information – 1-800-227-2345; TTY 301-402-9612; <https://www.cancer.net/contact-us>; A program of the National Cancer Institute that provides free literature on cancer, clinical trials, research programs, research funding, and the NCI.

OHLA (Organization of Hispanic/Latin Americans of Anne Arundel County) – 410-269-4421; 80 West Street, Suite A, Annapolis, MD 21401; <http://ohlainc.org/>; OHLA is located in the Community Resource Center run by the Anne Arundel County Department of Human Services. Bilingual staff offer free assistance with interpreter services, translation, immigration, legal questions, mediation, and other issues affecting the Hispanic/Latino community.

Service Coordination, Inc. – 410-235-8110; 9 Park Center Court, Suite 301, Owings Mills, MD 21117; www.service-coord.org; Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA-funded services. Service Coordination helps develop plans for clients by exploring options, arranging and monitoring needed supports, and providing advocacy as needed. It also provides Supports Planning through Community First Choice and Community Personal Assistance Services Program settings.

JAMES MASON, ESQ., CPA

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2-1-1 Maryland – 301-970-9888 Main; Toll-Free 800-492-0618; Text 898-211 for alerts; TTY 410-685-2159; www.211md.org; United Way of Central Maryland provides free, confidential information and referral to health and human service agencies in Maryland 24 hours a day, 7 days a week, in more than 150 languages.

United Way Community Partnership of Central Maryland – 410-547-8000; 1800 Washington Boulevard, Suite 340, Baltimore, MD 21230; <https://www.uwcm.org/>; The regional arm of United Way helps neighborhoods across Central Maryland, including Anne Arundel, Baltimore, Carroll, Harford, and Howard counties and Baltimore City. Its 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; www.vfw.org; Counsels veterans, dependents, and survivors about entitlements from all agencies. No fee.

INSURANCE SERVICES

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP) – 410-222-4257; www.aacounty.org/aging; Provides health insurance assistance and information to Medicare-eligible persons, caregivers, and families. Staff and trained volunteers help clients understand Medicare benefits, supplemental plans, Medicare Advantage options, and Medicare Part D options.

SPG Aflac – 11870 Grand Park Ave North Bethesda, MD 20852; aflac.com

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.

Maryland Health Connection – 1-855-642-8572; <http://marylandhealthconnection.gov/>; Maryland Health Connection is the state's health insurance marketplace where individuals and families can shop, compare, and select a health plan that meets their needs. Many residents may qualify for financial help to pay for private health insurance, or may be eligible for Medicaid or the Maryland Children's Health Program (MCHP).

SPG Mutual of Omaha – Pasadena, MD; mutualreverse.com/lo/john-monroe

SPG MyHealthGap, LLC – 760-822-3325; www.myhealthgap.com; amanda@myhealthgap.com; Provides healthcare navigation and insurance guidance. Amanda Adkins is a Licensed Life and Health Insurance Advisor offering 1:1, unbiased support. Works directly with clients and does not receive commissions from insurance companies. Services include Medicare plan selection, Part D reviews, assistance with billing and claim denials, and guidance in understanding long-term care insurance to help individuals make informed, confident decisions.

Office of Eligibility Service/The Eligibility Determination Division – 410-767-7090; Toll-Free 800-226-2142; TTY 800-735-2258; <https://mdod.maryland.gov/employment/Pages/eid-program.aspx>; Determines eligibility for Medicaid. Call for eligibility criteria.

SPG Senior Life Insurance – Glen Burnie, MD; seniorlifeinsurancecompany.com

LGBTQ+ RESOURCES

Chase Brexton Health Care/Anne Arundel County Center – 410-837-2050; 200 Hospital Drive, Suite 300, Glen Burnie, MD 21061; <http://chasebrexton.org>; At Chase Brexton, the team is passionate about people and addressing their health care needs. Chase Brexton provides a different health care experience, and everyone is welcome.

Delmarva Pride Center, Inc. – info@delmarvapridecenter.com; Facebook and Instagram @DelmarvaPrideCenter; 7401 Ocean Gateway, Easton, MD 21601; <http://delmarvapridecenter.com/>; A 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, including socials, support groups, individual support, book club, referrals to LGBTQIA-friendly businesses and service providers, a community meeting space, and more.

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

GLBTQ+ Hearts and Ears – 410-523-1694; www.heartsandears.org; Hearts & Ears, Inc. is a non-profit organization for gay, lesbian, bisexual, transgender, intersex, and questioning individuals with mental health issues and concerns. Monday–Friday, 10:00 a.m.–4:00 p.m.

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 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
 – www.pflagannapolis.org; PFLAG's Annapolis/Anne Arundel County affiliate unites lesbian, gay, bisexual, transgender, and queer (LGBTQ) people with families, friends, and allies. Through support, education, and advocacy, the group advances equality and full societal affirmation of LGBTQ people. Meetings are held on the first and third Tuesday of each month at 7:30 p.m. at the Unitarian Universalist Church, 333 Dubois Avenue, Annapolis, MD 21401. Everyone is welcome.

SPG ADV Support for Aging, LLC. – www.supportforaging.com – “Making life better for older adults and the people who love them.” We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer’s and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

Trans Elders United – https://transmaryland.org/; A weekly safe space on Saturdays from 3:00 p.m. to 5:00 p.m. for trans and non-binary people age 50 and older using the Zoom platform. Provides a place for mature adults 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; www.aacpl.net; Call for specific hours and locations of the 16 branches. Library by Mail is available for the homebound. More than 1 million books, movies, and other resources are available, 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; www.aacpl.net; Personalized library service that delivers the full range of library materials and services by mail for county residents of all ages who are homebound, either permanently or temporarily, due to illness, disability, or injury.

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For more information visit us online at www.allianceinaging.com

MD State Law Library – 410-260-1430; Toll-Free 888-216-8156; <https://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; <https://msla.maryland.gov/Pages/LBPD.aspx>; Provides comprehensive library services to eligible blind and print disabled individuals. Books are available on audio cassette, in Braille, and in large print. An application is required. Services are free.

LOAN CLOSETS

AA County Dept. of Aging and Disabilities/Assistive Technology Loan Program – 410-222-4383; www.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.

Blind Industries and Services of MD – 410-737-2600; Toll-Free 888-322-4567; www.bism.org; A nonprofit organization that offers rehabilitation, training, and employment opportunities to citizens who are blind or visually impaired. The rehabilitation program for seniors includes home teaching, support groups, and SAIL (Seniors Achieving Independent Living). Distributes white canes.

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

Maryland Durable Medical Equipment Re-Use – 240-230-8000; dme.mdoa@maryland.gov; <https://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 forms for basic and complex equipment are available online.

Orphan Grain Train – 410-417-9674; md-orphangraintrain@ogt.org; <https://www.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 Mondays and Tuesdays from 9:00 a.m. to 12:00 p.m., Tuesdays from 5:00 p.m. to 7:00 p.m., and the second Saturday of every month from 9:00 a.m. to 12:00 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; www.aacounty.org/againg

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

MASSAGE THERAPY

Change Your Pace, LLC – 1511 Ritchie Highway, Suite 104, Arnold, MD 21012; 410-216-2435; <https://www.changeyourpace.com/>; Change Your Pace Therapeutic Massage and Bodyworks specializes in enhancing well-being through personalized massage therapies, with particular expertise in addressing the unique needs of the mature population. Therapists provide treatments that promote relaxation, improve mobility, and alleviate discomfort for older adults in a soothing, revitalizing environment tailored to clients of all ages.

MEDIA AND MARKETING

SPG What's Up? Media, Inc. – 900 Bestgate Road, Ste. 202, Annapolis, MD 21401; Phone: 410-266-6287; whatsupmag.com; Publisher of *What's Up? Annapolis*, *What's Up? Central Maryland*, *What's Up? Eastern Shore*, and *What's Up? Weddings* lifestyle magazines, as well as the popular whatsupmag.com website, social media, and e-newsletters.

SPG Stroll Davidsonville – Davidsonville, MD; strollmag.com

MEDIATION

AA Conflict Resolution Center – 410-266-9033; programs@aacrc.info; www.aacrc.info; Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, and businesses. Mediation helps people resolve conflicts peacefully and without going to court. Conflict resolution classes and training are available. No fee. Anger management classes are also 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; Anonymous tips: 410-280-2583; www.annapolis.gov/police; City of Annapolis Police Department provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions are held Monday through Friday. The department also provides orientation to the U.S. for new immigrants, with English/Spanish translation available.

State's Attorney's Office/Mediation Center – 410-222-1740; <https://www.aacounty.org/sao/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; www.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.

Americle Healthcare, Inc. – 740A Generals Hwy, Millersville, MD 21108; 410-721-0958; www.americlehc.com; Americle Healthcare is a medical supply and equipment company that has been providing service to the mid-Atlantic region for more than 25 years.

Freedom Mobility Solutions at 7271 Park Circle Drive, Suite 100, Hanover, MD 21076 or 20155 Ashburn Crossing Dr. #120 Ashburn VA 20147. Call 888-414-6553 for inquiries. Experience newfound independence with Freedom Mobility Solutions. 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!



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

Partners In Care/Connect America – 8151-C Ritchie Highway, Pasadena, MD 21122; 410-544-4800; Toll-Free 1-800-227-5500; <https://www.partnersincare.org/>; Helping older adults remain independent in their homes. Partners In Care/Connect America Personal Emergency Response System (PERS) is a waterproof medical alert device worn on the wrist or as a pendant that helps reduce the risks of being alone. In the event of a scare, fall, or emergency, help is available at the touch of a button. Maryland Medicaid Waiver Provider. Call for more information.

MEDICARE, MEDICAID

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – Enrolled Participants: 410-222-4366; Registry Waitlist: 410-222-4257; www.aacounty.org/aging; Provides information and access support for eligible participants seeking home and community-based services that help individuals remain in the community.

AA County Dept. of Aging and Disabilities/SHIP (State Health Insurance Assistance Program) – 410-222-4257; www.aacounty.org/aging; Provides health insurance assistance and information to Medicare-eligible persons, caregivers, and families. Staff and trained volunteers help clients understand Medicare benefits, supplemental plans, Medicare Advantage options, and Medicare Part D options.

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) – 410-222-4257; www.aacounty.org/aging; Provides public education to Medicare beneficiaries to increase awareness of health care fraud. One-on-one assistance is available for reporting suspected Medicare or Medicaid fraud and abuse.

Medical Assistance (Medicaid) – 410-786-3000; Toll-Free 877-267-2323; www.cms.gov/MedicaidGenInfo/; Medical insurance program for low-income persons of all ages. Pays for medical and other health-related services.

Medicare – Toll-Free 800-633-4227; www.medicare.gov; Provides comprehensive information and resources on Medicare.

MEMORY CARE

SPG ADV Charter Senior Living of Annapolis – 2717 Riva Rd., Annapolis, MD 21401; 410-224-7300; www.charterofannapolis.com; Charter of Annapolis is a beautiful boutique memory care community. It's dedicated to an active, purposeful lifestyle through personalized attention, family feel and flourishing program.

ADV Inspirations Assisted Living & Memory Care – 833-346-8569; Inspired-Joy.com; At Inspirations, we honor the uniqueness of every resident, including understanding their history, achievements, needs, and the moments that bring them Purpose, Joy, and Laughter. Our care is grounded in a whole-person approach that embraces personal interests, life experiences, and strong family partnerships. We integrate the latest research and best practices in Alzheimer's disease, dementia, and memory loss to support each resident with both expertise and compassion.

SPG ADV Support for Aging, LLC. – www.supportforaging.com – "Making life better for older adults and the people who love them." We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer's and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

MENTAL HEALTH

AA County Crisis Response System – Crisis Warmline: 410-768-5522; http://www.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 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; www.ahealth.org; This is the general number for the AA County Dept. of Health, which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

AA County Mental Health Agency – 410-222-7858; www.aamentalhealth.org; Dedicated to ensuring that Medicaid recipients and other low-income, uninsured county residents who meet certain criteria have access to a wide range of quality mental health services.

Mental Health Association of Maryland – 443-901-1550; www.mhamd.org; Nonprofit citizens' organization that brings together consumers, families, and professionals by providing education and advocacy on behalf of individuals with mental illness.

National Alliance for the Mentally Ill MD (NAMI) – Anne Arundel County Warm Line: 443-995-2222; Toll-Free 877-878-2371 (MD Warm Line); <https://namiaac.org/>; info@namimd.org; Volunteer, grass-roots organization affiliated with the MD state and national NAMI organization. Provides information, assistance, support, advocacy, and education for those dealing with mental illness and their caregivers. Support groups and free classes for both consumers and family, plus public education meetings, are held frequently. Call or email for times and spaces.

On Our Own of Anne Arundel County, Inc. – 410-540-9020; 7310 Esquire Ct., Mailbox 15, 3rd Floor, Elkridge, MD 21075; <https://www.onourownmd.org/s/>; Self-help group that provides support and advocacy for people living with mental illness and substance use disorders. Fellowship, support, and advocacy are offered. Call for times. Provides limited transportation within Annapolis.

Pro Bono Counseling – 410-825-1001 (to schedule a phone interview); 410-598-0234 (Warm Line); www.probonocounseling.org; Project is a nonprofit referral source for free mental health counseling for people who are uninsured, underinsured, and/or low income. Serves 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; www.sheppardpratt.org/; Mental health agency that provides mental health counseling, addictions counseling, and outpatient and inpatient programs. There is a crisis walk-in clinic at Sheppard Pratt locations in Towson and Oakridge. Please see the website for more detail.

Villa Maria of Anne Arundel County Behavioral Health Clinic – 667-600-2494; www.catholiccharities-md.org; A program of Catholic Charities, it offers a community behavioral health clinic serving children, families, and adults with mental health, emotional, and behavioral needs. Services include psychiatric evaluation and medication monitoring, and Anne Arundel County school-based mental health services. Serves ages 4 through adulthood who have Medical Assistance.

MOVEMENT DISORDER

SPG ADV Support for Aging, LLC. – www.supportforaging.com – “Making life better for older adults and the people who love them.” We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer’s and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

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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.

SPG Caring Transitions of Annapolis – Annapolis, MD; caringtransitions.com

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

SPG ADV Chessie Senior Movers – Annapolis, MD; 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 – 5257 Buckeystown Pike, Ste 143, Frederick, MD 21704; gracefultransitions.org

SPG Labor of Love – Annapolis, MD; laboroflove.me

SPG Tender Heart Movers – Clinton, MD; tenderheartmovers.com

SPG Transition Truck – 571-410-0569; www.transitiontruck.com; We help seniors and their families downsize, relocate to senior living, or simplify their homes with care and dignity. From packing and moving to organizing, decluttering, and managing items you no longer need, we handle every detail. We can make your new space feel familiar, coordinate storage or donations, and assist with estate and resale services. Proudly serving DC, Maryland, and Virginia, Transition Truck brings professionalism and a personal touch to make every transition easier.

MUSIC THERAPY

SPG ADV Annapolis Music Therapy Services – 410-697-1812; 2568A Riva Road Suite 103, Annapolis MD 21401; www.annapolismusictherapy.com; Providing goal-oriented and relationship-based music therapy services across the lifespan.

NURSING CARE FACILITIES

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

Complete Care of Annapolis – 410-267-8653; 900 Van Buren Street, Annapolis, MD 21403; Complete Care of Annapolis is a 90-bed skilled nursing facility staffed by a dedicated multi-disciplinary team of caregivers. It also provides post-acute care, rehabilitation, pulmonary care, pain management, and more.

SPG 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.

ADV FutureCare Annapolis – Just opened in June – 2700 South Haven Road, Annapolis, MD 21401; 410-349-5100; www.futurecare.com; We are proud to announce that FutureCare Annapolis will be opening this summer! Annapolis will offer the WalkStrong orthopedic rehabilitation program, as well as offering post-surgical, stroke and cardiac care in our short-term rehab program. Long-term care will also be available for those choosing to call Annapolis home.

SPG ADV FutureCare Chesapeake – 305 College Parkway, Arnold, MD 21012; 410-647-0015; www.futurecare.com; FutureCare Chesapeake is located in a beautiful woodland setting just minutes from Annapolis, Severna Park and Arnold. Short-term rehabilitation, long-term care and out-patient rehab, as well as in-house dialysis are available at FutureCare Chesapeake. Chesapeake is a Center of Excellence for the WalkStrong orthopedic rehab program, as well as offering post-surgical, stroke, and cardiac care post-acute services.

Joint Commission on Accreditation of Healthcare – 800-994-6610; https://www.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; www.aacounty.org/RecParks; Primarily responsible for the provision of a comprehensive system of recreational programs for county residents, including specialized recreational facilities, two swim centers, golf courses, a 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+ for a one-time fee of \$40 for four regional parks.

Arundel Olympic Swim Center – 410-222-7933; <https://www.aacounty.org/departments/recreation-parks/aquatics/>; Senior swim classes and aerobic water workouts are conducted in a temperature-controlled, 50-meter indoor pool. Locker rooms are available. Call for fees, hours, and class schedules.

Captain Avery Museum, Inc. – 410-867-4486; www.captainaverymuseum.org; The museum offers a diversity of fun and educational events and programs, such as its award-winning Oyster Festival every October. Museum open Sundays 1 p.m.–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; www.annapolis.gov/recreation; recpark@annapolis.gov; To enrich the quality of life for Annapolis area residents and advocate for healthy, active living by offering quality recreational programs and community facilities within an array of parks and natural open spaces.

Compass Pointe Golf Course – 410-255-7764; www.compasspointegolf.com; Public golf course. Memberships and senior discounts available. Call for information.

Chesapeake Region Accessible Boating, Inc. (CRAB) – 410-266-5722; info@crabsailing.org; <https://crabsailing.org>; CRAB offers outdoor, therapeutic, recreational sailing and boating programs on Chesapeake Bay for people with disabilities at no cost. With over 30 years of experience, CRAB has perfected its programs and adaptive equipment, becoming a model for other adaptive sailing programs throughout the country. By joining CRAB, participants can enjoy the Chesapeake Bay while experiencing the therapeutic benefits of being on the water. CRAB's mission is to provide a safe and inclusive environment for all individuals, regardless of abilities.

The Preserve at Eisenhower Golf Course – 410-222-3400; <https://www.thepreserveateisenhower.com/>; Public golf course. Senior (60+) discounts available. Call for information.

MD Dept. of Natural Resources/ State Parks – 410-260-8888; Toll-Free 1-877-620-8367; TTY 711; www.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+ 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. The pass may be purchased online or at several state parks. Call park service headquarters at 410-260-8186 for help finding a convenient location. 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. Apply online or at any Maryland Service Center. Annapolis Service Center: 410-260-3220.

North Arundel Aquatic Center – 410-222-0090; <https://www.aacounty.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, individuals with disabilities, and military members are available.

PETS AND PET CARE SERVICES

AA County Animal Services – 410-222-8900; <https://www.aacounty.org/animal-services>; Local animal control office that provides dog licenses, rabies clinics, and animal adoptions. Call to request pick up of stray animals or carcass removal or to report animal abuse.



AA Urology
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Specialists in all aspects of urologic health.

Pelvic prolapse • Urinary incontinence • Urinary tract infections • Prostate health
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www.aurology.com | 410-266-8049 | Walk-In UTI Clinic 410-295-0626

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

Senior Dog Sanctuary: The Tommy Raskin Seniors 2 Seniors Program – 443-742-0270; <https://www.seniordog-sanctuary.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; <http://www.aacspca.org/>; Local animal shelter which offers pet adoptions, a low-cost spay/neuter clinic, reduced-cost vaccine clinic, dog obedience classes, and lost pet assistance. The Senior for Seniors program matches senior cats and dogs with adults age 55+ for a 50% reduction in the adoption rate.

PHARMACIES AND PHARMACY ASSISTANCE PROGRAMS

Annapolis Professional Pharmacy – 703 Giddings Ave Ste L 1 Annapolis, MD 21401; 410-263-7440 www.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!

Arnold Professional Pharmacy – 1460 Ritchie Hwy Ste #103 Arnold, MD 21012; 443-949-8373 www.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!

Empire Medical Equipment – 200 Hospital Dr. Glen Burnie, MD 21061; 410-787-0030 www.professionalpharmacygroup.com We're your neighborhood Medical Equipment and Home Healthcare Supply vendor. As part of the Professional Pharmacy Group, we offer superior service, with knowledgeable sales staff that can assist you with any questions! We can also provide delivery service, scheduled fitting services, lift chairs, hospital beds, diabetic shoes and supplies, continuous glucose monitoring, compression stockings and much more. Come see how easy Medical Equipment can be!

Good Pill Pharmacy – 1-888-987-5187; <https://goodpill.org/>; Good Pill Pharmacy is a non-profit home delivery service that provides affordable medications throughout Maryland. There are no restrictions on insurance, income, or age. Good Pill Pharmacy will dispense a 90-day supply and can deliver to your home in 5–7 days.

Lilly Cares Foundation – 1-800-545-6962; <https://www.lillycares.com/>; Lilly Cares Foundation, Inc. is a 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 are 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; <https://maryland-spdap.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 show Maryland residency for at least six months, be a Medicare recipient, and have an income at or below 300% of the Federal Poverty Level. The AA County State Health Insurance Program (SHIP) can also answer questions related to this program.

Northern Pharmacy and Medical Equipment – Full Service Pharmacy: 410-254-2055; Medical Equipment & Supplies: 410-254-2056; Main Office Toll-Free: 800-486-0714; 6701 Harford Road, Baltimore, MD 21234; www.northernpharmacy.com

Park Professional Pharmacy – 580 Ritchie Hwy., Suite N, Severna Park, MD 21146; 410-544-9486 www.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; <https://www.aahealth.org/family-health/uninsured-resources/reach-residents-access-coalition-health>; REACH provides access to low-cost primary, preventive, and specialty health care to uninsured, low-income individuals. This is accomplished by contracting with a wide variety of health care providers in Anne Arundel County who agree to accept a reduced fee for their services. Anne Arundel County residents who applied for insurance through Maryland Health Connection and were denied coverage, and who were unable to qualify for state and federal insurance plans, can apply.

Soleil Pharmacy – 443-281-9157; 801 Landmark Drive, Glen Burnie, MD 21061; www.soleilpharmacy.com; As your neighborhood pharmacy, allow us to show you the true meaning of care. We make it easy! Expert advice with a family touch! Immunizations (no longer offering COVID vaccines), prescription review, and Dispill Packaging (“blister” packaging).

PHYSICIANS

AAMC Community Health Center - Forest Drive – 410-990-0050; <https://www.aahs.org/about-us/community/community-clinics/>; The AAMC Community Health Center located in Annapolis, MD, is a doctor’s office that provides low-cost medical care to newborns, children, adults, and older adults. The Center currently serves 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% discount if they pay the same day. Bilingual staff available.

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

AA County Dept. of Health: Road to Recovery – 410-222-0100 (North County); 410-222-6001 (South County); www.aahealth.org/behavioral-health/road-recovery; Substance abuse counseling, treatment, and referrals.

AA County Dept. of Health/Glen Burnie Health Center – 410-222-6633; <https://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; <https://www.aahealth.org/locations/baymeadow-health-services>; Community health center that provides free breast exams, mammograms, and pap tests for women ages 40–64 with no health insurance coverage. Colonoscopy referral is available for those ages 50–64 who are income eligible and uninsured. Also provides public health information for residents and health providers, COVID-19 Operations, Healthy Start for Pregnant Women, and the Public Health Emerging Pathogens Response Program. Please call for breast and cervical cancer program information. Adults age 18 and 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; <https://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; <https://aahealth.org/clinic-locations/>; Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.



Anne Arundel County
Senior Provider Group

Membership with Purpose

The Senior Provider Group brings together businesses and professionals committed to serving Anne Arundel County’s senior community. Members enjoy monthly informational breakfast meetings, networking events, and sponsorship opportunities that help expand connections and grow business. SPG also gives back through grants to nonprofit organizations that provide valuable programs and services benefiting older adults in our community.

**Connect locally.
Grow professionally.
Support a stronger
senior community.**



**JOIN
TODAY**

seniorprovidergroup.org

Anne Arundel & Howard County Medical Society – <https://www.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: <https://www.medchi.org/Physician-Finder/Physician-Finder>.

ADV Bay Community Health Medical – 410-867-4700; Behavioral Health 443-607-1432; Locations in West River, Shady Side, and Lothian, MD; Baycommunityhealth.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.”

Chase Brexton Health Care – 410-837-2050; 200 Hospital Drive, Suite 300, Glen Burnie, MD 21061; <http://chasebrexton.org>; At Chase Brexton, we are passionate about people and passionate about addressing their health care needs. Chase Brexton provides a different health care experience. Everyone is welcome!

ADV Dockside Dermatology – 8601 Veterans Highway, Suite 201, Millersville, MD 21108; 101 Ridgely Ave, Suite 20; Annapolis MD 21401; 410-934-5400; www.dockside Derm.com; We are doctors who are by your side, providing an exceptional Dermatology experience. We offer comprehensive dermatologic care through general, cosmetic and surgical dermatology, including Mohs surgery.

University of MD Baltimore Washington Medical Center’s Find a Physician Referral Service – 410-787-4636; Toll-Free 800-778-3236; <https://www.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; www.dental.umaryland.edu; Provides comprehensive family dental care. Before beginning any treatment, dental health care providers conduct a complete examination to determine the best treatment plan. Faculty reviews and evaluates all treatment provided by students. Patient care may take longer, but personal attention and supervision are assured. Personal payment plans, some types of insurance, and Medical Assistance are accepted. Call for more information on insurance.

The Joint Replacement Center at University of MD Baltimore Washington Medical Center – 410-553-8282; 301 Hospital Drive, Glen Burnie, MD 21061; www.mybwmc.org/joint-replacement; Providing comprehensive, team-focused care for joint replacement patients. Personalized care plans are developed for each patient, including non-surgical pain management options and a dedicated team that provides support before, during, and long after joint replacement surgery. Free online classes are available to prepare individuals considering joint.

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

PROFESSIONAL ORGANIZING

SPG Document & Information Organization for Seniors – Annapolis, MD; margaretledane.com

SPG Gentle Spaces – Severna Park, MD; gentlespaces.com

SPG Tidy Nest Professional Organizing – Annapolis, MD; yourtidynest.com

REAL ESTATE SERVICES

SPG ADV Annapolis-Eastport Long & Foster, Marie Simpson, REALTOR – a Seniors Real Estate Specialist, knows Anne Arundel County and the resources available to you and your family to navigate a move to senior living, elder-care, and the unique requirements for a mature move. She’s at 320 Sixth St, Annapolis, MD, 21403, 410-260-2800. Call or text her at 410-703-3294. marie.simpson@Longandfoster.com

SPG Annapolis Fine Homes Long & Foster Real Estate – Peggy Love – 145 Main Street, Annapolis, MD 21401; longandfoster.com/PeggyLove

SPG Berkshire Hathaway HomeServices PenFed Realty – Jennifer Yeatts – Severna Park, MD; jenniferyeatts.com

SPG Coldwell Banker Realty-Ann Englehart – 3 Church Circle, Annapolis, MD 21401; homesbuytheshore.com

ADV EXP Realty Christine Tomlinson & Jen Schaub; 215-380-1170 (Tomlinson); 720-244-5945 (Schaub); 888-860-7369 (office); Christinevtomlinson@gmail.com; A one-stop resource for downsizing and life transitions. We connect homeowners, families, and retirees with trusted professionals for home sale strategy, moving services, financial and estate planning, and 55+ community guidance. Explore your options with confidence and without pressure.

ADV Fanita Pegues - Keller Williams Preferred Properties – 1301-802-4568 or 240-737-5000; Fanita has over 20 years of experience and 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 Guaranteed Rate Affinity – David Baca – Annapolis, MD; grarate.com/davidbaca

SPG Long & Foster Eastport Annapolis Real Estate - Jennifer Klarman – longandfoster.com/jennklarman

SPG RE/MAX Executive – Deborah Wade – 8432 Veterans Hwy, Millersville, MD 21108; 410-212-0096; deborahwade@remax.net; remax.com; Helping Boomers simplify the move to their next chapter.

SPG RE/MAX Executive – Rick Mudd, Senior Real Estate Specialist – Severna Park, MD; rick-mudd.remax.com

REFERRAL AND PLANNING SERVICES

SPG ADV Assisted Living Locators – Annapolis; 410-507-4490; www.assistedlivinglocators.com/care-advisor/annapolis; jennm@AssistedLivingLocators.com; Our advisors provide expert consultation and guidance to help families navigate the various senior living options and services available both locally and nationwide. We offer comprehensive price comparisons, assistance with arranging tours, and dedicated support to manage a loved one's transition to their next home. Communities provide placement fees as compensation to our advisors, therefore this service is available at no additional cost to families.

SPG CarePatrol – P.O. Box 494, Severn, MD 21144; carepatrol.com/Baltimore-Annapolis-corridor

SPG 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. Additionally, our in house solutions can help with financial concierge services to help cover care costs, Medicare benefits and nationwide moving services.

SPG Senior Care Authority – 16701 Melford Boulevard, Suite 400, Bowie, MD 20715; seniorcareauthority.com

REHABILITATION, PHYSICAL THERAPY

Division of Rehabilitation Services–Annapolis – 410-974-7608; TTY 711; Videophone 410-220-1670; <https://dors.maryland.gov/resources/Pages/locations.aspx>; 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 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; <https://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.

Fairfield Nursing & Rehabilitation Center – 410-923-6820; 1454 Fairfield Loop Road, Crownsville, MD 21032; <http://www.fairfieldhealthcenter.com/>; Inpatient rehabilitation with private rooms, offering 24-hour nursing care, physical, occupational and speech therapy. Long-term care unit as well. Quiet, park-like setting.

SPG Fox Rehabilitation – Annapolis, MD; foxrehab.org

RESPIRE CARE

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Program for family caregivers to help relieve the stress associated with their role. It offers information, assistance, educational programs, support groups, respite and supplemental services.

AA County Dept. of Aging and Disabilities/Respite Care Referral Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Maintains a registry of pre-screened and trained self-employed caregivers who provide aide services in the client's home on an hourly, daily, or overnight basis for older adults or those with disabilities. Services provided are determined by the client's needs. The home care workers charge fees; there is no charge for the referral service.

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.

SPG ADV Ginger Cove – 4000 River Crescent Drive, Annapolis, MD 21401; 410-266-7300; www.gingercove.com; As Annapolis' only true Life-Care Community, Ginger Cove has offered seniors an unparalleled lifestyle experience for more than 35 years.

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; **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 Aging Individualized, LLC – Severn, MD; agingindividualized.com

SPG Support for Aging, LLC – Annapolis, MD; supportforaging.com

SPG Upwell Advisors – Annapolis; upwell-advisors.com

SERIOUS ILLNESS & END OF LIFE SERVICES

SPG ADV The Lifecare Institute – 2001 Medical Parkway, Annapolis, MD 21401; 443-332-5800; provides an integrated continuum of care for older adults across all settings in Anne Arundel and Prince George's counties. We can help at home or in a senior living 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.

SUBSIDIZED HOUSING

Congregate Housing Services Program – www.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, housekeeping, laundry, personal assistance, and service management. Providers include Catholic Charities – Arundel Woods at 667-600-3160 and Friendship Station at 667-600-3370. Financial assistance is available based on income.

Housing Authority of the City of Annapolis – 410-267-8000; www.hacamd.org; The federally-funded Low-Rent Public Housing Program provides quality, affordable rental housing for families, seniors, and persons with disabilities at developments that are owned and operated by the Housing Authority of the City of Annapolis. The agency owns and manages approximately 1,104 rental units throughout 11 housing developments.

Housing Commission of AA County – 410-222-6200; www.hcaac.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, Heritage Overlook, Heritage at Freetown, Heritage at Madison Park, Heritage at Odenton, Heritage at Severn, Heritage at Sun Valley, Heritage at Town Center, Oakleaf Villas, and Pumphrey House. Housing Choice Vouchers are widely accepted throughout the county. Apply online.

SUPPORT GROUPS

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

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Program for family caregivers to help relieve the stress associated with their role. It offers information, assistance, educational programs, support groups, respite and supplemental services.

AA County Partnership for Children, Youth and Families – 410-222-7423; Toll-Free 1-800-485-0041; <https://www.aacounty.org/partnership-for-children-youth-and-families>; 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; www.aarp.org/grandparents; Information for grandparents raising grandchildren. Online resources are also available.

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

SPG The Alzheimer's Association is a global health organization dedicated to Alzheimer's care, support, and research. Its mission is to end Alzheimer's and all dementia through research, risk reduction, early detection, and quality care. The Greater Maryland Chapter provides local resources and education at alz.org/maryland, plus a 24/7 Helpline at 800.272.3900. Through initiatives like the Walk to End Alzheimer's, it raises awareness and funds to support families and advance research.

American Cancer Society – Toll-Free 800-227-2345; www.cancer.org; A national organization which provides free cancer information and support groups. Volunteer transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

American Diabetes Association – 410-265-0075; Toll-Free 800-342-2383; www.diabetes.org; The mission of this association is to prevent and cure diabetes and to improve the lives of people affected by diabetes. To fulfill this mission, the ADA funds research, provides information, and advocates.

American Heart Association – 410-685-7074; Toll-Free 800-242-8721; www.heart.org; Mission is to build healthier lives free of cardiovascular diseases and stroke. Printable information on heart attack and stroke prevention and treatment is available on the above website. CPR course information also can be found on the website and is sorted by ZIP code.

American Lung Association – 804-302-5740; Toll-Free 800-LUNGUSA; www.lung.org; The American Lung Association in Maryland is working to save lives by improving lung health and fighting lung disease through education, advocacy, and research. Services include smoking cessation support groups for people with chronic lung disease, asthma management programs, and a toll-free helpline.

American Parkinson Disease Association – 410-328-3333; 800-862-5457; Toll-Free 800-223-2732; 110 S Paca Street, 3rd Floor, Baltimore, MD 21201; <https://www.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.

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Brain Injury Association of Maryland – 800-221-6443; www.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; www.changingfocus.org; Provides a variety of educational and healing environments for the growth of people in personal crisis. Programs include support groups for marital separation, divorce, or death of a spouse or significant other.

Charlene's Circle of Support – 301-246-6836; info@charlenescircle.org; <https://www.charlenescircle.org/home-charlenecircleofsupport>; Charlene's Circle of Support is a trauma-informed nonprofit in Maryland dedicated to uplifting youth and their kinship caregivers, often grandparents, relatives, and family friends who step in when parents are unable. Programs include Family Care Package Program, Clothing Closet Initiative, "I Matter" Empowerment Program, and Kinship and Thriving Program.

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; 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 and the mind. Programs include Rock Steady Boxing, monthly art classes, loud voice training, music therapy, and support groups. Some programs are offered at a small fee, and scholarships are available based upon need.

Muscular Dystrophy Association, Inc. – 800-572-1717; www.mda.org; A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and provides 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: 443-481-9519 (please leave a message) or marika.bates@gmail.com; Butch Jones: 443-306-0252 (please leave a message) or butchserves@gmail.com; Alan Sinclair: 301-474-7745 (please leave a message) or alsin6206@verizon.net; <https://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. The Greater D.C. area meets on the 3rd Saturday of each month. Patients' families, friends, and caregivers are always welcome.

National Alliance on Mental Illness (NAMI) AA County, Inc. – 443-569-3498; www.namiaeac.org; Local affiliate of NAMI provides nonprofessional support to an individual or family member dealing with the impacts of mental illness on their lives. NAMI hosts weekly support groups facilitated by trained volunteers. Call for meeting details. Some support groups are for consumers of mental health services; others are for family members and other persons who care. Offers printed, online, and telephone information. Mission is to positively impact the lives of those affected by mental illness in AA County by reducing stigma and providing support, education, and advocacy.

National Federation of the Blind – 410-659-9314; www.NFB.org; Provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services, protection of civil rights, development and evaluation of technology, and support for blind persons and their families.

National Kidney Foundation of MD-Serving Maryland and Delaware – 410-494-8545; Toll-Free 800-671-5369; www.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; www.nmss-md.org; Provides information and referral, community services navigation and financial assistance for individuals with MS.

Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine – 410-955-8795; 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.

SPG ADV Support for Aging, LLC. – www.supportforaging.com – "Making life better for older adults and the people who love them." We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer's and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

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 of every month from 4 p.m.–5:30 p.m. at 2000 Medical Pkwy, 7th Floor, Annapolis, MD 21401. Zoom is also offered; please call or email Judy regarding this option. No fee. *“Young at heart!”*

TAX INFORMATION AND ASSISTANCE

AA County Office of Finance – 410-222-1144; www.aacounty.org/finance; Collects tax and utility payments. Call for locations and hours throughout the County or visit the website for further information.

Homeowners’ Property Tax Credit Program (HOPTC) – 410-767-4433; 410-767-5900; Toll-Free 800-944-7403; https://dat.maryland.gov/realproperty/pages/homeowners’-property-tax-credit-program.aspx; 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; https://dat.maryland.gov/realproperty/pages/renters%27-tax-credits.aspx; 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 – 410-853-4888 ext. 1112; www.arundelhoh.org; Provides emergency shelter and support services including case management through a partnership with more than 70 churches typically from October through March for those who are experiencing homelessness.

Light House – Safe Harbor Resource Center: 410-263-1835; Residential Program: 410-349-5056; www.annapolis-lighthouse.org; A homeless prevention support center that provides emergency shelter and also transitional housing for homeless individuals and families. Services include case management, food, and assistance with eviction prevention and BGE turn-off prevention. Resource and support center offering education, job training, and life-skill services. Must be drug/alcohol free. Volunteer opportunities available.

Sarah’s House – 667-600-3550; www.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.



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TRANSPORTATION

SPG A & A Senior Transportation – 8600 Edison Ln., Clinton, MD; aaseniortransport.com

AA County Dept. of Aging and Disabilities/Easy Travel Access (ETA) Rides-on-Demand – 410-222-4257; www.aacounty.org/aging; Two discounted transportation options available to Anne Arundel County residents 55 years of age or older or 18 years of age or older with a disability. Rides-on-Demand offers a discounted rideshare service option in which rides can be scheduled via telephone. The County matches participant contributions dollar for dollar up to \$75 per month.

AA County Department of Aging and Disabilities/Taxi Voucher Program – 410-222-4257; https://www.aacounty.org/services-and-programs/taxi-voucher-program; A discounted transportation option available to Anne Arundel County residents 55 years of age or older or 18 years of age or older with a disability. Taxi Vouchers offer discounted taxi vouchers to support taxi fares with participating cab companies. Each book costs \$5.00 and is worth a value of \$10.00.

AA County Office of Transportation/Van Transportation – 410-222-0022; www.aacounty.org/departments/transportation/; Donation-based program that provides transportation to those 55 and over and adults 18 and over with disabilities. Transportation is provided to nutrition sites, medical appointments, including dialysis, and senior centers. Curb-to-curb service. Wheelchair-accessible vehicles available. Advanced notice is required.

AA County Dept. of Health/Medical Assistance Transportation – 410-222-7152; https://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; https://www.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 from 8:30 a.m.–4:30 p.m. at 308 Chinquapin Round Road, Annapolis, MD 21401.

SPG Marley Transportation LLC – 240-606-1791; Laurel, MD; marleytransportation.com

MD Transit Administration (MTA) Reduced Fare Certification Office – 410-767-3438; 6 St. Paul Street (Lobby Level), Baltimore, MD 21202; www.mta.maryland.gov; 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.

MD Transit Administration (MTA)/Mobility/Para-transit – 410-764-8181; Toll-Free 866-743-3682; TTY 410-333-3624; www.mta.maryland.gov/mobility/; www.mta.maryland.gov/content/brochures-publications; MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

MD Transit Administration (MTA)/Call A Ride – 410-664-2030; Toll-Free (General Information) 866-743-3682; http://mtacallaride.org/; www.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; www.partnersincare.org; The Mobility Bus provides affordable, wheelchair- and scooter-accessible, on-demand transportation for members in the community. Caregivers may ride along. Services available only in Anne Arundel County at this time. To schedule a ride, individuals can make a reservation in advance via email at steveweakland@partnersincare.org or call 410-544-4800 between 8:30 a.m. and 5:00 p.m., Monday–Friday. Weekend service and group rates are also available depending on driver availability.

Partners In Care/Ride Partners – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Partners In Care volunteers use their own vehicles to provide occasional arm-in-arm, door-through-door transportation for adults 60 and over, to non-emergency medical appointments, pharmacies, grocery stores, hair salons, and other errands. Approved caregivers may ride along. Call to find out more about eligibility and guidelines.

VETERANS

American Red Cross/Chesapeake Region – 410-624-2000; 1-800-RED-CROSS (1-800-733-2767); 1-800-RED-CROSS for blood donation; www.redcross.org/gcr; Their mission is to help people prevent, prepare for, and cope with emergencies. Services include 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, and international tracing of family members lost due to war and natural disasters.

Brain Injury Association of Maryland – 800-221-6443; www.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.

AA County Mental Health Agency – 410-222-7858; <http://annearundel.md.networkofcare.org>; www.aamentalhealth.org; The Network of Care for Service Members, Veterans and Their Families is an effort to take a community approach to the needs of returning veterans. It is a one-stop shop for virtually all services, information, support, advocacy, and more. It 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; <https://www.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 meeting link is available on the website. The meeting is open to the public.

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

Maryland Department of Veterans Affairs – 410-260-3838; 16 Francis Street, 4th Floor, Annapolis, MD 21401; <http://veterans.maryland.gov>; Assists veterans, active duty service members, their families, and dependents in securing benefits earned through military service. Major programs include the Service and Benefits Program, Charlotte Hall Veterans Home, Cemetery and Memorial Program, 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 and Military Families/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; <http://veterans.maryland.gov>; Helps veterans and family members of veterans apply for federal VA benefits, including education, pension access, and health care. Serves as a liaison between veterans and federal agencies. Appointments are made by phone or email from 9 a.m. to 2 p.m., Monday, Wednesday, and Friday.

MD Veterans Cemetery/Crownsville – 410-987-6320; 1122 Sunrise Beach Road, Crownsville, MD 21032; www.veterans.maryland.gov/cemetery-and-memorial-program/

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RESOURCES

United States Department of Veterans Affairs – For VA healthcare and enrollment: **Glen Burnie Community Based Outpatient Clinic** – 410-590-4140; 808 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. **Fort Meade Community Based Outpatient 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.

Veterans Affairs (VA) MD Health Care System – 410-605-7000; Toll-Free 800-463-6295; Appointments: Monday–Friday 7:30 a.m.–5 p.m., 1-800-463-6295 ext. 7333; Eligibility and Enrollment: Monday–Friday 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: 1-800-273-8255, press 1; www.maryland.va.gov; Dedicated to providing quality, compassionate, and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, the Loch Raven VA Community Living & Rehabilitation Center, and six community-based outpatient clinics work together to provide a comprehensive health care delivery system.

Veterans of Foreign Wars – Service Officer: 410-230-4480; State Contact: 410-752-6474; Toll-Free 1-800-VFW-1899; www.vfw.org; Counsels veterans, dependents, and survivors about entitlements from all agencies. No fee.

VA Claims Assistance (by appointment) – Maryland Department of Veterans Affairs: 410-424-3039; Glen Burnie MVA Service Center, 6601 Ritchie Highway NE, Ground Floor, Room 30, Glen Burnie, MD 21062. **VA Claims Assistance – Annapolis Motor Vehicle Administration Service Center** – 410-573-4786 or 410-573-4787; 160 Harry S. Truman Parkway, Annapolis, MD 21401; Staffed by accredited specialists, it offers in-person support for federal, state, and local benefits, including disability claims, counseling, and licensing services.

Annapolis Vet Center - Counseling – 410-605-7826; 100 Annapolis Street, Annapolis, MD 21401; Offers confidential help for veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). The center can also connect individuals with more support in VA and the community.

Anne Arundel County Veterans Services Coordination Center – 410-222-3500; veterans-assistance@aacounty.org; <https://www.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.

American Legion - Post #7 – 410-573-0004; Guy Carleton Parlett; 1905 Crownsville Road, 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 21401.

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

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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.

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.

National Call Center for Homeless Veterans – 1-877-4AID-VET (877-424-3838); 24/7 confidential support for homeless veterans and their families.

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

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

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

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.

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

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

VICTIM AND WITNESS ASSISTANCE

Luminis Health Abuse and Domestic Violence Center – 443-481-1209; 410-222-6800 (24-hour hotline); https://www.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; www.mdcrimevictims.org; Provides free information and support through criminal justice proceedings, legal representation, referrals, and support groups.

State's Attorney's Office/Victim & Witness Services – 410-222-1740; <https://www.aacounty.org/sao/victim-witness-services>; Provides 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; <https://www.ahealth.org/vital-records>; Provides certified copies of birth certificates for a fee to individuals born in Maryland after 1942 and death certificates. Hours are Monday–Friday, 8:30 a.m.–12:00 p.m. and 12:45 p.m.–3:15 p.m., except holidays. Birth and death 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; www.health.maryland.gov/vsa; The Vital Records Administration provides copies of birth, death, divorce, adoption, and other records for a fee.

VOLUNTEER ASSISTANCE AND OPPORTUNITIES

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

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

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

AA County Food Bank (AACFB) – 410-923-4255; www.afoodbank.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 <https://afoodbank.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.

American Cancer Society – Toll-Free 1-800-227-2345; www.cancer.org; Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. 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-RED-Cross (1-800-733-2767); www.redcross.org/local/maryland-delaware.html; Their 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; www.baycss.org; Provides residential and vocational services to people with intellectual and developmental disabilities within the DDA community.

Chores and More / St. Andrew by the Bay Catholic Church – 443-808-3875; choresandmore3@gmail.com; <https://www.standrewbythebay.org/>; This ministry serves people in the Broadneck Peninsula who may be shut in, elderly, or homebound and 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 through Friday at no cost or obligation to the recipient. Those interested in volunteering should call or email to inquire.

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; 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 and the mind. Programs include Rock Steady Boxing, Monthly Art Classes, Loud Voice Training, and Music Therapy. Support Groups are also offered. Some programs are offered at a small fee, scholarships are available based upon need. Various volunteer opportunities are available.

Habitat for Humanity of the Chesapeake – 410-366-1250; www.habitatchesapeake.org; Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute "sweat equity" and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium "ReStore" retail outlet thrift shops for home improvement items. 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; <https://www.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 – 240-749-1699; Information@RebuildingTogetherAAC.org; <https://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; <https://www.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.

State's Attorney's Office/Volunteer Program – 410-222-1740; <https://www.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. The office also provides opportunities for adults looking to fulfill internship requirements. If you are interested in a volunteer or internship opportunity, please complete the form on the website.

VOTING

AA County Board of Elections – 410-222-6600; www.aacounty.org/Elections; Manages the voting process in AA County including voter registration, absentee ballots, change of address, deceased lists, and change of affiliation. Citizens with disabilities can request assistance or absentee ballots. Volunteers accepted for Election Officials.

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CONTACT:

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