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Department of Aging and Disabilities
2666 Riva Road, Suite 400, Annapolis, MD 21401

Department of Aging and Disabilities North
7320 Ritchie Hwy, Glen Burnie, MD 21061
410-222-4257 – Fax 410-222-4360/410-222-4346
www.aacounty.org/aging • www.Facebook.com/ArundelSeniors
E-mail: info_and_assistance@aacounty.org

Toll Free 800-492-2499–TTY users, please call via Maryland Relay 711.
Inclusion in this directory does not constitute endorsement by the Anne Arundel County Department of Aging and Disabilities or any other county agency, the Friends of Arundel Seniors, Inc., or the Anne Arundel Senior Services Provider Group, Inc.
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University of Maryland Community Medical Group is a proud partner of University of Maryland Baltimore Washington Medical Center.
Welcome to the 2018-2019 edition of The Directory for Older Adults, Individuals with Disabilities, Caregivers, and anyone who wants to plan their future.

I am honored to serve the citizens of Anne Arundel County and have outlined a five point plan to make Anne Arundel County the best place to live, work, and start a business in Maryland. One of these points is Efficient Effective County Government, which entails ensuring that county government services are delivered promptly, cost-effectively, and courteously. The Anne Arundel County Department of Aging and Disabilities is known for its exceptional customer service. The Department of Aging and Disabilities is responsible for serving 40 percent of Anne Arundel County citizens and it is where people turn to find assistance for themselves and their loved ones. This percentage of older adults, individuals with disabilities and caregivers is expected to comprise about half of our county’s citizens in the years to come.

The Directory helps to connect individuals with the services and resources they need right here in Anne Arundel County. This resource guide is also a gateway for information as to the diverse and abundant programs offered by the Department of Aging and Disabilities. Please let the Anne Arundel County Department of Aging and Disabilities, and this resource guide, help you improve the quality of your life.

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(L-R): Karen B. Shelton, MD, Glaucoma; Prisca A. Diala, MD, Medical Retina; Orin M. Zwick, MD, Oculofacial Plastic & Reconstructive Surgery; Maria C. Scott, MD, Medical Director, Cataract & Refractive Surgery; Tamara K. Fackler, MD, Medical Retina; Heather A. Nesti, MD, Glaucoma & Cataract Surgery; Edward W. Trudo, Jr., MD, Cornea, Dry Eye & External Diseases

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I want to welcome you to the 2018-2019 edition of The Directory for Older Adults, Individuals with Disabilities, Caregivers and anyone who wants to plan their future! The key element of our mission is to improve the quality of life of our citizens by providing options and resources to older adults, adults with disabilities and caregivers, and to enable them to live independent and meaningful lives.

In partnership with the Anne Arundel County Senior Services Provider Group, Inc., Friends of Arundel Seniors, Inc., and What’s Up? Media, we are dedicated to providing the very best resources to assist you in planning for you or a loved one’s future. Together, we strive to empower you to navigate resources of nutrition, transportation, education, socialization, affordable housing, and other supportive services that meet individualized needs.

Since the opening of the Department of Aging and Disabilities North, located at 7320 Ritchie Highway in Glen Burnie, we have been able to more efficiently address the needs in northern Anne Arundel County. We have created many new partnerships in these communities to continue to make our services available while addressing non-emergent uses of the county’s emergency services. We have diverse needs in our community and we provide a strong network of options and services to be able to navigate those needs.

We hope that you enjoy this year’s publication! Director of the South County Senior Activity Center, Suzie Antkowiak, was the inspiration for this year’s cover which symbolizes that our clients are the heart and soul of our daily work to enrich the lives of our citizens.

We welcome individuals, as well as family members, to plan for current and future needs. For more information, please visit any of our locations or call our Maryland Access Point number 410-222-4257. (TTY users, please call via Maryland Relay 711). You can expect to receive tremendous support along your journey from our team of Certified Options Counselors and all of the staff at the Department of Aging and Disabilities.

We will continue to advocate for and support the citizens of Anne Arundel County and look forward to serving you during the 2018-2019 publication year!

Pamela Jordan / Director
Welcome Home

At Sunrise, our priority is your care, so you can focus on the things that make you smile. We offer personalized assisted living, Alzheimer’s/memory care, and independent living services.

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• Wound Management
• Long-Term Care
• Physical Therapy
• Speech Therapy
• Occupational Therapy

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

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

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

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

Guests and new members are always welcome to attend our meetings. The meetings are held September–May on the second Tuesday of the month, from 8:30–10 a.m. at Woods Memorial Church in Severna Park.

For more information, please feel free to visit our website at www.seniorprovidergroup.org or reach out to any of our board members at seniorprovidergroup@gmail.com.

Sincerely,

The 2018 SPG Board
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Friends of Arundel Seniors
Lending a Helping Hand

Friends of Arundel Seniors assists Anne Arundel County residents who are age 55 and older and disabled adults of any age. The purpose of this private, tax-exempt, and all volunteer organization is to provide a safety net for the well-being of seniors and those with disabilities in the county. Clients often live alone, are frail, and are in immediate need of assistance that cannot be obtained elsewhere. Referrals for FOAS assistance come from the Anne Arundel County Department of Aging and Disabilities, the county Department of Social Services, Senior Activity Centers, other community agencies, and from seniors themselves.

FOAS procures, distributes, and oversees the installation of home safety equipment such as:

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

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

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

For information, or to make a donation, call the Anne Arundel County Department of Aging and Disabilities, at 410-222-4257. FOAS can also be reached at Friends of Arundel Seniors, P.O. Box 6248, Annapolis, MD 21401-0248.
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 ................. 410-222-4257
AA Co. Emergency Management ............... 410-222-0600
AA Co. Government ............................. 410-222-7000
AA Co. Police (non-emergency).............. 410-222-8050
                                           410-222-8610
AA Co. Police (Northern District) .......... 410-222-6135
AA Co. Police (Eastern District) .......... 410-222-6145
AA Co. Police (Southern District) ......... 410-222-1961
AA Co. Police (Western District) .......... 410-222-6155
AA Mobile Crisis Response
(Mental Health) ............................... 410-768-5522
Adult Protective Services ..................... 410-421-8400
Animal Control ................................... 410-222-8900
BGE Emergency .................................. 800-685-0123
Bulk Item Pickup ................................. 410-222-6100
Community Cleanup ............................. 410-222-6104
District Court for AA County
(Annapolis) ..................................... 410-260-1370
                                           800-944-2688 (in MD)
                                           TTY800-735-2258
District Court for AA County
(Glen Burnie) .................................... 410-260-1800
                                           800-944-2688 (in MD)
                                           TTY800-735-2258
Domestic Violence Hotline .................... 410-222-6800
Eldercare Locator ................................. 800-677-1116
Water/Sewer Emergency ....................... 410-222-8400

Storm Related Numbers
Police/Fire/Life threatening emergencies ....... 9-1-1

AA County Roads
Downed traffic signs and signals............. 410-222-1940
Trees across roads, flooding of county roads
• South County ................................. 410-222-1933
• Central County .............................. 410-222-7940
• North County ............................... 410-222-6120

AA County Water and Wastewater
Sewer Emergency Services ..................... 410-222-8400
(not storm related – faucet water)
FEMA (Federal Emergency Management Agency) .......................... 800-621-3362
American Red Cross
Disaster service, need home or shelter .. 866-438-4636
BGE
To report power loss ............................. 877-778-2222

AA County Inspections and Permits
Damaged building ............................... 410-222-7790

AA County Landfill Operations
Trash collection, curb, bulk, and recycling .......................... 410-222-6102
Debris clean-up
• South County ................................. 410-222-1933
• Central County .............................. 410-222-7940
• North County ............................... 410-222-6120

AA County Health Department–Wells
Inspections for flooded private wells ....... 410-222-7398

Additional Important Telephone Numbers
Fraud Hotline ................................. 855-303-9470
Governor’s Office ............................... 410-974-3901
Maryland Attorney General ................. 410-576-6300
Poison Control Center ......................... 800-222-1222
Federal Do-Not-Call Registry .................. 888-382-1222
City of Annapolis/Mayor’s Office .............. 410-263-7997
Anne Arundel County Commission on Disability Issues

The Anne Arundel County Commission on Disability Issues welcomes you to the 2018-2019 edition of The Directory for Older Adults, Individuals with Disabilities, Caregivers, and those who want to plan their future. Members of the Commission invite you to use this directory to find services and resources that will enhance your life and the lives of friends and family members.

The Commission on Disability Issues was established in 1995. Since that time, the Commission has proudly served the community by promoting disability awareness, advising the County Executive and County Council on disability policy and legislation, and working to enhance the lives of individuals with disabilities. The Commission sponsors two events annually. In the spring, the Artist Without Limits Art Exhibit showcases the artwork of Anne Arundel County artists of all ages. In October, Disability Awareness Day honors individuals, businesses, and others for their accomplishments and contributions in the field of disability services.

The Commission is composed of 21 voting members and several Ex-Officio County and State agency representatives who are involved in some way in disability issues—in many cases, providing services that impact the lives of individuals with disabilities. The Commission meets monthly, except for July and December. Within these pages, you will find an array of services and resources for people living in Anne Arundel County with disabilities.

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

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

For information, call the County’s Americans with Disabilities Act Office, 410-222-4383. TTY users, please call via Maryland Relay 711.
The Anne Arundel County Department of Aging & Disabilities MAP Human Services Center 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 & Disabilities Customer Service Centers at 2666 Riva Road, 2nd floor in Annapolis or our new Department of Aging & Disabilities North at 7320 Ritchie Highway in Glen Burnie!

1-844-MAP-LINK (627-5465) or 410-222-4257
The Area Agency on Aging Advisory Council

Our Council was established by the Older Americans Act of 1965 (Sec 1321.57) to serve in an advisory capacity to the Department of Aging and Disabilities and the County Executive on matters that will further the county’s and area agency’s mission of developing and coordinating community-based systems of services for all older persons in our planning and service area. The Council is currently composed of ten voting members including senior center, general public and affiliate service provider representatives.

The Area Agency on Aging Advisory Council is pleased to be a part of the 2018-2019 edition of *The Directory for Older Adults, Individuals with Disabilities, Caregivers,* and those who want to plan their future. This publication provides valuable information on a myriad of services programs and resources available in Anne Arundel County.

**ADVISORY COUNCIL DUTIES INCLUDE:**

- Evaluating programs funded by the Area Agency on Aging including the Area plan.
- Providing advice to County officials on any matter relating to older citizens.
- Representing the interests of and acting as an advocate for the senior citizens of Anne Arundel County.
- Identifying gaps in services to seniors and providing recommendations for corrective action.
- Attending Council meetings and actively participating in the deliberations and activities.

How do we get the word out about all of the programs and resources the Department of Aging and Disabilities offers to the citizens of Anne Arundel County? The answer is easy! It’s Making the Link!

Making the Link (MTL) is a program through the Anne Arundel County Department of Aging and Disabilities/Maryland Access Point (MAP). The goal of the MTL program is to increase awareness of our Department and the programs and resources that we offer in an effort to get the proper services and assistance to those who need it. We are working to identify people, businesses, community organizations and health care providers that have frequent contact with seniors, caregivers and/or adults with disabilities. We are currently working with the Anne Arundel County Crisis Intervention Team, the Anne Arundel County Fire and Police Departments, as well as various Anne Arundel County high schools, church and community groups.

We are hard at work creating awareness of our Department and all of the services and programs that we offer! Building relationships between the Department of Aging and Disabilities and the community is essential. Many times, a simple referral to the Department can ease the stress of a family caregiver. By bringing awareness of our Department to as much of the community as we can, we stand a much greater chance of helping the citizens of Anne Arundel County get the help they need!

If your business or community organization would find our resources helpful, please call Mary Chaput at 410-222-4339 and we will be happy to bring them to you!
Anne Arundel County Department of Aging & Disabilities Program Guide

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

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

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Home and Community Based Options Waiver:
Provides community services and supports to enable individuals to remain living in the community.

Who should apply:
18 or older; needing assistance with activities of daily living. Must meet medical and financial criteria.

Waiver services:
- Assisted Living
- Medical Day Care
- Dietician and Nutritionist Services
- Senior Center Plus
- Behavioral Consultation

Waiver participants are also eligible to receive other Medicaid services:

Persons interested should:
- If you live in a nursing facility: Discuss with the nursing home social worker or contact 410-767-1739 (Medicaid’s Long Term Care and Waiver services).
- If you live in the community: Please contact the service registry at 844-627-5465 to get your name on the waiting list.

Community First Choice:
Provides community services and supports to enable individuals to remain living in the community.

Who should apply:
Maryland residents needing assistance with activities of daily living. Must have community Medicaid to be eligible. Must meet medical criteria.

Services:

Persons interested:
Contact 410-767-1739 (Medicaid’s Long Term Care and Waiver services).

Community Personal Assistance Services:
Provides community services and supports to enable individuals to remain living in the community.

Who should apply:
Maryland residents needing assistance with activities of daily living. Must have community Medicaid to be eligible. Must meet medical criteria.

Services:
Personal Assistance Services, Supports Planning and Nurse Monitoring.

Persons interested:
For information regarding these programs please contact Information & Assistance at 410-222-4257.
The Americans with Disabilities Act (ADA)

10 Most Frequently Asked Questions

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

The ADA is the first comprehensive civil rights law for people with disabilities, providing protection from discrimination in all aspects of employment, in access to public programs and services offered by state and local governments, and access to goods and services provided by businesses such as restaurants, stores, hotels, or medical facilities. The ADA was initially signed into law by George H.W. Bush on July 26, 1990 and was amended in 2008. The 2008 amendment is known as the ADA Amendments Act of 2008.

2. Why is the ADA Significant?

According to the 2010 Census, 56.7 million people living in the United States reported having one or more disabilities. We expect the number of people living with one or more disabilities to increase significantly in the future due to our population aging and advances in medicine that increase the survival rates of people who experience permanent injuries due to accidents or combat.

3. What are the Different Title’s if the ADA?

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

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

- **Title III- Focuses on public accommodations.** Businesses who provide goods or services to the public are required to be accessible to people with disabilities. This includes places such as restaurants, retail stores, movie theaters, doctors’ offices, recreation facilities, fitness facilities, and many others. The U.S. Department of Justice (DOJ) enforces Title III of the ADA.

- **Title IV- Focuses on telecommunications.** Telephone and television access needs to be accessible to people with hearing and speech problems. The Federal Communications Commission (FCC) enforces Title IV of the ADA.
7. What questions can state and local government staff and/or business owners ask to determine if a dog or miniature horse is a service animal?

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

a. Is the dog a service animal required because of a disability?

b. What is the work or task that the dog has been trained to perform?

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

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

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

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

The Fair Housing Act provides protections for people with disabilities in housing. The ADA may apply to any public areas, such as a rental office, but all other aspects of disability protections for housing fall under the Fair Housing Act.

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

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

The Department of Justice
https://www.ada.gov/
The ADA National Network
https://adata.org/
Today’s Caregivers

It is rather astounding to think that 29% of the population of the United States provides care for a chronically ill, disabled or aged family member. Yet, caregiving spans across the lifespan and many caregivers find themselves caring for the very young and the very old. Advances in medical care have allowed us to live longer resulting in a growing part of our population living into their 90s and early 100s. This aging of our society also means that many of our caregivers are also aging and dealing with their own health issues.
A 2014-2015 survey of Maryland caregivers revealed that nearly 50% of caregivers spend 60 or more hours a week caring for their loved one; many provide round-the-clock, 24/7 care. Maryland caregivers, like their counterparts across the country, experience emotional, physical and financial hardships. The survey found that caregiving can affect marriages, family life, social life, employment and finances.

Caregiving can come on suddenly, after a stroke, heart attack, fall, accident or other trauma. But oftentimes, it occurs gradually with care needs increasing as time goes on. You may notice that your loved one's hygiene has deteriorated; personal care may have become a challenge due to poor eyesight, arthritis, a fear of falling, or cognitive issues. Or you may notice that your loved one is losing weight when shopping and meal preparation has become too difficult. You may be noticing bruising from falls or medications left when the bottle should be empty? Bills may not be paid when they get lost in the pile of junk mail and ads.

So what do you need to know if you find yourself in the role of a caregiver?

First, take care of yourself – your physical, emotional and spiritual self. Make and keep your medical appointments. Exercise routinely; eat nutritious meals; get sufficient rest; and maintain your sense of self. Identify – and rely on – a support system, whether it is an on-line or local support group, your family, and/or your friends.

Educate yourself regarding your loved one’s disease, illness or disorder. Play an active role on their care team with all of the medical staff involved in his or her care.

Locate your local resources. A telephone call to the Department of Aging and Disabilities Information and Assistance staff (410-222-4257) will help you find the programs and resources available to you and to your loved one.

Finally, plan ahead for medical, legal and financial issues. Make sure you know where important documents are kept.

No one needs to take this journey alone. Ask for help. Accept help. Make “yes” your default answer! Allowing others to help you does not diminish your role as a caregiver. Allowing others to do some of the caregiving tasks allows you to have more time for a loving (versus caregiving) relationship with your loved one.

Acknowledge and accept your emotions. It’s ok (and normal) to feel angry and frustrated at times. However, if these feelings overwhelm you or you find yourself lashing out at your loved one or feeling depressed for more than two or three weeks, speak with your doctor.

It’s ok to feel sad and to grieve. It’s ok to make mistakes.

And most of all, it’s ok to laugh and to hope.
TOP 10 THINGS to Know About Assisted Living

1. When is it time for assisted living?
Deciding to move a family member into an assisted living residence can be a difficult situation. When a family member begins to require a level of care that you can no longer safely handle on your own, assisted living may be your best option. Assisted living provides an alternative for long-term care for your loved one who does not require skilled nursing care in a nursing home.

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

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

4. How do I choose an assisted living residence?
Begin by speaking with family and friends to obtain information and personal recommendations. Next, make a list of features that will be important for your family member.

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

6. What should I look for when I visit?
When you tour a residence, be sure to request a copy of the residence’s Uniform Disclosure Statement. This document provides information about which services the residence provides and whether the fee for that service is included in the monthly housing fee. It is important to know what is included in the base monthly rate, what services are available at an additional cost and the circumstances under which fees may increase.
7. When should I schedule my visit?
Consider visiting the facility during mealtime to get a better picture of the routine of the facility. It may also be beneficial to schedule a second visit at a different time in the day to observe activities and staff interactions with residents. Address any concerns with the assisted living manager.

8. My family has chosen an assisted living residence. What next?
Request a copy of the Resident Agreement (contract). Be sure you understand the commitment you are making before signing. Consider having the Resident Agreement reviewed by an attorney.

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

10. Is there anything else I need to know?
Do your homework. Take time to visit different residences, interview staff and residents, and check survey reports. Get all of your questions answered to your satisfaction by the assisted living residents and trust your instincts.

“The key to Successful Aging is to pay as little attention to it as possible.”
- Judith Regan
TOP 10 TIPS for Family Caregivers

1. You are #1.
As difficult as it may be, you must take care of your own physical and emotional needs first. Eat healthy meals, get sufficient rest, take time for yourself, exercise and ensure you schedule your own preventative care appointments.
Maintain your friendships and get help immediately if you are feeling overwhelmed, angry, and depressed or are using prescription drugs or alcohol to cope.
Family rituals, meditation, and prayer can generate inner peace – and boost the immune system!

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

3. Your safety and the safety of the care recipient are of utmost importance.
Learn to recognize when your loved one is no longer able to live independently. Learn how to deliver physical care safely. If you cannot physically help your loved one in a safe manner, let someone else do it.

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

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

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

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

8. Contact your employer about employee assistance programs.
Many employers understand the benefits of providing assistance and resources to family caregivers. It’s just good business!

9. Contact your local Area Agency on Aging (AAA).
In Anne Arundel County, call (410) 222-4257 for Information and Assistance.

10. Identify a support system.
Maintain your friendships and stay in touch with family members. Locate caregiver support groups in your community or on-line. If needed, seek professional support from your doctor or a therapist/counselor who understands caregiver stress.
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 2016 is $121.80/month. People who are higher earners pay more for their monthly Medicare Part B premiums. Deductible, co-insurance, and premium amounts are detailed online at www.medicare.gov.

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.

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 insur-
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.
Senior Activity Centers
Located Within Anne Arundel County

Annapolis, Wiley H. Bates Heritage Park, 119 South Villa Avenue, Annapolis, MD 21401 • 410-222-1818; Fax 410-222-1216 • annapoliscenter@aacounty.org

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

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

O’Malley, 1275 Odenton Road, Odenton, MD 21113 • 410-222-6227; 301-621-9515; Fax 410-222-6229 • omalleycenter@aacounty.org O’Malley Annex, 1270 Odenton Road, Odenton, MD 21113 • 410-222-0140

Pasadena, 4103 Mountain Road, Pasadena, MD 21122 • 410-222-0030; Fax 410-222-0032 pasadenacenter@aacounty.org

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

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

Below is a list of additional sites.

Nutrition Sites
(see page 62 for telephone numbers)

Bay Forest, Annapolis
Burwood Senior Housing, Glen Burnie
Claiborne Place, Annapolis
College Parkway Place, Annapolis (Broadneck Peninsula)
Glen Forest, Glen Burnie
Glen Square Senior Housing, Glen Burnie
Morris Blum Apartments, Annapolis
Morris Hill Community Center, Glen Burnie
Our Lady of Sorrows Catholic Church, West River
Pinewood Village Senior Housing, Glen Burnie
Pinewood Village East Senior Housing, Glen Burnie
Pumphrey Community Center, Pumphrey (near Baltimore)

All of the above centers are nutrition sites.
Resources

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

Anne Arundel County
Department of Aging & Disabilities Programs

AA County Dept. of Aging and Disabilities/Main Office
410-222-4257
www.aacounty.org/aging

Provides programs, services, information, and special events to improve the quality of life for older adults and adults with disabilities. 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
www.aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/Adult Public Guardianship
410-222-4257
www.aacounty.org/aging

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

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

Monitors and provides technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally eligible residents residing in these ALFs. Helps coordinate quality assurance at Congregate Housing services sites. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for seniors and those with disabilities. Works collaboratively with Adult Protective Services and the Long Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

AA County Dept. of Aging and Disabilities/Community First Choice
410-222-7183
www.aacounty.org/aging

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

AA County Department of Aging/Diabetes Classes (and other Chronic Disease Classes)
410-222-4366
www.aacounty.org/aging

Classes include learning how to manage your diabetes, chronic pain, arthritis, heart disease, COPD and other chronic conditions. Learn how to manage your anxiety and stress as well as how to manage your medications. All are six-week workshops. Call 410-222-4366 for class schedule.

AA County Dept. of Aging and Disabilities/Grief Counseling Program
410-222-4369
www.aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver
Enrolled Participants: 410-222-4366
www.aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/Life Enrichment Programs
410-222-0738
www.aacounty.org/aging

Trains volunteers to be friendly visitors to nursing home, assisted living facility and hospital residents who are without regular visitation. Volunteers also visit with their small children under the Mom and Me segment, which is under the PAWS program.

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

A free, confidential service that provides advocates who represent long-term care residents to honor their rights and advocate for quality long-term care. Receives complaints and concerns while assisting to empower residents in resolving issues that are made by or on behalf of residents of nursing homes and assisted living. Educates the public on long term care facilities and services.

AA County Dept. of Aging and Disabilities/Long Term Care Bureau/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/PAWS program

www.aacounty.org/aging
ment and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services are available for eligible clients. This program allows clients to remain in the community as they age.

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

AA County Dept. of Aging and Disabilities/PAWS (People and Animals Who Serve Anne Arundel County)
410-222-0738
www.aacounty.org/aging
Trains volunteers to be friendly visitors to nursing home, assisted living facility and hospital residents who are without regular visitation.

AA County Dept. of Aging and Disabilities/Representative Payee Program
410-222-4257
www.aacounty.org/aging
Provides qualified volunteers to manage limited income benefit checks of physically and/or mentally impaired AA County residents. Services include establishing a direct deposit checking account, managing monthly income, budgeting for expenses, and bill payment. No cost to clients.

AA County Dept. of Aging and Disabilities/Respite Care Referral Program
410-222-4257
Toll Free 800-492-2499
www.aacounty.org/aging
Maintains a registry of pre-screened, self-employed caregivers who provide geriatric aide services on an hourly, daily, or overnight basis for elderly, frail, or those with disabilities, in their own homes. Services provided are determined by the family’s need and may include personal care as well as household tasks. The home care workers charge fees; there is no charge for the referral service.

AA County Dept. of Aging and Disabilities/Senior Nutrition Program
410-222-4464
www.aacounty.org/aging
Hot nutritious meals at community sites throughout the county; educational programs before and after meals; activities; and physical fitness. Meal reservation necessary.

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

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

AA County Dept. of Aging and Disabilities/Telephone Reassurance
410-222-4257
www.aacounty.org/aging
Provides a daily well-check telephone call to seniors 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/Volunteer Income Tax Assistance Program (VITA)
410-222-4464
www.aacounty.org/aging
VITA is sponsored by the IRS in cooperation with the AA County Senior Activity Centers. Volunteers are recruited, trained, and qualified annually by the IRS. Volunteers work at most Senior Activity Centers, preparing uncomplicated tax returns during tax season.

TTY users can call Maryland Relay 711
AARP – Membership Services
1-866-542-8163
1-888-687-2277
www.aarp.org
AARP is a membership organization dedicated to enhancing the experience of aging through advocacy, information, and services. Call for chapter locations and telephone numbers.

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

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

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

At Home Chesapeake
410-419-7823
www.athomechesapeake.org
A non-profit membership organization, part of the nationwide Village to Village Network, where members actively participate in creating opportunities for advocacy, education, health management, and social connectivity for themselves and others so that they can live in their communities for a lifetime.

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410-987-0360
www.WoodsAdultDayServices.com

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The Garden - Special Needs
Designed for guests with the special needs of memory impairment of Alzheimer’s. Features additional security, increased staff attention and an enclosed garden and patios.

The Retreat - Hospice Care
Designed for guests with a need for palliative care of hospice. The Retreat accommodates no more than five residents at one time to ensure the most specialized and personal care.

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

MD Dept. of Veterans Affairs  
410-230-4444  
Toll Free 800-446-4926  
www.mdva.state.md.us  
Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

MD Office for Refugees and Asylees (MORA)  
410-767-7514  
www.dhr.state.md.us/blog/?page_id=3413  
Provides referrals to refugees to ease their transition into American society.

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

State’s Attorney’s Office/Community Outreach  
410-222-1740 ext. 3827  
www.statesattorney-annearundel.com  
Provides community presentations on elder fraud and abuse, cyber safety, identity theft, gang prevention and awareness, and dating violence.

TTY users can call Maryland Relay 711

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

Assisted Living

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

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

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

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- Medication administration
- Housekeeping services
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Assisted Living  
7753-7755 Outing Ave  
Pasadena, MD  
410-439-5643  
www.oaklodgeassistedliving.com

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The warm, friendly staff is there to provide personal assistance that promotes dignity and enhances independence.

The quaint size permits choice and allows social and recreational activities to be tailored to the interest of each resident.

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In Comforting Arms, LLC provides personalized high-quality care of family in a clean and quiet setting. We are a loving and peaceful home for loved ones in need of end of life transitioning and Hospice Care.

113 Giddings Ave, Severna Park, MD 21146
Call for an appointment: 443.255.8211, 410.384.4638
Email: incomfortingarmsllc@yahoo.com  Web: incomfortingarms.com

Why Choose a Care Manager?
Alliance in Aging’s certified nurse care manager, specializing in senior care for over 30 years, provides support to the elderly and their family through difficult transitions.

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

What You Can Expect:
• Personalized & compassionate service
• Advocacy & support

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

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259/265/271 W. Pasadena Road
Millersville, MD 21108
410-315-8807
www.AssistedLivingWell.com
Three upscale, family-style homes offer private rooms and baths, Nurse and 24-hour med-tech care providers. Includes medication administration, homestyle meals, group activities, laundry and housekeeping. We work with hospice care. One home is secured for later stages of Dementia/Alzheimer’s. Please see our ad on page 34

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

Brightview South River SPG
8 Lee Airpark Dr, Edgewater MD 21037
410-956-7310
www.brightviewseniorliving.com

Charlotte Hall Veterans Home SPG
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care. Please see our ad on page 29

Cranberry Cottage Assisted Living, Inc.
410-360-1844
Cranberry.cottage@verizon.net
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Oak Lodge Senior Home Assisted Living
7751 Outing Avenue
Pasadena, MD 21122
410-439-5643; 410-255-6070
www.oaklodgeassistedliving.com
Beautiful, private bedrooms with private bathrooms in a quiet, residential area of Pasadena. We offer meals, laundry, housekeeping, medication administration, and 24-hour supervision. Please see our ad on page 35

Peartree House Assisted Living
8001 Middlebury Drive
Pasadena, MD 21122
410-437-5050

www.aacounty.org/aging
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.

Regency Park Senior Living Community SPG
730 Maryland State Route 3 South
Gambrills, MD 21054
410-923-1200
www.RegencyParkAssistedLiving.com
Regency Park offers superior comfort and care. Generously staffed and professionally managed with accommodations for 55 residents, including a secure unit offering a safe, stimulating environment for individuals with Alzheimer’s disease. Please see our ad on page 37

Somerford Place SPG
2717 Riva Road Annapolis, MD 21401
410-224-7300
www.somerfordplaceannapolis.com
Privately owned and operated senior living with memory care community. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it’s how you live that matters! Please see our ad on page 25

Spring Arbor of Severna Park SPG
345 Ritchie Highway
Severna Park, MD 21146
410-544-7774
www.springarborliving.com
Privately owned and operated senior living with memory care community. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it’s how you live that matters! Please see our ad on page 25

Sunrise Senior Living of Severna Park SPG
43 West McKinsey Road
Severna Park, MD 21146
410-544-7200
www.sunisesevernapark.com
Sunrise of Severna Park offers independent living, assisted living and memory care. Our community is nestled on ten beautiful acres with walking paths and in close proximity to the public library, community center and many shops and restaurants. Our tenured and dedicated team takes pride in providing resident-centered care, enriching activities and delicious, well-balanced meals. Please see our ad on page 9

Assistive Telephones
MD Accessible Telecommunications (MAT)
Toll Free 800-552-7724 V/TTY
410-767-6960 V/TTY
www.mdrelay.org
moreinfo@mdrelay.org
MD Accessible Telecommunications distributes free amplified and captioned telephones.

At Regency Park, comfort and caring are what we’re all about! With 55 suites, we’re small enough for close, caring relationships, yet large enough to be generously staffed and professionally managed. Our sixteen acres are peaceful and give lovely views. Local ownership assures responsiveness and flexibility.

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

WWW.REGENCYPARKASSISTEDLIVING.COM
phones, hands-free phones, ring signal-
ers, TTYs, and other assistive devices to qualified applicants who have dif-
ficulty using a standard telephone.

MD Relay
Toll Free 800-552-7724 V/TTY
www.mdrelay.org
moreinfo@mdrelay.org

TTY users can call Maryland Relay 711

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

Bereavement Services

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

Anatomy Gifts Registry
410-863-0491 Office
410-863-0497 Fax
Toll Free 800-300-5433
www.anatomygifts.org e-mail: info@anatomygifts.org

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

Chesapeake Life Center at Hospice of the Chesapeake
90 Ritchie Highway
Pasadena, MD 21122
Toll Free: 888-501-7077
www.chesapeakelifecenter.org

Provides grief and trauma support and education to children, adults, families, and members of the community. Also, programs and services for those impacted by an unexpected diagnosis or advancing illness.

Please see our ad on page 58

Case Management

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

Aging Services Management, LLC SPG
P.O. Box 267, Arnold, MD 21012
410-349-4835
www.AgingServicesMgmt.com

Alliance in Aging
Lynn Carr, RN, MA, CCM
P.O. Box 4073
Annapolis, MD 21403
410-867-2042 (office)
410-507-0915 (cell)
lynn@allianceinaging.com
www.allianceinaging.com

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

Please see our ad on page 36

Response Senior Care, LLC SPG
1831 Forest Drive, Suite G
Annapolis, MD 21401
410-571-2744
www.response-seniorcare.com

Personal in-home care provided by experience, qualified employees.
Consultation and supervision by R.N. Hourly live-in. Licensed by the State of Maryland, bonded, insured, employee criminal background performed. FREE CONSULTATION.
Please see our ad on page 38

Cemeteries

MD Veterans Cemetery/Crownsville
410-923-6981
www.veterans.maryland.gov/maryland-department-of-veterans-affairs-cemetery-program
1122 Sunrise Beach Rd
Crownsville, Maryland 21032

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

State Anatomy Board
410-547-1222
Toll Free 800-879-2728
www.health.maryland.gov/anatomy/
State’s cadaver donation program. Cadavers are used to support medical, dental education, and research. Donor forms are available by calling or writing the board.

Companion Care

True Companion Care LLC SPG
P.O.Box 461 Arnold, MD 21012
410-504-5578
www.truecompanioncare.com

Complaints and Information

AA Conflict Resolution Center
410-266-9033
aacrcprograms@gmail.com
www.aacrc.info
Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Mediation helps people resolve conflicts peacefully and without going to court. Conflict resolution classes and training are available. No fee. Anger management classes are offered to members of the community at a cost of $100.

MD Attorney General’s Consumer Protection Office
410-528-1840
Toll Free 877-261-8807
TTY 410-576-6372
www.oag.state.md.us
Investigates medical billing complaints, reimbursement disputes, and denial of care. Complaint form online. Furnishes mediation services to consumers to help resolve complaints against businesses and health insurance carriers. For all other disputes or mediation (unrelated to insurance or medical issues) call the general number 410-528-8662.

MD Office of People’s Counsel
410-767-8150
Toll Free 800-207-4055
www.opc.state.md.us
Consumer complaints, disputes about utility bill. Represents consumer of utility services before the Public Service Commission, certain federal agencies, and the courts.

MD Secretary of State’s Office
410-974-5549
Toll Free 800-825-4510
www.sos.state.md.us
Registers, regulates, and renews charitable organizations, professional solicitors, and fund raising counsels doing business in the State of MD. Provides the public with information on status, legitimacy, and spending patterns of these organizations. Speakers are available.

Computer Services

Senior CompuCare-Central Maryland
1385 Teaberry Lane, Severn, MD 21144
443-274-7858
www.seniorcompucare.com
In-home and remote Computer Troubleshooting, Repair and Virus Removal. One-on-one Training for computers, Smart Phones, Cameras, Smart TVs- customized to your needs on your device(s).

Senior CompuCare is dedicated to providing honest and reliable computer training and repair services at an affordable price. We are fully committed to helping you develop a better understanding of your devices, and can provide expert advice for future purchases. Our unique training method allows you to learn what you want to know, on your computer, in a group setting or in the comfort of your own home.

WE OFFER:
Computer Classes • Computer Repair • Smartphone Training & Repair
Remote Services • Veteran Computer Training

Call or visit our website today!

20% off for first time customers!
**Congregate Housing**

**Congregate Housing Services Program**
410-267-8000 Annapolis Housing Authority
www.aacounty.org/aging
Provides supportive services in various apartment buildings to low and moderate income seniors age 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, housekeeping, laundry, personal assistance and service management. Providers include: Annapolis Housing Authority Morris Blum Apartments 410-267-8000; Catholic Charities-Arundel Woods at 667-600-3160 and Friendship Station at 410-519-6085. Financial assistance available based on income.

**Consumer Credit**

**Commissioner of Financial Regulation**
410-230-6100
Toll Free 888-784-0136
www.dllr.state.md.us/finance
The Maryland Department of Labor, Licensing, and Regulation (DLLR) is committed to safeguarding and protecting Marylanders. We’re proud to support the economic stability of the state by providing businesses, the workforce, and the consuming public with high quality customer-focused regulatory, employment and training services.

**Guidewell Financial Solutions**
410-747-6803
Toll Free 800-642-2227 All Other Counseling
Toll Free 866-731-8486 Housing Counseling – pre-purchase, foreclosure prevention, reverse mortgage
www.guidewellsfs.org
A non-profit agency that offers free budget counseling, debt repayment planning, community education, and student loan counseling.

**Dentists**

**Annapolis Outreach Center/Clinic @ Stanton Center**
443-481-3613
Free dental clinic for the at-risk, underserved, and underinsured residents of Anne Arundel County. Must meet income guidelines. Open Wednesday afternoons and Friday mornings.

**AA County Department of Health Dental Access Program**
410-222-7138 Annapolis
410-222-6861 Glen Burnie
www.ahealth.org/programs/adult-health-services/dental
Assists income-limited adults in obtaining dental care from participating volunteer dentists at discounted rates.

**AA County Department of Health Emergency Dental Care Coordination Program**
410-222-3090 or 410-222-7138
www.ahealth.org/reach-plus/
Provides access to a Dental Care Coordinator, assistance with finding no-cost or low-cost dental care, and emergency dental services including relief from pain and reflection.

**North County Health Services Center**
410-222-6861
www.ahealth.org/location.asp
Community health center which offers dental services to those who meet income eligibility requirements.

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

**Disability Services**

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

**Ability Network**
410-266-7941
Toll Free 800-9667940
Toll Free 800-492-2523
www.abilitiesnetwork.org
A non-profit organization, that helps to create a personal path to independence by seeing abilities, not disabilities. It provides customized services to children and adults with disabilities, as well as their families and caregivers, throughout Maryland. It offers autism services, community and employment partners, epilepsy services, and move management services.

**Accessible Resources for Independence**
410-636-2274
www.arinow.org
Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. We provide independent living services to anyone with a disability at any age including...
Disability Services

Americans with Disabilities Act Office
410-222-4383
TTY users, call via MD Relay 711
www.aacounty.org/aging
www.ada.gov
Coordinates and serves as a resource for AA County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Serves as a resource for other private sector ADA and Federal Fair Housing issues. The staff supports and participates in the AA County Commission on Disability Issues.

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

Bello Machre, Inc.
443-702-3000
TTY 800-735-2258
www.bellomachre.org
Bello Machre provides a lifetime commitment of loving care, guidance, and opportunity for people with developmental disabilities throughout Central Maryland. In addition to helping families with in-home care and support, the Hertha and Jesse Adams Ray of Hope Program offers assistance with expenses such as specialized summer camp, physical therapy, and adaptive equipment. Bello Machre also offers a lifetime of loving, compassionate care in our community based residential homes. The Meaningful Day Program provides individualized day services including supported employment; job development and training; and community based social, recreational, and educational opportunities.

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

Developmental Disabilities Administration (DDA)
410-234-8200
Toll Free 1-877-874-2494
TTY 410-363-9430
http://dda.health.maryland.gov
Part of the MD Dept. of Health and Mental Hygiene. Services are obtained by contacting the Central MD regional office at number above. Individual must apply and be determined eligible for services.

Disability Rights Maryland
410-727-6352, Ext. 0
Toll Free 800-233-7201
TTY 410-235-5387
http://disabilityrightsmd.org/
A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are accorded the full rights and entitlements afforded to them by state and federal laws.

Division of Rehabilitation Services-Annapolis
410-974-7608
TTY 410-974-7742
Videophone 410-415-9310
www.dors.maryland.gov
A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind include teaching individuals over age 55 who are not seeking employment, homemaking skills, orientation, mobility, and Braille lessons. Counselor for all deaf clients located in this office.

Division of Rehabilitation Services-Glen Burnie
410-424-3240 V/TTY
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.

Easter Seals Society of Central MD
Daily Care for Adults and Seniors
410-277-0940
301-588-8700
Toll Free 800-886-3771
www.eseal.org
Provides services to children and adults with disabilities and other special needs and support to their families. Services include ergonomic assessment for adults, low vision for adults, O.T., P.T., stroke support group, information, and referral.

Foundation Fighting Blindness
410-423-0600
Toll Free 800-683-5555
TTY 800-683-5551
www.blindness.org
Seeks to drive the research that will provide prevention, treatments, and cures for people affected by retinitis pigmentosa, macular degeneration, Usher Syndrome and the entire spectrum of retinal degenerative diseases. FFB offers information and referral services for affected individuals and their families as well as for doctors and eye care professionals. The Foundation also provides comprehensive information kits on retinitis pigmentosa, macular degeneration, and Usher Syndrome.

Gallagher Services for People with Developmental Disabilities
410-252-4005
www.catholiccharities-md.org
A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with intellectual and developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, engaging in the community, and meeting their individual needs, as well as medical needs.

HEAR NOW–Hearing Aid Bank
Toll Free 800-328-8602
www.starkeyhearingfoundation.org/
Provides hearing aids to low income and poverty stricken adults and children. Also collects old/used hearing aids for recycling. Applications available by telephone and online.

TTY users can call Maryland Relay 711
Home and Community-Based Options Waiver
1-844-627-5465
www.dhmh.maryland.gov
A program of the MD Dept. of Health and Mental Hygiene, that promotes home and community-based services for adults with disabilities ages of 18 and older.

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

Magothy United Methodist Church of the Deaf
410-255-2420
Fax 410-255-0984
TTY 410-255-4530
www.magothydeafchurch.org
Committed to the betterment of the deaf community through advocacy and education. Interpreter services available as needed.

Maryland Accessible Telecommunications (MAT)
Toll Free 800-552-7724 V/TTY 410-767-6960
Video phone 443-453-5970
www.mdrelay.org
moreinfo@mdrelay.org
MD Accessible Telecommunications distributes free amplified and captioned phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

Maryland Relay
Toll Free 800-552-7724 V/TTY 410-767-6960
Video phone 443-453-5970
www.mdrelay.org
moreinfo@mdrelay.org
MD Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone. Dial 711 to place a Relay call. Please see our ad on page 43

MD Dept. of Transportation MVA/Annapolis and Glen Burnie
410-769-7000
Toll Free 800-960-1682
TTY 800-492-4575
www.mva.maryland.gov
Licenses and regulates vehicles, dealers, driving schools, title services, auto dismantlers, and vehicle manufacturers. Provides disability/handicap passes and plates to those with written verification from a physician.

MD State Library for the Blind and Physically Handicapped
410-230-2424
Toll Free 800-964-9209
TTY 410-333-8679
TTY 800-934-2541
www.lbph.lib.md.us
Provides comprehensive library services to eligible blind and physically handicapped. Books on audio cassette and in Braille are available. Must fill out application. Services are free.

MD Technology Assistance Program
Toll Free 800-832-4827
TTY 866-881-7488
www.mdtap.org
Helps MD residents with disabilities and their families qualify for low interest loans to buy equipment and make accessibility renovations. Also available, a demonstration lab where individuals can come to view and borrow technology. Visit Equipment Link Online Classified (www.myatprogram.org) to list or find donated equipment/devices. WorkABILITY Loan Program provides home-based and business loans for people with disabilities.

MD Transit Administration (MTA)/Call-A-Ride Service
Toll Free 800-664-2030
TTY 866-743-3682
www.mta.maryland.gov/content/brochures-publications
MTA Call-A-Ride Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

MD Transit Administration (MTA)/Mobility/Para-transit
410-764-8181 Reservation
410-539-5000 Information
Toll Free 866-743-3682
TTY 410-539-3497
www.mta.maryland.gov/mobility
www.mta.maryland.gov/content/brochures-publications
MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

MD Transit Administration (MTA)/Reduced Fares
410-767-3441
TTY 410-333-2051
www.mta.maryland.gov/senior-reduced-fare-program
www.mta.maryland.gov/content/brochures-publications
People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

Metropolitan Washington Ear, Inc.
301-681-6636
www.washear.org
Free services for those who are blind, visually impaired, and physically disabled who cannot effectively read printed materials/ Toll-free 24-hour dial-in newspaper and magazine reading service: Washington Post, USA Today, Wall Street Journal, etc. Also sponsors radio reading services, a look up service upon request for classified advertisements, yellow pages, and other information and live description and audio recording program notes for productions at ten local theaters.

Muscular Dystrophy Association, Inc.
410-494-7106
www.mda.org
A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; medical equipment loan closet; and volunteer opportunities.

National Federation of the Blind (NFB) of Maryland
410-715-9596
410-602-9030 Senior Issues
www.nfbmd.org
A national consumer advocacy organization which provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services,
protection of civil rights, development and evaluation of technology and support for blind persons and their families. Free electronic newspaper service. NFB-newsline: Toll Free 866-504-7300.

Opportunity Builders, Inc.
410-787-0700
TTY 800-735-2256
www.obiworks.org
Provides vocational training and employment services to adults with developmental disabilities. Also works with families to encourage the client’s independence and opportunities.

The Parents Place of Maryland
410-768-9100 V/TDD
www.ppmd.org
We are a resource center for families whose children have disabilities or special healthcare or educational needs up to age 21.

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

Service Coordination, Inc.
801 Cromwell Park Drive
Glen Burnie, MD 21061
410-863-0360
Hearing impaired, use MD Relay 711
www.servicecoordinationinc.org
Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. It assists in the development of plans for clients by exploring options and then helps to arrange and monitor needed supports, and advocates as necessary.

Unified Community Connection of Central Maryland
410-484-4540
TTY 800-451-2452
www.unifed.org
Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

V-LINC (LINC and Volunteers for Medical Engineering)
410-554-9134
www.v-linc.org/
www.v-linc.org/services.html
Focus is on improving the independence and quality of life for individuals with disabilities. It provides innovative technology solutions and training that assist individuals in their home, community and workplace. Meets individualized needs of clients by providing uniquely designed assistive technology and adaptive devices that are not commercially available, thereby enhancing clients’ abilities to live and work independently. Serves all ages and disability groups. Services are provided for a small fee for completed devices if the client is able to pay.

TTY users can call Maryland Relay 711

Do you feel like you are missing out on the conversation?

Connect with Maryland Relay.

Multiple Calling Options—For anyone who has difficulty using a standard telephone.

Captioned Telephone—Displays every word your caller says, as you listen.

Maryland Accessible Telecommunications (MAT) program—State-provided assistive equipment to qualified applicants including telephones and tablets.

Get a FREE evaluation to find the solution that’s right for you.
Call 800-552-7724 or 410-767-6960 (Voice/TTY) 443-453-5970 (Video Phone) or visit mdrelay.org to get started.
Discrimination

AA County Human Relations Commission
410-222-1234
410-222-1220
Advise and counsel Anne Arundel County residents with regard to discrimination complaints in employment, housing, public accommodations, financing, and disabilities in government or private sectors.

Annapolis Human Relations Commission
410-263-7998

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

Baltimore Neighborhoods, Inc. (BNI)
410-243-4468 Administration
410-243-4400 Fair Housing
410-243-6007 Call Center/Tenant-Landlord Hotline
1-800-487-6007
www.bni-maryland.org
Promotes justice in housing for all people in the State of Maryland through fair housing and tenant-landlord programs and public information activities.

Equal Employment Opportunity Commission
410-209-2742
Toll Free 800-669-4000
TTY 800-669-6080
www.eeoc.gov
Provides counseling and assistance with discrimination based on age, race, gender, disability, religious affiliation, etc.

Education

AA Community College SPG
AACC, 101 College Parkway, Arnold, MD 21012
410-222-4464
www.aacc.edu

AA Community College, Adult Basic Education
410-777-1823 for information or assessment appointment.
www.aacc.edu/basicskills/abs
Provides Adult Basic Education for those age 16 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

AA Community College, Center on Aging SPG
410-777-1184
www.aacc.edu/aging
AACC’s Center on Aging serves 3,800 older adults each year through courses provided on the college’s campus, at county senior activity centers, and other locations in the county. Programs include LifeStages (focus on issues such as caregiving and late career transitions); senior courses for individuals 55 and older; Peer Learning Partnership which is a community of peers who facilitate seminar-style courses and other activities; and the Guild for LIFE (Learning for Everyone) which sponsors lectures and tours.

AA Community College, Disability Support Services
410-777-2307; 800-735-2258 Toll Free
www.aacc.edu/disability/
AACC’s Disability Support Services assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

AA County Department of Aging/ Diabetes Classes (and other Chronic Disease Classes)
410-222-4386

AA Community College, Disability Support Services/Main Office
410-222-4257
Toll Free 800-492-2499
www.aacounty.org/aging

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

AARP–Driver Safety
Toll Free 1-888-687-2277
Toll Free 1-888-227-7669 or 1-877-846-3299
www.aarp.org/home-garden/transportation/driver_safety
AARP Driver Safety Program for motorists age 50+. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. Instruction classes for seniors held at Arnold, O’Malley, Pascal, and South County Senior Activity Centers. Fee.

Center for Help (Centro de Ayuda)
410-295-3435
www.centrodeayuda.org
Provides educational services and referrals to the county’s Hispanic community including adult literacy, English as a Second Language, family support, job referral, and assistance in accessing services. Eligibility: Latino residents of AA County.

Discounts

AA County Public Schools, Senior Citizen Event Card
410-222-4257
www.aacounty.org/aging
Free admission to school-sponsored cultural or athletic events. Can be obtained from the county Dept. of Aging and Disabilities and AA Co. Public Schools (410-222-5000).

AA County Office of Transportation/Taxi Voucher Service
410-222-7440
www.aacounty.org/departments/transportation/
Provides coupons for discounted taxi cab service within the county to persons 55 years and older and people 18 or older with disabilities, who meet income guidelines. Motorized wheelchairs cannot be accommodated.

MD Transit Administration (MTA)/Reduced Fares
410-767-3398
www.mta.maryland.gov/content/brochures-publications
People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

AA County Human Relations Commission

AA County Office of Transportation/Taxi Voucher Service

MD Transit Administration (MTA)/Reduced Fares

AA Community College, Disability Support Services

AA Community College, Disability Support Services/Main Office

AA County Literacy Council

AARP–Driver Safety

Center for Help (Centro de Ayuda)
Works in partnership with government services and area non-profits.

Road Scholar
Toll Free 800-454-5768
TTY 877-426-2167
www.roadscholar.org
Road Scholar is a network of more than 1,600 educational and cultural institutions that host short-term, non-credit, residential academic programs. Faculty-taught classes in a variety of liberal arts and science subjects. Combined travel and education for age 55+ and spouse of any age at very reasonable prices.

University of MD Extension
410-222-3900
http://extension.umd.edu/anne-arundel-county
A statewide, non-formal education system within the College of Agriculture and Natural Resources and the University of MD Eastern Shore. Educational programs and problem-solving assistance are available to citizens.

Elder Abuse

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

AA County Dept. of Social Services/Adult Protective Services
410-421-8400
www.maryland.gov
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.

Annapolis City Police Department
911 Emergencies
Non-emergency 410-268-9000
410-268-4141
TTY 410-268-1844
410-280-CLUE (2583) Anonymous tips
www.annapolis.gov/police
City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

Anne Arundel Medical Center’s Abuse and Domestic Violence Program
443-481-1209
www.aahs.org/domesticviolence
Free, anonymous crisis counseling, personal advocacy, injury documentation, community referrals, and community presentations.

Sexual Assault Crisis Center
410-222-7273
www.annapolisywca.org
Provides sexual assault counseling, crisis intervention, urgent mental health care, therapy, and physician appointments. In-home family intervention also available. Mental health Warmline: 410-768-5522.

YWCA Domestic Violence Program
410-222-6800
www.annapolisywca.org
A 24-hr. Hotline available for domestic abuse victims. Counseling for victims, abusers, and children. Safe shelter for victims and children. Legal services for victims; advice and representation in civil cases.

Elder Law

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

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

Byrd & Byrd, LLC SPG
14300 Gallant Fox Lane, Suite 120
Bowie, MD 20715
301-464-7448
www.byrdandbyrd.com
Please see our ad on page 47

JAMES MASON, ESQ., CPA
Attorney at Law
Elder Law & Estate Planning
• Wills & Trusts
• Living Wills
• Powers of Attorney
• Asset Protection
• Probate
• Guardianship
• Tax & Business Law
• Medical Assistance Advice

HOUSE CALLS
Personalized and Efficient Legal Services
600 Baltimore Annapolis Blvd.,
Severna Park, MD 21146
410-647-2000
410-649-5214 Fax
E-mail: jmason@jmasonlaw.com
Web: www.jmasonlaw.com

James Mason, Attorney at Law
Your plans can address tax and legal issues by drawing on my experience as a CPA and a Masters in Taxation degree recipient. Estate planning. Probate, Elder law.
James Mason, Esq., CPA
Attorney at Law
600 Baltimore-Annapolis Blvd., Suite 200
Severna Park, MD 21146
410-647-2000
jmason@jmasonlaw.com
Ensure that plans address tax and legal issues by drawing on my CPA experience and Master’s degree in taxation. Estate planning, probate, elder law.
Please see our ad on page 45

Maryland Legal Aid
410-972-2700
Toll Free 800-666-8330
www.mdlab.org
A private, non-profit law firm providing free civil legal services to low-income persons. Local office provides assistance in civil areas of law for clients who qualify by household income and by issues.

Maryland Legal Aid/Long Term Care Assistance Project
Toll Free 866-635-2948
www.mdlab.org
A statewide project that provides free civil legal help to low income Marylanders. May be able to assist with involuntary discharges, nursing homes and assisted living residents’ rights issues, contract review, and Medical Assistance long term care issues.

Maryland Senior Legal Helpline
Toll Free 866-635-2948
A fee-based telephone legal service for all residents in Maryland aged 60 years or older. When you call the Senior Helpline, you may talk to a lawyer for legal advice, brief legal services or for a referral to another lawyer or to an appropriate public or private agency. Does not provide services in criminal cases, “fee-generating” cases and traffic court cases.

Maryland Volunteer Lawyers Service
410-547-6537
Toll Free 800-510-0050
www.mvlslaw.org
A nonprofit organization that provides free legal services to low and moderate income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges.
Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

Senior Citizens’ Law Project of AA County
410-972-2700
Toll Free 800-666-8330
www.mdlab.org
A private, non-profit corporation, Maryland Legal Aid provides free legal services to residents of AA County age 60 or over. Contributions are accepted. Free representation for certain types of legal problems. Specializes in problems with housing and evictions, consumer issues and other civil areas. Available to provide presentations to groups regarding legal matters affecting seniors. Generally it does not prepare wills, living wills, or powers of attorney but can provide referrals.

Sinclair Prosser Law, LLC SPG
900 Bestgate Road, #103
Annapolis, MD 21401
410-573-4818
www.sinclairprosserlaw.com
Estate Planning and Elder Law Attorneys. Member of the American Bar Association and the Maryland Bar Association.

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

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

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

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

Emergency Response

**AA County Fire Dept. Headquarters**
911 Emergencies
410-222-8200
TTY 410-222-8747
www.aacounty.org/fire
Provides essential emergency and non-emergency services and integrated all-hazard emergency management to citizens. Protects life, safety, and property through education, response to fire activity, medical, environmental, natural, or technological emergencies.

**American Red Cross of Central MD**
410-764-7000
410-624-2000
Toll Free 800-787-0091
www.redcross-cmd.org
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

**Offices of Emergency Management**
410-222-0600 County
410-216-9167 City
www.aacounty.org/departments/office-of-emergency-management
www.annapolis.gov
County/city offices are responsible for the coordination of resources, in conjunction with regional, state, and federal partners, to assist citizens before, during, and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

**Alzheimer’s Association**
**MedicAlert and Safe Return Program**
Toll Free 800-272-3900
www.medicalert.org/safereturn
A national program of the Alzheimer’s Association that assists in the identification and safe, timely return of individuals with Alzheimer’s disease and related dementias who wander off. Identification products including bracelet or necklace and wallet cards, 24-hour toll-free emergency crisis line, support and education are part of the program.

**Annapolis City Police Dept.**
911 Emergencies
410-268-4141
TTY 410-268-1844
www.aacounty.org/Police
General phone number for Police Dept. for information on forming Neighborhood Watch programs, fingerprint kits, Operation Identification, senior liaison programs, scams, personal safety, and home security.

**MD Poison Center/University of MD**
Toll Free 800-222-1222
TTY users, call via MD Relay 711.
www.medicalert.org/safereturn
Reach Poison Experts (specially trained pharmacists and nurses) who are ready to manage poisoning overdose calls 24/7. Call for emergencies or information about: medicine, household products, bites and stings, food poisoning, plants, chemicals, and overdoses.

**MedicAlert Foundation**
Toll Free 888-633-4298 or 800-432-5378
www.medicalert.org
Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when wearer is unable to speak.

**Sixty Plus Legal Program**
410-951-7760
Toll Free 800-999-8904
TTY MD Relay 711
www.peoples-law.org
Low cost legal services for qualifying persons. Simple wills, power of attorney, deeds, estates, and advanced medical directives. Income limits apply.

**Specialty Programs**

**Sixty Plus Legal Program**
410-951-7760
Toll Free 800-999-8904
TTY MD Relay 711
www.peoples-law.org
Low cost legal services for qualifying persons. Simple wills, power of attorney, deeds, estates, and advanced medical directives. Income limits apply.

**American Red Cross of Central MD**
410-764-7000
410-624-2000
Toll Free 800-787-0091
www.redcross-cmd.org
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

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410-222-0600 County
410-216-9167 City
www.aacounty.org/departments/office-of-emergency-management
www.annapolis.gov
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911 Emergencies
410-268-4141
TTY 410-268-1844
www.aacounty.org/Police
General phone number for Police Dept. for information on forming Neighborhood Watch programs, fingerprint kits, Operation Identification, senior liaison programs, scams, personal safety, and home security.

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TTY users, call via MD Relay 711.
www.medicalert.org/safereturn
Reach Poison Experts (specially trained pharmacists and nurses) who are ready to manage poisoning overdose calls 24/7. Call for emergencies or information about: medicine, household products, bites and stings, food poisoning, plants, chemicals, and overdoses.

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Office of Emergency Management
410-222-0600 County
410-216-9167 City
www.aacounty.org/departments/office-of-emergency-management
www.annapolis.gov
County/city offices are responsible for the coordination of resources, in conjunction with regional, state and federal partners, to assist citizens before, during and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

Employment and Job Counseling

AA Workforce Development Corporation/Senior Focused Program
410-766-5212
www.aawdc.org
Government funded employment programs for low income seniors age 55 and older in AA County.

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

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

MD State Employment/Job Service
410-424-3240
www.mwejobs.maryland.gov
Job placement, information and assistance, workshops, and seminars for all ages.

Exercise, Biking, Walking

Arundel Mills Milers
410-553-8103
www.mybwmc.org
Daily walking program, M-F. Visit the Guest Services booth located near entry #4 in the breezeway to pick up a waiver and registration card.

Jing Ying Institute Of Kung Fu and Tai Chi SPG
1195 Baltimore Annapolis Blvd #6, Arnold, MD 21012
410-431-6200
www.JingYing.org

MD Senior Olympics
240-777-4930
www.mdseniorolympics.org
This organization promotes and provides athletic competition for seniors age 50 and older through their Offices on Aging at the state and county levels. Activities are held year round. Registration is required; call for information.

Marley Station Milers Walking Program
410-766-2033
The Marley Milers walk the Mall 7:30-10 a.m. Monday through Friday. Call the mall for additional services. Enroll at Mall Management Office.

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

Eye Care

Anne Arundel Eye Center
127 Lubrano Drive, Suite 301
Annapolis, MD 21401
410-224-2010
www.AnneArundelEyeCenter.com

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

Financial Services and Programs

AA County Dept. of Aging and Disabilities/Representative Payee Program
410-222-4257
www.aacounty.org/aging

Reverse Mortgage Answers, LLC SPG
614 Old Edmondson Ave. Ste. 300, Baltimore, MD 21228
410-788-7070
410-570-0441
Dththreadgill@rmanswers.org

Food and Nutrition

(See also Lunch Sites)

AA County Food and Resource Bank
410-923-4255
www.aafoodbank.org
Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program which assists clients with hospital beds, walkers, bedside commodes, etc. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. Furniture and Appliances are also available by referral only from Dept. of Aging and Disabilities and Dept. of Social Services. An appointment is required for referrals. Donations are appreciated. Hours of operation: Mon.–Fri. 9 a.m.–12 noon and 1 p.m.–3 p.m.
AA County Dept. of Aging and Disabilities/Senior Nutrition Program
410-222-4464
www.aacounty.org/aging

AA County Dept. of Social Services-Annapolis and Glen Burnie
1-855-284-0650 Main Call Center
410-269-4500 – Annapolis
TTY 410-269-4512
410-421-8539 – Glen Burnie
TTY 410-421-8551
www.dhr.maryland.gov/local-offices/anne-arundel-county/
The Dept. provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence, and many other programs. Holiday Sharing 410-269-4461. Emergency assistance is available.

Funeral Homes

John M. Taylor Funeral Home, Inc.
SPG
147 Duke of Gloucester Street
Annapolis, MD 21401
410-263-4422
www.JohnMTaylorFuneralHome.com
Serving the community since 1862. Taylor Funeral Home offers burial, cremation and celebration of life services tailored to meet your needs and budget.

Health Organizations

AA County Dept. of Health/Adult Evaluation and Review (AERS)/Nurse Monitoring Service
410-222-4361 (AERS)
410-222-7183 (NMS)
AERS conducts comprehensive evaluations in the home. Registered nurses and licensed social workers assist individuals with identifying services and make recommendations and referrals to support living in the community. Referrals come through MAP. NMS provides visits to participants in the Community First Choice and Community Options Waiver. Registered nurses monitor the participants’ health and safety.

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

Alzheimer’s Association Greater MD Chapter
SPG
Toll Free 800-272-3900 Helpline
www.alz.org/maryland
Non-profit organization dedicated to the elimination of Alzheimer’s disease through the advancement of research; to proving and enhancing care and support for all affected; and to reducing the risk of dementia through the promotion of brain health. Services include a 24/7 Helpline to provide emotional, informational, and referral support; support groups for family caregivers, friends, and the person with dementia; care consultation, community and professional education, respite program for caregivers, and MedicAlert and Safe Return ID program.

American Cancer Society
Toll Free 800-227-2345
410-721-4304, ext. 3
www.cancer.org
A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.
American Diabetes Association
410-265-0075
Toll Free 800-342-2383
www.diabetes.org
The mission of this association is to prevent and cure diabetes and to improve the lives of people affected by diabetes. To fulfill this mission the ADA funds research, provides information, and advocates.

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

American Lung Association
Toll Free 800-LUNGUSA
www.lung.org
Its mission is to save lives by preventing lung disease and promoting lung health through advocacy, education, and research. Services include smoking cessation, support groups for people with chronic lung disease, asthma management programs, and a toll-free helpline.

American Parkinson Disease Association
Local 410-315-9953
Toll Free 800-223-2732
www.apdaparkinson.org
The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Meets at the Elks Lodge in Severna Park. Call for days and times.

American Red Cross/Chesapeake Region
410-624-2000
1-800-redcross (for blood donation)
Toll Free 800-733-2767
www.redcross.org/chesapeake
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

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

AA County Ostomy Association, Inc.
410-647-6171
www.annearundelostomy.com
A chapter of the United Ostomy Association of America, Inc., the local support group meets the first Thursday of the month at 7:30 p.m. on 7th floor of the Health Sciences Bldg. at Anne Arundel Medical Center. This non-profit, volunteer-based organization is dedicated to providing reassurance and emotional support for people who have had or will have ostomies.
have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy, or a continent procedure. It also publishes a newsletter.

**AA County Dept. of Health**
410-222-7095
TTY 410-222-7153
www.aahealth.org
This is the general number for the county Dept. of Health which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

**Arthritis Foundation, Mid Atlantic Branch**
443-738-9630
Toll Free 800-365-3811
www.arthritis.org
Provides information on arthritis research and the importance of appropriate treatment and offers free literature, water and land exercise programs, physician referral, and education program.

**Bay Community Support Services, Inc.**
410-224-4205, Ext. 101
301-863-8870, Ext. 13
www.baycss.org
A full-service agency that provides support services for individuals with disabilities in Maryland in all stages of life. Direct services include residential, individual and family support services, community living arrangements and vocational services.

**Leukemia and Lymphoma Society**
443-471-1600
Toll Free 800-242-4572
www.LLS.org
Provides information and support, financial assistance, education, advocacy and research on blood cancer.

**Maryland Health Connection**
1-855-642-8572
http://marylandhealthconnection.gov
Maryland Health Connection is our state’s health insurance marketplace. Here you can shop, compare and select a health plan that meets your needs and those of your family. Even if you’ve never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children’s Health Program (MCHIP). No matter what type of insurance you qualify for – public or private – we’ve got you covered.

**MD Kidney Disease Program**
410-767-5000
Provides for the payment of Medicare deductibles and co-insurance for end stage renal disease. New electronic claims administration system gives increased functionality for providers to enter and submit claims electronically.

**MediAlert Foundation**
Toll Free 1-888-633-4298
www.medicalert.org
Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when wearer is unable to speak.

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

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

**Parkinson’s Disease and Movement Disorder Center at Johns Hopkins University School of Medicine**
410-955-8795
www.hopkinspdmd.org
Offers community outreach and education programs for individuals with Parkinson’s disease or other movement disorders, as well as their families and/or caregivers. Area support groups available. Free literature. Personal case management services.

**UM Community Medical Group-Adult and Senior Care**
3708 Mountain Road
Pasadena, MD 21122
Phone: 410-553-8092
www.umcmg.org/adultseniors
Adult and Senior Care provides quality medical care to adults age 49 and older. In addition to routine care, we treat and manage acute and chronic conditions. Please see our ad on page 5

**Unified Community Connection of Central Maryland**
410-484-4540
TTY 800-451-2452
www.unified.org
Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

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

### Hearing Aids

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

**Chesapeake Hearing Centers, Inc.**
SPG
580-I Ritchie Hwy
Severna Park, MD 21146
410-647-7795
www.helpyourhearing.com
Founded in 1975, we are Maryland’s oldest private practice audiology group. Seven convenient locations with ample free parking, our providers are educated,
credentialed, and experienced. We evaluate, treat, and serve exactly the way we would want to be treated—without courtesy and respect. We are providers with most major insurance plans.

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

Home Care: Concierge Care Services

Elderberry Senior Services SPG
163 Mitchells Chance Road, Suite 240
Edgewater, MD 21037
443-221-3317
www.elderberrieseniorservices.com
Contact: Linda Hubbard
Individualized, personal, non-medical concierge care designed to meet the needs of those who prefer to live at home. We are here to help you with your day-to-day activities by providing superior comprehensive elder care concierge services. We assist and empower elders to maintain safe, independent, and thriving lifestyles at home. We are experienced, bonded and insured. Please see our ad on page 53

Home Care, Non-Medical

Amada Senior Care SPG
134 Holiday Court, Suite 306
Annapolis, MD 21401
443-569-0799
www.AmadaAnnapolis.com
Highly trained caregivers provide in-home, non-medical care for seniors. Offering hourly and live-in 24-hour care. Free, expert review of long-term care policies and VA benefits which can pay for caregivers. Call for a complimentary care consultation. Please see our ad on page 54

Assisting Hands Home Care SPG
14300 Gallant Fox Lane, Suite 120,
Bowie, MD 20715
301-965-0521
www.assistinghands.com/bowie

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

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

443.221.3317 • www.elderberrieseniorservices.com
163 MITCHELLS CHANCE ROAD, SUITE 240 • EDGEWATER, MARYLAND 21037

Extraordinary Home Care at Affordable Rates Since 1982

- Proprietary screening process
- Ongoing FREE in-home visits
- Licensed, bonded & insured
- Private pay or insurance
- Alzheimer’s, MS and ALS caregivers
- $16.95 Hourly Care; $177.50 Live-In Care

Call Today for a FREE, no-obligation Care Proposal

Annie Arundell/Kent & Queen Anne’s Counties: 410.975.9750

Exceptional Service for Over 30 years
15 Years Serving the Local Community

Locally Owned and Operated

visit us at: GriswoldHomeCare.com
Chesapeake Caregivers SPG
839 Bestgate Road #400
Annapolis, MD 21401
In-Home Care for all aspects of Adult Daily Living as well Dementia/Alzheimer’s, Palliative Care assistance, assistance with discharge after hospitalization/rehabilitation. 24/7 availability, 3-hour min. RN assessments, CNAs, and Compassionate Caregivers. Susan Degan 202-904-7617
Please see our ad on page 11

Chores and More/St. Margaret’s Episcopal Church
443-808-3875
Volunteer program that offers temporary help for shut-ins of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor appointments.

ComForCare Home Care
7678 Quarterfield Road, Suite 203
Glen Burnie, MD 21061
www.ComForCare.com/N-Anne-Arundel
When you or your loved ones need assistance with daily living. Home companions, 24-hour care, home health aides, transportation providers, Certified Nurse aides. Compassionate, reliable home care.
Please see our ad on page 27

ComForCare Home Care SPG
846 Ritchie Highway, Suite L-2
Severna Park, MD 21146
443-906-6282
www.ComForCare.com/Maryland/greater-annapolis
Compassionate care you can depend on. ComForCare nurse-supervised, licensed, bonded and Insured caregivers provide in-home dementia and disability care, personal care, transition of care after a hospital or rehabilitation stay, transportation, medication reminders, light housekeeping, companionship and much more. Call for a free consultation.
Please see our ad on page 27

Home Instead Senior Care SPG
1511 Ritchie Highway, Suite 301
Arnold, MD 21012
410-349-2320
www.homeinstead.com/241
Serving the community for 21 years. Experienced employees are screened, trained, bonded and insured. Home helpers and nurse supervised personal care. Individualized care planning can include housekeeping, transportation, meals, med reminders and more. Dementia
and chronic conditions. Please call to schedule a complimentary in-home assessment.

**Homewatch Caregivers**  
1997 Annapolis Exchange Parkway  
Annapolis, MD 21401  
410-715-9175/301-596-0006  
www.hwcg.com/annapolis  
*Please see our ad on page 17*

**Response Senior Care, LLC SPG**  
1831 Forest Drive, Suite G  
Annapolis, MD 21401  
410-571-2744  
www.response-seniorcare.com  
Personal in-home care provided by experience, qualified employees. Consultation and supervision by R.N. Hourly live-in. Licensed by the State of Maryland, bonded, insured, employee criminal background performed. FREE CONSULTATION.  
*Please see our ad on page 38*

**Right At Home SPG**  
1831 Forest Drive, St. E, Annapolis  
410-846-0141  
www.rightathomemd.net  
Right at Home has been serving the community since 2004, employing highly trained, licensed, bonded and insured caregivers to provide care in your home. Our service quality and reliability are our difference. The Right Care, Right at Home.  
*Please see our ad on page 54*

**Senior Helpers SPG**  
454-A/Governor Ritchie Hwy  
Severna Park, MD 21146  
410-305-0888  
www.seniorhelpers.com/annapolis  
Flexible and individualized in-home senior care for your specific situation. Experienced caregivers are trained to assist with activities for daily living to make everyday life more manageable. Call today to schedule your no-obligation assessment.  
*Please see our ad on page 55*

**Synergy HomeCare of Anne Arundel County SPG**  
420-I Chinquapin Round Road  
Annapolis, MD 21401  
410-263-4050  
www.synergyhomecare.com  
we caremd03@synergyhomecare.com  
Synergy HomeCare, a Veteran’s Administration and Long Term Care contracted agency, allows clients to utilize services as needed for short-term or 24/7 care. Services include assistance with activities of daily living such as personal care, transportation, housekeeping, errand running, companionship, meal planning/preparation, and medication reminders. Caregivers provide services in a variety of settings, including independent and Assisted Living Communities.

**True Companion Care Enterprises, LLC SPG**  
P.O. Box 461  
Arnold, MD 21012  
410-507-5578  
www.truecompanioncare.com

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**Home Health Care**

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

**True Companion Care Enterprises, LLC SPG**  
P.O. Box 461  
Arnold, MD 21012  
410-507-5578  
www.truecompanioncare.com

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**Seniors 4 Seniors**  
Senior Lifestyle Planning & Care Solutions  
A Free Service  
Help is just a phone call away!  

**Assisted Living Homes | Independent Living | In-Home Help**  
8010 Catherine Avenue • Pasadena, MD 21122  
O: 410-439-9353 • www.servants4seniors.com  

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

**AA County Dept. of Aging and Disabilities/Community First Choice**  
410-222-7183  
www.aacounty.org/aging

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

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**Synergy HomeCare, a Veteran’s Administration and Long Term Care contracted agency, allows clients to utilize services as needed for short-term or 24/7 care. Services include assistance with activities of daily living such as personal care, transportation, housekeeping, errand running, companionship, meal planning/preparation, and medication reminders. Caregivers provide services in a variety of settings, including independent and Assisted Living Communities.**

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**True Companion Care Enterprises, LLC**

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**AA County Dept. of Aging and Disabilities/Community First Choice**
AA County Dept. of Aging and Disabilities/Telephone Reassurance  
410-222-4257  
www.aacounty.org/aging

Amada Senior Care SPG  
134 Holiday Court, Suite 306  
Annapolis, MD 21401  
443-899-0799  
www.AmadaAnnapolis.com  
Highly trained caregivers provide in-home, non-medical care for seniors. Offering hourly and live-in 24-hour care. Free, expert review of long-term care policies and VA benefits which can pay for caregivers. Call for a complimentary care consultation.  
Please see our ad on page 54

Brightstar Healthcare SPG  
2111 Baldwin Ave. Crofton, MD 21114  
(410)697-3527  
www.brightstarcare.com

Family and Children’s Services  
410-571-8341  
443-820-8261  
Toll Free 800-899-4601  
www.fcsmd.org  
Provides in-home care services for seniors and younger persons with disabilities and counseling for victims of sexual abuse. Sliding fee for counseling and in-home care by certified, bonded aides with RN supervision. Participates in the AA County Dept. of Aging and Disabilities Programs.

Genesis Select Care SPG  
515 Fairmont Ave., 8th Floor, Towson, MD 21286  
800-480-3225 (option 3)  
http://selectcare.genesishcc.com

Home Care Assistance SPG  
The Village At Waugh Chapel  
2642 Brandermill Blvd., Gambrills, MD 21054  
443-302-2771  
www.HomeCareAssistanceAnnapolis.com

A Homemade Plan SPG  
192 Duke of Gloucester St., 2nd Floor, Annapolis, MD 21401  
443-837-7768  
www.ahomemadeplan.com

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

Regent Healthcare SPG  
1344 Ashton Rd., #201 Hanover, MD 21076  
410-872-0310  
www.regenthealth.com

Response Senior Care, LLC SPG  
1831 Forest Drive, Suite G  
Annapolis, MD 21401  
410-571-2744  
www.response-seniorcare.com  
Personal in-home care provided by experience, qualified employees. Consultation and supervision by R.N. Hourly live-in. Licensed by the State of Maryland, bonded, insured, employee criminal background performed. FREE CONSULTATION.  
Please see our ad on page 38

Right At Home SPG  
1831 Forest Drive, St. E, Annapolis  
410-846-0141  
www.rightathomemd.net  
Right at Home has been serving the community since 2004, employing highly trained, licensed, bonded and insured CNAs, CMTs, and RNs to provide in-home care. Our service quality and reliability are our difference. Get the Right Care, Right at Home.  
Please see our ad on page 54

Synergy Home Care of AACO SPG  
420-I Chinquapin Round Rd., Annapolis, MD 21401  
410-263-4050  
www.synergyhomecare.com

Home Improvement, Design, Repairs and Maintenance

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

Aging in Place with Beauty and Grace SPG  
958 Coachway, Annapolis, MD 21041  
562-235-1355  
www.aginginplacewithbeautyandgrace.com

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

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

Freedom Mobility  
7271 Park Circle Drive  
Hanover, MD 21076  
888-414-6553  
www.freedommobilitysolutions.com  
There are many modifications that can increase the safety and convenience of any home. Stop by our Interactive State of the Art Showroom or schedule a Home Evaluation with our Certified Aging in Place Specialist today. We can help you Stay At Home Safely!  
Please see our ad on page 57

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

Habitat for Humanity of the Chesapeake  
410-366-1250  
www.habitatchesapeake.org  
Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute “sweat equity” and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium “ReStore” retail outlet thrift shops for home improvement items. Proceeds go to Habitat.
Partners In Care SPG
8151-C Ritchie Highway
Pasadena, MD 21122
410-544-4800; Toll Free 1-800-227-5500
www.partnersincare.org
Volunteer members make home repairs to help people live safely and independently in their own homes. Handymen and women are always needed.

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

Stay Home Safely, LLC SPG
1919 Eamons Way
Annapolis, MD 21401
443-679-6200
www.stayhomesafely.com
Providing individuals, the opportunity to safely and independently remain in their home and age in place through home modifications. Services include thorough home assessments and overseeing the proper installation of the modifications as well as consultants for temporary or permanent home modifications upon discharge from a hospital or rehab facility.

Please see our ad on page 11

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

Hospice Care

Assisted Living Well Compassionate Care, LLC SPG
259/269/271 W. Pasadena Road
Millersville, MD 21108
410-315-8807
www.AssistedLivingWell.com
Three upscale, family-style homes offer private rooms and baths, Nurse and 24-hour med-tech care providers. Includes medication administration, homestyle meals, group activities, laundry and housekeeping. We work with hospice care. One home is secured for later stages of Dementia/Alzheimer’s.

Please see our ad on page 34
**Hospice of the Chesapeake**
90 Ritchie Highway
Pasadena, MD 21122
410-987-2003
Toll Free 800-745-6132
www.hospicechesapeake.org
Provides physical, psycho-social, and spiritual support to individuals affected by advanced illness wherever they call home and regardless of ability to pay. A multi-disciplinary team approach ensures quality and compassionate care.
*Please see our ad on page 5*

**Housecleaning**

**Ameri-Maid**
1511 Ritchie Hwy., #105
Arnold, MD 21012
410-757-5571
www.ameri-maid.com
Friendly, English-speaking personnel providing housecleaning. All employees are bonded and insured. We come weekly, bi-weekly, or monthly. We also clean windows and carpeting. Free estimates.
*Please see our ad on page 5*

**Hospitals**

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

**University of Maryland Baltimore Washington Medical Center**
410-787-4000
TTY 410-787-4498
www.umbwmc.org

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

**Housing, Counseling**

**AA County Dept. of Aging and Disabilities/Assisted Living**
410-222-4257
www.aacounty.org/aging

**Baltimore Neighborhoods, Inc. (BNI)**
410-243-4468 Administration
410-243-4400 Fair Housing
410-243-6007 Call Center/Tenant-Landlord Hotline
Toll Free 800-487-6007
www.bni-maryland.org/

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**Hospice of the Chesapeake**
Caring for Life throughout the journey with illness and loss is our mission.
We understand that making hospice decisions can be overwhelming and confusing to patients and their families.
Our care team is here to help.
www.hospicechesapeake.org
410.987.2003

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**Ameri-Maid**
Over 30 years of experience in providing quality housecleaning services.
Bonded/Insured
Flexible Service Plans
Free Estimates
Quality Guaranteed
Supplies & Equipment Furnished
Donna Darling
(410) 757-5571
Promotes justice in housing for all people in the State of Maryland through fair housing and tenant-landlord programs and public information activities.

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 AA County. The programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, home ownership, reverse mortgage education, employment counseling for youth and adults. The Youth Service Bureau offers comprehensive counseling and intervention. Bilingual Spanish staff available.

Gallagher Services for People with Developmental Disabilities
410-252-4005
www.catholiccharities-md.org
A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, enhancing job skills, engaging in the community, and meeting their individual needs.

MD Dept. of Human Resources
Toll Free 800-332-6347
TTY 800-925-4434
http://dhr.maryland.gov
Provides help and information about numerous state supported economic assistance programs, as well as abuse and neglect provisions. Living At Home: MD Community Choices program for eligible persons between the ages of 21 and 59 who have a disability. It is designed to help them live in the community.

Income Assistance

AA County Dept. of Social Services-Annapolis and Glen Burnie
1-855-284-0650 - Main
410-269-4589 - Annapolis
TTY 410-269-4512
410-421-8539 - Glen Burnie
TTY 410-421-8551
www.dhr.state.md.us/county/ann
Provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence and many other programs. Clients must apply in person or online at www.marylandsail.org.

Adventist Community Service Center
50 Aquahart Road, Glen Burnie, MD 21061
Center is open on Tuesdays between 10 a.m. and 1 p.m. to distribute free food, clothing and a free lunch to those in need. New applicants need identification.

Alzheimer’s Association Greater MD Chapter
Toll Free 800-272-3900 Helpline
www.alz.org/maryland
Non-profit organization dedicated to the elimination of Alzheimer’s disease through the advancement of research; to proving and enhancing care and support for all affects; and to reducing the risk of dementia through the promotion of brain health. Services include a 24/7 Helpline to provide emotional, informational, and referral support; support groups for family caregivers, friends, and the person with dementia; care consultation, community and professional education, respite program for caregivers, and MedicAlert and Safe Return ID program.

Asbury Church Assistance Network
410-647-7667
www.asburyn.org/ministries.asp
Food, non-perishable items. Limited financial assistance. Open Monday-Wednesday from 10 a.m. to 2 p.m. Requires photo ID.

North County Emergency Outreach (NCEON)
410-766-1826
Community organization that assists clients with court evictions, utility turn-off notices, medication, and food. M-W-F 10am-2pm only.

Office of Home Energy Program (OHEP)
410-626-1900
1-800-925-4434 Hearing impaired
www.dhr.maryland.gov/ohep
Helps low income Maryland citizens pay heating bills; includes the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP). Download applications and brochures at this web site. Can apply through the AA County Dept. of Aging and Disabilities.
Accessible Resources for Independence
410-636-2274
www.arinow.org

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

Anne Arundel County Office of Constituent Services
410-222-1785
www.aacounty.org/
The Office of Constituent Services serves as the direct link between County Executive Steve Schuh and the citizens of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county the best place to live, work, and start a business in the state of Maryland.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship
410-222-4257
TTY users call via MD Relay 711
www.aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/MAP Program
410-222-4257

Toll Free 844-MAP-LINK (627-5465)
TTY users call via MD Relay 711
www.aacounty.org/aging

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

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

Answers for the Aging, Senior Life Services
667-600-2100
Toll Free 888-502-7587
www.catholiccharities-md.org/seniors
Free telephone information, referral and counseling services for seniors, their families, friends and caregivers, assisting them to make informed decisions regarding care-giving, housing, in-home care, dementia care and more.

Catholic Charities Senior Communities
667-600-2280 – Senior Communities
667-600-2100 – Answers for the Aging
www.cc-md.org/senior-communities/
www.cc-md.org/seniors/
Maryland’s largest private provider of human services to people of all faiths and races. Services for seniors include rent-assisted senior housing communities at Arundel Woods in Glen Burnie, and Friendship Station and Friendship Village in Odenton; Senior Support Services programs-offers meals, housekeeping, laundry, and personal services to those who need a helping hand; and Answers for the Aging, a free telephone information and referral service for older adults and caregivers. Please see our ad on page 60

Center of Help/Centro de Ayuda
410-295-3434
410-295-3435
www.centrodeayuda.org
Provides educational services and referrals to AA County’s Hispanic community including adult literacy, English as a Second Language, family support, job referral, citizenship classes, and assistance in accessing services. Eligibility: Latino residents of AA County. Works in partnership with government services and area non-profits.
Eldercare Locator
Toll Free 800-677-1116
www.eldercare.gov
First step to finding resources for older adults in any U.S. community. Free national service of the U.S. Administration on Aging, U.S. Dept. of Health and Human Services. The service is intended to assist caregivers of any age and/or older adults themselves find the resources that they need.

FIRN, Inc.
410-992-1923
www.firnonline.org
Assists immigrants with general information and referral, immigration counseling, immigrant legal services, U.S. citizenship, interpreters, translation services, notary services, birth certificates (applications, corrections, and translation), Social Services referrals, consumer information and help, and medical information and assistance. Multi-lingual physician referrals. Office closed on Wednesdays. Appointments required.

MD Volunteer Lawyers Service
410-547-6537
Toll Free 800-510-0050
Note: Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m. www.mvlawfirm.org
A nonprofit organization that provides free legal services to low and moderate income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

National Cancer Institute/Information
Toll Free 800-422-6237
http://www.cancer.gov/contact/contact-center
A program of the National Cancer Institute that provides free literature on cancer, clinical trials, research programs, research funding, and the NCI.

OHHLA (Organization of Hispanic/Latin Americans of Anne Arundel County)
410-269-4424
OHHLA resides in the Community Resource Center run by the AA County Dept. of Social Services. The bilingual staff offers on the spot assistance for many issues affecting the Hispanic/Latino community including interpreter services, translation, immigration, legal questions, mediation, etc. Services are free.

Service Coordination, Inc.
801 Cromwell Park Drive
Glen Burnie, MD 21061
410-863-0360
Hearing impaired, use MD Relay 711 www.servicecoordinationinc.org
Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. It assists in the development of plans for clients by exploring options and then helps to arrange and monitor needed supports, and advocates as necessary.

2-1-1 Maryland
410-685-0525
Toll Free 800-492-0618
TTY 410-685-2159
www.211md.org
United Way of Central Maryland provides free, confidential information and referral to health and human service agencies in MD 24 hours a day, 7 days a week in over 150 languages.

United Way Community Partnership of AA County
410-379-1319
www.uwcm.org/annearundel
The regional arm of the United Way of Central MD. Mission is to build bridges between those who have and those who need. Raise needed funds and evaluate services.

Veterans of Foreign Wars
410-230-4480
Fox: 410-230-4481
www.vfw.org
Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

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

Amada Senior Care
134 Holiday Court, Suite 306
Annapolis, MD 21401
443-569-0799
www.AmadaAnnapolis.com
We are consumer advocates for people with long term care insurance policies. We don’t sell insurance but help policy holders understand, navigate and unlock their policy. Our free policy review can help to access money for in-home caregivers or Assisted Living. Please see our ad on page 54

AxA Advisors SPG
6200 Old Dobbin Lane, Ste. 100, Columbia, MD 21045
443-832-1972
www.davidclark2.com

Office of Eligibility Service/The Eligibility Determination Division
Toll Free 800-226-2142
TTY 800-735-2258
Determines eligibility for Medicaid. Call for eligibility criteria.

Maryland Health Connection
1-855-642-8572
http://marylandhealthconnection.gov/
Maryland Health Connection is our state’s health insurance marketplace. We’re your one-stop shop for health insurance in Maryland. Shop, compare and select a health plan that meets your needs and those of your family. Even if you’ve never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children’s Health Program (MCHP). No matter what type of insurance you qualify for – public or private – we’ve got you covered.

Turner, Carol SPG
206 Lynell Ct., Severna Park, MD 21146
443-618-2974
selectandinsure.com

TTY users can call Maryland Relay 711
LGBT Resources

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

Equality Maryland
410-685-6667
1201 South Sharp Street, Suite 109
Baltimore, MD 21230
www.equalitymaryland.org
Maryland’s Lesbian, Gay, Bisexual, and Transgender Civil Rights Organization

GLBT Hearts and Ears
410-523-1694
www.heartsandears.org
Hearts & Ears, Inc. is a non-profit organization for Gay, Lesbian, Bisexual, Transgender, Intersex, and Questioning individuals with mental health issues and concerns.

National Resource Center on LGBT Aging
202-640-1705
1220 L Street, NW, Suite 800
Washington, DC 20050
www.sageusa.org/programs/nrc.cfm
Led by Sage (Services & Advocacy for Gay, Lesbian, Bisexual, Transgender Elders), the National Resource Center on LGBT Aging is the country’s first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults. The site provides significant information LGBT Aging advocacy and import issues.

PFLAG of Anne Arundel County
www.pflagannapolis.org
PFLAG’s Annapolis/Anne Arundel County affiliate. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy. You are invited to gather with us on the first and third Tuesday of each month at 7:30 p.m. at the Universalist Unitarian Church located at 1920 Lawrence Avenue in Annapolis. We meet in the FAHS House – the yellow building to the left of the church building. Everyone is welcome!

Libraries

AA County Public Library Headquarters
410-222-7371
www.aacpl.net
Call 410-222-7371 for specific hours and locations of the 15 branches. Library by Mail is available for the homebound. TTY users, please call via Maryland Relay 7-1-1.

Library by Mail, AA County Library
410-222-6270
410-222-6271
TTY 410-222-4516
www.aacpl.net
Personalized library service. Delivers the full range of library materials and services via the mail. For County residents of all ages who are homebound, either permanently or temporarily, due to illness, disability, or injury.

MD State Law Library
410-260-1430
Toll Free 888-216-8156
http://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 Physically Handicapped
410-230-2424
Toll Free 800-964-9209
TTY 410-333-8679
TTY 800-934-2541
www.lbph.lib.md.us
Provides comprehensive library services to the eligible blind and physically handicapped. Books on audio cassette, in Braille and large print. Must fill out an application. Services are free.

 Loan Closets

AA County Food & Resource Bank
410-923-4255
www.aafoodbank.org
Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program which assists clients with hospital beds, walkers, bedside commodes, etc. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. Furniture and appliances are also available by referral only from the Department of Aging and Disabilities and the Department of Social Services. These referrals, obtained through those two Departments, are assisted by appointment only. Donations are appreciated. Hours of operation are Monday to Friday, 9 a.m.–12 noon and 1 p.m.–3 p.m.

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

Lunch Sites

Annapolis Senior Activity Center/Nutrition Site
410-222-1003
www.aacounty.org/aging
Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Arnold Senior Activity Center/Nutrition Site
410-222-1903
www.aacounty.org/aging
Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Bay Forest Senior Apartments/Nutrition Site
410-222-1082
www.aacounty.org/aging
Independent living housing for seniors aged 62+. Nutrition program on site. Breakfast and Hot noontime meals provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Brooklyn Park Senior Activity Center/Nutrition Site
410-222-6869
www.aacounty.org/aging
Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

AA County Food & Resource Bank
410-923-4255
www.aafoodbank.org
Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program which assists clients with hospital beds, walkers, bedside commodes, etc. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. Furniture and appliances are also available by referral only from the Department of Aging and Disabilities and the Department of Social Services. These referrals, obtained through those two Departments, are assisted by appointment only. Donations are appreciated. Hours of operation are Monday to Friday, 9 a.m.–12 noon and 1 p.m.–3 p.m.

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

Lunch Sites

Annapolis Senior Activity Center/Nutrition Site
410-222-1003
www.aacounty.org/aging
Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Arnold Senior Activity Center/Nutrition Site
410-222-1903
www.aacounty.org/aging
Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Bay Forest Senior Apartments/Nutrition Site
410-222-1082
www.aacounty.org/aging
Independent living housing for seniors aged 62+. Nutrition program on site. Breakfast and Hot noontime meals provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Brooklyn Park Senior Activity Center/Nutrition Site
410-222-6869
www.aacounty.org/aging
Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

AA County Food & Resource Bank
410-923-4255
www.aafoodbank.org
Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program which assists clients with hospital beds, walkers, bedside commodes, etc. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. Furniture and appliances are also available by referral only from the Department of Aging and Disabilities and the Department of Social Services. These referrals, obtained through those two Departments, are assisted by appointment only. Donations are appreciated. Hours of operation are Monday to Friday, 9 a.m.–12 noon and 1 p.m.–3 p.m.

Blind Industries and Services of MD
410-737-2600
Toll Free 888-322-4567
www.bism.org
A non-profit organization that offers rehabilitation, training and employment opportunities to citizens who are blind or visually impaired. The rehabilitation program for seniors includes home teaching, support groups and SAIL (Seniors Achieving Independent Living). Distributes white canes.
**Claiborne Place/Nutrition Site**  
410-222-7911  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**College Parkway Place/Nutrition Site**  
410-222-1977  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**Glen Forest/Nutrition Site**  
410-222-0027  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**Glen Square Senior Housing/Nutrition Site**  
410-222-6264  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**Heritage Crest Senior Housing/Nutrition Site**  
410-222-6262  
www.aacounty.org/aging  
Breakfast and hot noontime meals, classes, and leisure activities provided. Served by the AA County Dept. of Aging and Disabilities.

**Morris Blum Apartments/Nutrition Site**  
410-222-1913  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**Morris Hill Community Center/Nutrition Site**  
410-789-5807  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**O’Malley Senior Activity Center/Nutrition Site**  
410-222-6223  
www.aacounty.org/aging  
Hot noontime meals, classes and leisure activities provided. Served by the AA County Dept. of Aging and Disabilities.

**Pasadena Senior Activity Center/Nutrition Site**  
410-222-0033  
www.aacounty.org/aging  
Hot noontime meals, classes and leisure activities provided. Served by the AA County Dept. of Aging and Disabilities.

**Pascal Senior Activity Center/Nutrition Site**  
410-222-6240  
www.aacounty.org/aging  
Hot noontime meals, classes and leisure activities provided. Served by the AA County Dept. of Aging and Disabilities.

**Pinewood Village I Senior Housing/Nutrition Site**  
410-222-6224  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**Pinewood Village II Senior Housing/Nutrition Site**  
410-222-6288  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**Pumphrey/Nutrition Site**  
410-222-6299  
www.aacounty.org/aging  
Breakfast and hot noontime meals. Served by the AA County Dept. of Aging and Disabilities.

**South County Senior Activity Center/Nutrition Site**  
410-222-1912  
www.aacounty.org/aging  
Hot noontime meals, classes and leisure activities provided. Served by the AA County Dept. of Aging and Disabilities.

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**Mediation**

**AA Conflict Resolution Center**  
410-266-9033  
aacrcprograms@gmail.com  
www.aacrc.info  
Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Mediation helps people resolve conflicts peacefully and without going to court. Conflict resolution classes and training are available. No fee. Anger management classes are offered to members of the community at a cost of $100.

**Annapolis City Police Department**  
911 Emergencies  
Non-emergency 410-268-9000  
410-268-4141  
TTY 410-268-1844  
410-280-CLUE (2583) Anonymous tips  
www.annapolis.gov/police  
The City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

**State’s Attorney’s Office/Mediation Center**  
410-260-1870  
www.statesattorney-annearundel.com  
Provides free mediation services as an alternative to resolving disputes in the court system and the community.

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**Medical Products and Services**

**Annapolis Healthcare Supplies SPG**  
117 Gibraltar Avenue  
Annapolis, MD 21401  
410-295-7300  
www.annapolishealthcare.com  
Offering: Stair Lifts, Durable Medical Equipment and Supplies (DME) and Home Medical Equipment and Supplies (HME) for medical needs, rentals and service. Medicare, Medicaid, Blue Cross/Blue Shield, Tri-care and more accepted. Open Mon-Fri 9:5 p.m. and Saturdays 9-1 p.m. Appointments are available outside of normal store hours. Please see our ad on page 27.
**Freedom Mobility**
7271 Park Circle Drive
Hanover, MD 21076
888-414-6553
www.freedommobilitysolutions.com
With the most innovative in Mobility and Homecare Equipment for purchase or rental, our Knowledgeable and Certified ATP staff will help with your custom equipment needs. Come visit our Interactive State of the Art Showroom today! Please see our ad on page 57

**Health & Mobility SPG**
342 Ritchie Hwy., Severna Park, MD 21146
410-421-8070
www.healthandmobility.com

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

**Partners In Care/Connect America (PERS)** is a waterproof medical alert device you wear on your wrist or a pendant around your neck that is designed to reduce the concerns and risks of being alone. In the event of a scare, fall, or emergency, help is available at the touch of a button.
Maryland Medicaid Waiver Provider. Call for more information. Please see our ad on page 64

**Medicare, Medicaid**

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

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

**Delmarva Foundation for Medical Care**
Toll Free 800-876-3362
www.delmarvafoundation.org
A non-profit organization established to promote local responsibility for health care. Works with the federal government, state, and private agencies and individuals to provide information, frontline interventions, and informed choices. Investigates written complaints concerning quality of care provided to Medicare patients.

**Medical Assistance (Medicaid)**
410-269-4500 Annapolis Office
410-421-8500 Glen Burnie office
www.cms.gov/MedicaidGenInfo/
Medical insurance program for low-income persons of all ages. Pays for medical and other health-related services.
Medicare Toll Free 800-633-4227
www.medicare.gov
Provides comprehensive information and resources on Medicare and Medicaid.

**Mental Health**

**AA County Crisis Response System**
410-768-5522
www.aamentalhealth.org/warmline.html
A service that provides all Anne Arundel County Residents in crisis with supportive assistance and linkages to resources within the community. The service to the community through Mobile Crisis Teams, Homeless Outreach Services, Urgent Care Clinic, Sexual Assault Clinic, Community Education and Crisis Beds.

**AA County Dept. of Health**
410-222-7095
TTY 410-222-7153
www.aahealth.org
This is the general number for the AA County Dept. of Health which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

**AA County Mental Health Agency**
410-222-7858
www.aamentalhealth.org
Dedicated to ensuring that Medicaid recipients and other low income, non-insured county residents who meet certain criteria have access to a wide range of quality mental health services.
Family and Children’s Services
410-571-8341
Toll Free 800-899-4601
www.fcsmd.org
Provides in-home care services for seniors and young persons with disabilities and counseling for victims of sexual abuse. Sliding fee for counseling and in-home care by certified, bonded aides with RN supervision. Participates in AA County Dept. of Aging and Disabilities programs.

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

National Alliance for the Mentally Ill MD (NAMI)
410-884-8691
Toll Free 887-878-2371 Warm Line
www.namimd.org
info@namimd.org
Volunteer, grass-roots organization affiliated with the MD state and national NAMI organization. Provides information, assistance, support, advocacy and education for those dealing with mental illness and their caregivers. Support groups and free classes for both consumers and family and public education meetings are held frequently. Call or e-mail for times and spaces.

On Our Own of Anne Arundel County, Inc.
410-224-0116
On Our Own of Maryland, Inc.
Toll Free 800-704-0262
www.onourownmd.org/affiliates.html
Self-help group for current and former recipients of mental health services. Fellowship, support, and advocacy. Call for times. Provides limited transportation.

Pro Bono Counseling Project
410-825-1001
Toll Free 877-323-5800
www.probonocounseling.org
Project is a non-profit referral source for free mental health counseling for people who are uninsured, underinsured, and/or low income. Serves entire state of Maryland and works with individuals, couples, and families. All services including referral and counseling are free if clients are within income eligibility limits.

Sheppard Pratt Therapy Referral Services
410-938-5000; Toll Free 888-938-4207
www.sheppardpratt.org/
Mental health agency that provides mental health counseling, addictions counseling, outpatient and inpatient programs.

Villa Maria of Anne Arundel County Behavioral Health Clinic
667-600-2494
www.catholiccharities-md.org
A program of Catholic Charities, it offers Community Behavioral Health clinic serving children, families and adults with mental health, emotional and behavioral needs. Psychiatric evaluation and medication monitoring, AA County school-based mental health services. Ages 4 through adult who have Medical Assistance.

TTY users can call Maryland Relay 711
Moving/Relocation Services

Amada Senior Care
134 Holiday Court, Suite 306
Annapolis, MD 21401
443-569-0799
www.AmadaAnnapolis.com
Provides senior placement services when staying at home is no longer an option. We help seniors and their families identify the best Assisted Living and Independent Living Communities for them based on location, amenities and budget at no cost to the family. Please see our ad on page 54

Changing Keys by Susan SPG
40 Murray Ave., Annapolis, MD 21401
410-571-1499
www.changingkeysbysusan.com

MOR Logistics LLC SPG
1-844-667-8326
www.MORlogisticsLLC.com
We combine Moving, Organizing and Rightsizing into one seamless process. This maximizes our client’s most valuable resource—TIME. It’s more than just a move, expect MOR than just a mover. Please see our ad on page 65

Nursing Care Facilities

AA County Dept. of Aging and Disabilities/Life Enrichment Programs
410-222-0738
www.aacounty.org/aging

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

Charlotte Hall Veterans Home SPG
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care. Please see our ad on page 29

FutureCare Chesapeake
305 College Parkway, Arnold, MD 21012
410-647-0015
www.futurecare.com
FutureCare Chesapeake is located in a beautiful wooded setting just minutes from Annapolis, Severna Park and Arnold. Short-term rehabilitation as well as long-term care and dialysis are available at FutureCare Chesapeake. Please see our ad on page 9

Joint Commission on Accreditation of Healthcare
630-792-5000
Toll Free 800-994-6610
www.jcaho.org
Independent, non-profit organization evaluates and accredits hospitals, nursing homes, managed care organizations, home care organizations, laboratory and ambulatory services. Complaint hotline: use the toll free number.

Parks and Recreation

AA County Dept. of Recreation and Parks
410-222-7300
www.aacounty.org/RecParks
Primarily responsible for the provision of a comprehensive system of recreational programs for county residents, including specialized recreational facilities, two swim centers, golf courses, baseball stadium, and therapeutic recreation. A Program Guide is available which details all programs and activities. A Senior Lifetime Park Pass is available for seniors 60+ for a one-time fee of $40 for four regional parks.

www.nps.gov/findapark/passes.htm
1-888-275-8747
Apply online or send form by mail for additional charge. The Senior Pass, which costs $80, is a lifetime pass for U.S. citizens or permanent residents age 62 and older. Provides access to and use of federal recreation sites that charge an entrance or standard amenity. Documentation of age and residency or citizenship required. The Access Pass, which is free or $10 by mail, is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Acceptable documentation, such as issued by the Veterans’ Administration, Social Security Disability Income or other agency required. Both passes also may be obtained in person at a federal recreation site.

Arundel Olympic Swim Center
410-222-7933
301-970-2216
www.aacounty.org/RecParks/swimcenters
Senior swim classes and aerobic water workouts are conducted in a temperature-controlled, 50-meter indoor pool. Locker rooms are available. Call for fees, hours, and class schedules.

Captain Avery Museum, Inc.
410-867-4486
www.captainaverymuseum.org
The Museum offers a full range of educational programs, exhibits and Museum tours throughout the year. Open Sundays 1-4 p.m. April 1-November. Tours also available by appointment. No admission charge; donations accepted.

City of Annapolis Recreation and Parks Dept.
410-263-7958
www.annapolis.gov/recreation
recpark@annapolis.gov
To enrich the quality of life for Annapolis area residents and advocate for healthy, active living by offering quality recre-
ational programs and community facilities within an array of parks and natural open spaces.

**Compass Pointe Golf Course**
410-255-7764
www.compasspointegolf.com
Public golf course. AA County residents, seniors age 60 and over, senior rates available weekdays. Call for information.

**Eisenhower Golf Course**
410-571-0973
www.eisenhowergolf.com
Public golf course. AA County residents, seniors age 60 and over, senior rates available weekdays. Call for information.

**MD Dept. of Natural Resources–State Parks**
410-260-8400
Toll Free 877-620-8367
TTY 410-260-8835
www.dnr.maryland.gov
Provides wildlife programs, hunting programs, parks, and recreation facilities. Golden Age Pass provides senior citizens age 62+ with discount entry to parks and half price camping Sunday through Thursday. For application, call toll free 800-830-3974.

**North Arundel Aquatic Center**
410-222-0090
www.aacounty.org/RecParks/swimcenters
An eight-lane 25-yard competition pool, a leisure pool, and an indoor water park. Open seven days a week. Discounts for seniors age 60 and older. Military discounts.

**Pharmacies and Pharmacy Assistance Programs**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annapolis Professional Pharmacy</td>
<td>703 Giddings Avenue, Annapolis, MD 21401</td>
<td>410-263-7440</td>
<td><a href="http://www.professionalpharmacygroup.com">www.professionalpharmacygroup.com</a></td>
<td>Please see our ad on page 29</td>
</tr>
<tr>
<td>Professional Pharmacy Group; Arnold Professional Pharmacy</td>
<td>1460 Ritchie Highway, Arnold, MD 21012</td>
<td>443-949-8373</td>
<td><a href="http://www.professionalpharmacygroup.com">www.professionalpharmacygroup.com</a></td>
<td>Please see our ad on page 29</td>
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</tbody>
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**Physicians**

**AAMC Community Health Center**
410-990-0050
www.aamccommunityhealthcenter.com/
The AAMC Community Health Center located in Annapolis, MD, is a doctor’s office which provides low cost medical care to newborns, children, adults and seniors. The Center currently services patients who are uninsured (self-pay) or have coverage with Medical Assistance, Amerigroup, Priority Partners, and state Amerigroup. “Self pay” patients are charged for services based on their income. Bi-lingual staff.
Physicians

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

Anne Arundel Medical Society
410-544-0312
www.MedChi.org
A free physician referral service for AA County. Call to find an appropriate specialist or a physician in your community.

Arundel House of Hope–
Medical Clinic
410-863-4888
www.arundelhoh.org
Free clinic for AA County residents. Services designed to improve the health status of at-risk, underserved communities. Medical screenings and preventive care help is available for persons without insurance. Team meets the needs of the uninsured and underinsured by providing access to affordable primary health care services in the community. Donations are welcomed and appreciated.

Ask AAMC
443-481-4000
Toll Free 800-636-8773
www.askaamc.org
From 7 a.m. to 1 a.m., nursing hotline that provides medical advice, physician referrals, or answers questions about AAMC programs.

Behavioral Health Building –
Adult Addiction Services
410-222-0100
www.aahhealth.org/addiction-clinic/
Substance abuse counseling, treatment, and referrals.

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

Glen Burnie Health Center
410-222-6633
www.aahhealth.org/about/location.asp
Community health center that offers services related to communicable diseases, immunizations, Maryland Childrens’ Health Program, pregnancy tests, tuberculosis services, and HIV/AIDS testing and counseling.

The Joint Replacement Center at
University of Maryland Baltimore
Washington Medical Center
301 Hospital Drive
Glen Burnie, MD 21061
410-553-8282
www.mybwmc.org/joint-replacement
Providing comprehensive, team-focused care for joint replacement patients. Personalized care plans are developed for each patient including non-surgical pain management options and a dedicated team who provide support before, during and long after joint replacement surgery.

Magothy Health Center
410-222-6180
www.aahhealth.org/location.asp
Community health center that provides free breast exams, mammograms and pap tests for women age 40-64 with no health insurance coverage. Colonoscopy referral available for those ages 50-64 who are income eligible with no insurance. Also provides public health information for residents and health providers. Breast and cervical cancer program: 410-222-6180.

North County Health Services
410-222-6861-Dental
410-222-6838-School Health Services
410-222-6797-WIC
www.aahhealth.org/about/location
Community health center that offers services related to dental health and the Women, Infants and Children (WIC) nutrition program.

Parole Health Center
410-222-7247
www.aahhealth.org/location.asp
Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.

University of Maryland Baltimore
Washington Medical Center’s Find
a Physician Referral Service
410-787-4636
Toll Free 800-778-3236
www.findadoctor.mybwmc.org
A personalized referral service to connect you with a primary care physician or specialist that meets your needs. You can request a search by specialty, location, gender and even language spoken.

University of MD School of Den-
tistry
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.

Veterans Affairs Glen Burnie Out-
patient Clinic
410-690-4140-outpatient clinic
410-605-7333-appointment call cen-
terwww.maryland.va.gov
Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

Need a caregiving break?
In 3 clicks, book a short-term assisted living stay at
SilverStay.com

Search by location
Filter by price, reviews and medical needs
Book your stay

“This is like Airbnb for short-term stays at assisted living communities - just what I needed for my mom.” –Kathy, 62

www.aacounty.org/aging
Podiatrists

Loving Hands Podiatry SPG
14202 Lake Run Ct., Bowie, MD 20720
301-323-5652
www.lovinghandspodiatry.com

Real Estate Services

Coldwell Banker-Ann Englehart SPG
410-263-8686 office
Ann.Englehart@cbmove.com

Douglas Realty SPG
244 Rebecca Ann Ct., Millersville, MD 21108
410-458-9592
www.AnnapolisDreamHomes.com

Keller Williams Flagship of MD SPG
1111 Benfield Blvd., Suite 250, Millersville, MD 21108
410-268-0160
www.AnnapolisDreamHomes.com

Long & Foster Real Estate SPG
568-A Ritchie Highway, Severna Park, MD 21146
410-507-6020
www.AnnapolisDreamHomes.com

 Taylor Properties-Leslie Albertson SPG
301-922-8622
LeslieTheRealtor.net

Referral and Planning Services

Assisted Living Locators SPG
1010 Samantha Lane, Odenton, MD 21113
410-660-2310
www.annapolis.assistedlivinglocators.com

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

Servants 4 Seniors SPG
8010 Catherine Ave., Pasadena, MD 21122
410-439-9353
www.aplace4seniors.com
Please see our ad on page 55

Rehabilitation, Physical Therapy

Charlotte Hall Veterans Home SPG
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care. Please see our ad on page 29

Division of Rehabilitation Services—Annapolis
410-974-7608
TTY 410-974-7742
Videophone 443-569-7145
www.dors.state.md.us
A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind includes teaching individuals, over age 55 who are not seeking employment, homemaking skills, orientation, mobility and Braille lessons. Counselor for all deaf clients located in this office.

Division of Rehabilitation Services—Glen Burnie
410-424-3240 V/TTY
www.dors.state.md.us
A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, counseling, evaluation, and vocational training.

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

Respite 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

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

Family and Children’s Services
410-571-8341
Toll Free 800-899-4601
www.fcsmd.org
Intensive case management services to vulnerable adults and elderly. Counseling for victims of sexual abuse for children and adults. General counseling is also provided.

Right At Home SPG
1831 Forest Drive, St. E, Annapolis
410-846-0141
www.rightathomemd.net
Right at Home has been serving the community since 2004, providing highly trained, licensed, bonded and insured caregivers that you can trust to be there when you need a break. Our service quality and reliability are our difference. Get the Right Care, Right at Home. Please see our ad on page 54

SilverStay
9250 Bendix Rd, Ste 735
Columbia, MD 21045
www.silverstay.com
SilverStay connects families who need a caregiving break with assisted living communities that offer short-term stays. Visit us at silverstay.com to book your stay. Please see our ad on page 68

TTY users can call Maryland Relay 711
Senior Activity Centers
(See also Lunch Sites)

AA County Dept. of Aging and Disabilities/Annapolis Senior Activity Center
410-222-1818
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 and older.

AA County Dept. of Aging and Disabilities/O’Malley Senior Activity Center
410-222-6227
O’Malley ANNEX
410-222-0140
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 and older.

AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center
410-222-0030
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 and older.

AA County Dept. of Aging and Disabilities/Pascal Senior Activity Center
410-222-6880
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

AA County Dept. of Aging and Disabilities/Senior Center Plus
410-222-4366
Toll Free 800-492-2499
www.aacounty.org/aging
Provides specialized activities for frail older adults in the senior centers. The program is offered in four of the seven senior centers. Special staff is available to a small group of seniors who may have impairments, but do not require medical intervention, to help them maneuver the busy environment of the center. There is a fee to participate in this program.

AA County Dept. of Aging and Disabilities/South County Senior Activity Center
410-222-1927
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

AA County Dept. of Aging and Disabilities/Senior Activity Center
410-222-1818
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 and older.

AA County Dept. of Aging and Disabilities/O’Malley Senior Activity Center
410-222-6227
O’Malley ANNEX
410-222-0140
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 and older.

AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center
410-222-0030
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, and hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

Subsidized Housing

Congregate Housing Services Program
www.aacounty.org/aging
Provides supportive services in various apartment buildings to low and moderate income seniors age 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, housekeeping, laundry, personal assistance and service management. Providers include: Annapolis Housing Authority Morris Blum Apartments 410-267-8000; Catholic Charities-ARundel Woods at 667-600-3160 and Friendship Station at 410-519-6085. Also known as the “Choice” program. Financial assistance available based on income.

Housing Authority of the City of Annapolis
410-267-8000
Toll Free 800-438-1385
www.hacac.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.hcacak.org
Provides affordable housing and related services to nearly 3,000 low-income families, including senior citizens and persons with disabilities. Programs include Public Housing, Housing Choice Vouchers, Homeownership Counseling, and many other specialized programs and services. Communities include Heritage Crest, Meade Village, Pinewood Village, Pinewood East, Freetown Village, Glen Square, Oakleaf Villas, and the Thomas Pumphrey House. Housing Choice Vouchers are widely accepted throughout the county.

Support Groups

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

AA County Department of Aging/Diabetes Classes (and other Chronic Disease Classes)
410-222-4366

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

TTY users can call Maryland Relay 711
AA County Partnership for Children, Youths and Families
410-222-7423
A support system for grandparents and other adults raising a relative’s child, with monthly support groups, a resource manual, guidance, community referrals, and information.

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

ALS Association
301-978-9855
Toll Free 866-348-3257
www.alsinfo.org
Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for ALS and PLS.

Alzheimer’s Association Greater MD Chapter SPG
1850 York Road, Suite D, Timonium, MD 21093
Toll Free 800-272-3900 24/7 Helpline
www.alz.org/maryland
Non-profit organization dedicated to the elimination of Alzheimer’s disease through the advancement of research; to proving and enhancing care and support for all affected; and to reducing the risk of dementia through the promotion of brain health. Services include a 24/7 Helpline to provide emotional, informational, and referral support; support groups for family caregivers, friends, and the person with dementia; care consultation, community and professional education, respite program for caregivers, and Medic-Alert and Safe Return ID program.

American Cancer Society/Greenbelt Office
301-982-2161
www.cancer.org
Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. Volunteer opportunities.

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

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

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

American Parkinson Disease Association
410-315-9953; 800-862-5457
800-223-2732 Toll Free
www.adaparkinson.org
The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Call for days and times.

Muscular Dystrophy Association, Inc.
410-494-7106
www.mda.org
A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; annual physical therapy at clinic, occupational

Anne Arundel County Ostomy Association, Inc.
410-647-6171
www.annearundelostomy.com
A chapter of the United Ostomy Association of America, Inc., the local support group meets the first Thursday of the month at 7:30 p.m. on the 7th floor of the Belcher Pavilion at Anne Arundel Medical Center. This is a non-profit, volunteer-based organization dedicated to providing reassurance and emotional support for people who have had or will have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy or a continent procedure. They also publish a newsletter.

At Home Chesapeake
410-419-7823
www.athomechesapeake.org
A non-profit membership organization, part of the nationwide Village to Village Network, where members actively participate in creating opportunities for advocacy, education, health management, and social connectivity for themselves and others so that they can live in their communities for a lifetime.

Brain Injury Support Group
www.biamd.org
Brain injury support group meets at Lifequest/Mary T. Maryland Neurological Resources, a brain injury service provider, from 7-8:30 p.m. every third Tuesday of the month.

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.

Muscular Dystrophy Association of America, Inc.
410-494-7106
www.mda.org
A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; annual physical therapy at clinic, occupational...
therapy at clinic and speech evaluations; medical equipment loan closet; and volunteer opportunities.

Myasthenia Gravis Mid-Atlantic Region
410-437-1157
Toll Free 866-437-2881
www.myastheniamar.org
Meets the 1st Saturday of each month, 10 a.m.-noon, Padussis Conference Room, third floor, Baltimore-Washington Medical Center, Glen Burnie, subject to change on occasion. Refreshments.

National Alliance on Mental Illness (NAMI) AA County Inc.
443-569-3498
www.namiaac.org
Local affiliate of NAMI provides non-professional 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
410-494-8545
Toll Free 800-671-5369
www.kidneymd.org
Provides patient education, support and research, medical identification jewelry, emergency financial assistance and free health disease screenings.

National Multiple Sclerosis Society/MD Chapter
443-641-1200
Toll Free 800-344-4867
www.nmss-md.org
Provides information and referral, community services navigation, short-term care management, and financial assistance for individuals with MS.

Parkinson’s Disease and Movement Disorder Center at Johns Hopkins University School of Medicine
410-955-8795
www.hopkinspdmd.org
Offers community outreach and education programs for individuals with Parkinson’s disease or other motion disorders and their families and/or caregivers. Area support groups available. Free literature. Personal case management services.

Young Aphasia Communications Club
301-520-9044
YACC is a support group for people who have aphasia from a stroke or brain injury. There is no magic age for inclusion. Current members are in their 40’s to 70’s. Speech pathologist attends. Focus is on talking and more talking. The support group meets the second Monday every month (except June, July, and August) at St. Phillips Episcopal Church, 730 Bestgate Road, Annapolis. The time is 4:00pm until 5:30pm. No fees.

Tax Information and Assistance

AA County Dept. of Aging and Disabilities/Volunteer Income Tax Assistance Program (VITA)
410-222-4464
www.aacounty.org/aging

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 website for further information.

Homeowner’s Property Tax Credit Program (HOPTC)
410-767-4433
Toll Free 800-944-7403
www.dat.state.md.us
The State of MD has set a limit on the amount of property taxes any homeowner must pay based upon his/her income. This program assists applicants with payment on property tax bills. Applications also available at AA County Dept. of Aging and Disabilities.

Renter’s Tax Credit Program (RTC)
410-767-4433
Toll Free 800-944-7403
www.dat.state.md.us
Agency assists applicants with payment on rental bills. Credit applies to permanently disabled and renters 60 and older who meet certain income requirements. Applications also available at AA County Dept. of Aging and Disabilities.

Telephone Tax Exemption Program
410-222-1739
Individuals with Hearing or Speech Impairment: Dial 711
Provides exemption of local telephone tax for citizens 65 or older or receiving benefits for a permanent disability. Call for household income limit.

Temporary Shelter

Arundel House of Hope – Winter Relief Program
410-863-4888
www.arundelhoh.org
Provides emergency shelter and support services including case management through a partnership with more
than 70 churches from October through November for those that are experiencing homelessness.

**Light House**
410-263-1835
www.annapolislighthouse.org
A homeless prevention support center that provides emergency shelter and also transitional housing for homeless individuals and families. Services include case management, food and assistance with eviction prevention and BGE turn-off prevention. Resource and support center offering education, job training and life-skill services. Must be drug/alcohol free. Volunteer opportunities available.

**Sarah’s House**
410-551-7722
www.catholiccharities-md.org/sarahs-house
A 24-hour shelter program serving the homeless in AA County; onsite child care for program participants. Serves homeless women, children and men. Must be alcohol and drug free. Provides case management, childcare, transportation and employment services. Eligibility: initial screening through Dept. of Social Services.

**Transportation**

**AA County Office of Transportation/ Taxi Voucher Service**
410-222-7440
www.aacounty.org/departments/transportation/
Provides coupons for discounted taxi cab service within the county to persons 55 years and older and people 18 or older with disabilities, who meet income guidelines. Motorized wheelchairs cannot be accommodated.

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

**AA County Dept. of Health/Medical Assistance Transportation**
410-222-7152
www.aahealth.org/programs/ uninsured/trans/med-trans
Transportation is provided for those with Medical Assistance who have no other means of transportation.

**Annapolis Transportation Dept.**
410-263-7964
http://www.annapolis.gov/government/city-departments/transportation
Bus transportation for the City of Annapolis. Senior discounts and wheelchair lift buses available. Door-to-door service. Call to schedule special needs service. Photo ID obtained Monday-Friday at 308 Chinqapin Round Road.

**MD Transit Administration (MTA)/ Reduced Fares**
410-767-3441
TTY 410-539-3497
www.mta.maryland.gov/
Reduced-fare-program
TTY 410-333-3624
Toll Free 866-743-3682
www.mta.maryland.gov/content/brochures-publications
People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

**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)
www.taxiaccess.org
http://www.taxiaccess.org/MTA_Call_a_Ride_Brochure.pdf
MTA Taxi Access II Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

**Partners In Care Transportation Services (SPG)**
8151-C Ritchie Highway
Pasadena, MD 21122
410-544-4800; Toll Free 1-800-227-5500
wwwpartnersincare.org
The Ride Partners program provides neighborly transportation by volunteer drivers to member at no cost for adults 50 years and older. In addition, the PIC-Up Bus provides wheelchair accessible service to members and the greater community at affordable rates and can be rented for recreational and social events. Call for more information Please see our ad on page 72

**Veterans**

**American Red Cross/Chesapeake Region**
410-624-2000
1-800-redcross for Blood donation
Toll Free 800-787-0091
www.redcross.org/qr
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

**Annapolis Community Acupuncture**
443-951-1575
17 North Southwood Avenue, Annapolis, MD 21401
www.annapoliscommunityacupuncture.com
Free services Thursday 3pm-7pm for veterans, active duty, national guard and reservists. If you have pain, trouble sleeping, we can help you! Please make an appointment to ensure that you will be treated. To make an appointment, go to the website listed above or call 443-951-1575. Please bring proof of veteran status to your first appointment (retired military ID, VA ID card, or your DD-214)

TTY users can call Maryland Relay 711
Veterans  •  Victim and Witness Assistance  •  Vital Records  •  Volunteer Assistance and Opportunities

AA County Mental Health Agency
410-222-7858
http://anearundel.md.networkofcare.org
www.aamentalhealth.org
The Network of Care for Service Members, Veterans and Their Families is an effort to take a community approach to the needs of returning veterans. One-stop shop for virtually all services, information, support, advocacy, and more. Attempts to bring together critical information for all components of the veterans’ community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

AA County Veterans Affairs Commission
410-222-1260
www.aacounty.org/veterans
A forum for all AA County veterans of military service. The commission meets at 6:30pm the last Thursday of the month at the Arundel Center, Room 161, 44 Calvert Street, Annapolis. The meeting is open to the public.

Arundel House of Hope—Patriot House
410-863-4888
www.arundelhoh.org
Provides transitional housing program for veterans who are homeless along with support services including employment, substance abuse, mental health, and healthcare.

Brain Injury Support Group
410-320-8948www.biamd.org
Brain Injury support group meets at Lifequest/Mary T. Maryland Neurological Resources, a brain injury service provider, from 7:30p.m. every third Tuesday of the month.

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

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

Veterans Affairs (VA) Outpatient Clinic
Fort Meade 410-305-5300
Glen Burnie 410-590-4140
www.maryland.va.gov
Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

Veterans Affairs (VA) MD Health Care System
410-605-7000
Toll Free: 800-463-6295
Appointments M-F 7:30am-5pm 1-800-463-6295 ext 7333
Eligibility and Enrollment M-F 8am-4:30pm 1-800-463-6295 ext. 7324
Telephone Care Line 24/7 1-800-865-2441
Veterans Crisis Line 24/7 1-800-273-TALK (8255) press 1
www.maryland.va.gov
Dedicated to providing quality, compassionate and accessible care and service to Maryland’s veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Loch Raven VA Community Living & Rehabilitation Center and six community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

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

MD Crime Victims’ Resource Center, Inc. (MCVRC)
301-952-0063
410-234-9885
Toll Free 877-842-8461
www.mdcrimevictims.org
Provides free information and support through criminal justice proceedings, legal representation, referrals, and support groups.

State’s Attorney’s Office/Victim & Witness Services
410-222-1740 ext 3811
www.statesattorney-annearundel.com
Provide pretrial assistance and court accompaniment to crime victims and witnesses who will be called to testify in AA County.

Vital Records

AA County Dept. of Health
410-222-4462
TTY 800-735-2258
http://www.aahealth.org/programs/vital-records
Provides certified copies of birth certificates for a fee to individuals born in Maryland after 1942. Hours are M-F 8am-12:30pm and 12:30pm-3:30pm except Holidays.

MD Dept. of Health
410-767-6500
Toll Free 877-463-3464
TTY 800-735-2258
www.health.maryland.gov/vas
The Vital Records Administration provides copies of birth, death, divorce, adoption, etc., records for a fee.

Volunteer Assistance and Opportunities

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

AA County Dept. of Aging and Disabilities/PAWS (People and Animals Who Serve Anne Arundel County)
410-222-0738
www.aacounty.org/aging

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP)
410-222-4257
www.aacounty.org/aging
American Cancer Society  
1-800-227-2345 Toll Free  
www.cancer.org
Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. We are available 7 days a week, 24 hours a day, 365 days a year. Volunteer opportunities are available.

American Red Cross/Greater Chesapeake Region  
410-624-2000
1-800-redcross for Blood donation  
Toll Free 800-787-0091  
www.redcross.org/chesapeake
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Anne Arundel County Dept. of Aging and Disabilities/Telephome Reassurance  
410-222-4257  
www.aacounty.org/aging
AA County Dept. of Aging and Disabilities/Volunteer Income Tax Assistance Program (VITA)  
410-222-4464  
www.aacounty.org/aging
Provides residential and vocational services to people with disabilities in Maryland. Volunteer opportunities support them, such as office support, home maintenance, fund raising, board membership, and quality assurance in addition to special projects.

American Red Cross/Greater Chesapeake Region  
410-624-2000
1-800-redcross for Blood donation  
Toll Free 800-787-0091  
www.redcross.org/chesapeake
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Anne Arundel County Dept. of Aging and Disabilities/Telephome Reassurance  
410-222-4257  
www.aacounty.org/aging
AA County Dept. of Aging and Disabilities/Volunteer Income Tax Assistance Program (VITA)  
410-222-4464  
www.aacounty.org/aging
Provides residential and vocational services to people with disabilities in Maryland. Volunteer opportunities support them, such as office support, home maintenance, fund raising, board membership, and quality assurance in addition to special projects.

Anne Arundel Medical Center Volunteer Program  
443-481-5050  
www.aahs.org/about/volunteer.php
There are many opportunities for you to help fulfill AAMC’s mission of providing patient-centered, high quality, cost-effective health care services to our community. Must have physical endurance to be considered.

Anne Arundel County Volunteer Center  
410-897-9207  
www.aacvc.org
This organization makes it easy for individuals, families and groups to volunteer. It assists in finding volunteer opportunities that utilize a person’s knowledge, skills, and positive energy. A member of the Points of Light – Hands On Network.

Bay Community Support Services, Inc.  
410-224-4205, Ext. 101  
www.baycss.org
Provides residential and vocational services to people with disabilities in Maryland. Volunteer opportunities support them, such as office support, home maintenance, fund raising, board membership, and quality assurance in addition to special projects.

Chores and More/St. Margaret’s Episcopal Church  
443-808-3875  
http://www.st-margarets.org/volunteer-opportunities.html
A volunteer program that offers temporary help for shut-ins of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor’s appointments.

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

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

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

Service Corps of Retired Executives (SCORE)  
410-266-9553  
www.score390.org
Low cost workshops and free counseling are offered by volunteers with business experience to those wanting to start a new small business or improve their existing small business.

State’s Attorney’s Office/Volunteer Program  
410-222-1740 ext. 3895  
www.statesattorney-annearundel.com
Provides staff support from general office duties to case research opportunities. Available in all three offices.

Unified Community Connection of Central Maryland  
410-484-4540  
TTY 800-451-2452  
www.unified.org
Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

Voting

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

TTY users can call Maryland Relay 711
You may not realize it, but your bones are in a constant state of regeneration. Your body naturally replaces old bone with new. But by the time you reach your mid-30s, you begin to lose more bone than your body can replace and then menopause speeds this process up. Over time this leads to thinner, weaker bones and the potential for developing osteoporosis.

One in two women over age 50 will have an osteoporosis-related fracture. It’s important that you go for bone scans to measure bone loss, as well as incorporate lifestyle habits that can slow down the weakening of bones. Ultimately, this helps reduce your risk of fractures.

A bone density test called DEXA (dual-energy x-ray absorptiometry) can diagnose osteoporosis. A DEXA scan uses very little radiation and produces detailed information about your bone density by comparing data from two X-rays operating at different frequencies. Information is collected and compared to a reference group to determine your bone mineral density.

“The bone density from the DEXA scan helps your radiologist determine your T-score, which we use to diagnose osteoporosis,” says John Park, MD, a radiologist with Anne Arundel Diagnostics Imaging. “A T-score of minus 2.5 or lower indicates you have osteoporosis.”

You should talk to your doctor if you’ve gone through menopause or if you have any of the following risk factors:

- Low physical activity
- Low body weight
- Smoke
- Drink too much alcohol
- Heavy caffeine use
- Have a diet low in calcium and vitamin D
- Previous fracture, especially after age 50
- Menopause before age 45
- Take certain medicines, for example long-term use of corticosteroids
- Family history of osteoporosis
There’s also a Fracture Risk Assessment Tool (FRAX®) for evaluating fracture risk. Using the results of the DEXA scan, a FRAX score can be given to estimate the risk of a fracture within 10 years.

Unfortunately, many women don’t get screened. Even if they have a fragility fracture, many don’t realize that’s a sign they may have osteoporosis.

“A bone fracture is not unlike a heart attack — they are both a sign that something is wrong. In the case of a fracture, it could mean you have osteoporosis or a weaker form of bone loss called osteopenia,” says Christina Morganti, MD, orthopedic surgeon and medical director of the Osteoporosis Program at Anne Arundel Medical Center Orthopedics.

Bones shouldn’t break with low-energy falls such as from standing height or less. When they do, your doctor may want to run blood and bone density tests to determine if you have osteoporosis. If diagnosed, you should learn about weight-bearing exercise, fall prevention, nutrition and medication options for healthy bones.

Reduce risk of Fragility

You can improve your bone health and reduce your risk of fragility fracture by doing the following:

**Pay attention to your calcium intake.**

Try to get 1,200 mg of calcium a day, preferably from food. If you don’t get enough from food, add a 500–600 mg calcium pill.

**Get enough vitamin D.**

Many people benefit from a supplement of 800–1,000 iu per day.

**Incorporate weight-bearing exercise into your lifestyle.**

Try walking 30 minutes a day. Plus, lift weights two or three days per week when cleared by your doctor.

**Evaluate your home.**

Throw rugs, slippery surfaces and poorly lit hallways can lead to falls and then fractures.

**Get your eyes checked.**

If your sight is impaired, your chance of falling is higher.

**Eliminate vices.**

Alcohol and tobacco are two common vices that are detrimental to your bone health.

**Educate yourself.**

There are many good resources on the web, including the National Osteoporosis Foundation: nof.org.
The Benefits of Palliative Care

For many individuals who have been diagnosed with a serious, long-lasting disease or with a life-threatening illness, palliative care can make your life -- and the lives of those who care for you -- much easier.

Palliative care specializes in relief of pain, symptoms and stress caused by serious or chronic illness. It can improve the quality of life for patients and
their families by providing comfort and support and is appropriate at any age or any stage of illness. The goal is not to cure but to provide as much comfort as possible.

Patients who use palliative care services have a range of diseases and respond differently to treatment options. An individualized plan is created to meet the needs of each patient and can be used in conjunction with aggressive treatment. It can also assist in restoring functional capacity and achieving the best quality of life.

The plan of care can include physical, psychosocial and spiritual components and aims to address symptoms such as pain, shortness of breath, fatigue, depression, constipation, nausea, loss of appetite and difficulty sleeping. Alleviating or relieving these symptoms can help patients better tolerate medical treatments.

Palliative care is provided by a team of experts including physicians, nurse practitioners, nurses, pharmacists, specialists and may also include a social worker and chaplain. They are specially trained and work together with the patient’s other physicians to provide an extra layer of support.

In partnership with the patient’s attending physician, palliative care teams provide:

- Treatment of pain and symptoms
- Navigation of the healthcare system
- Guidance with complex treatment choices
- Detailed practical information and assistance
- Integration of psychosocial and spiritual aspects of care
- Advanced care planning
- Assistance with Advanced Directives
- Assistance with medication management

Palliative care teams specialize in treating people suffering from the symptoms and stress of serious illnesses such as cancer, congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), kidney disease, Alzheimer’s, Parkinson’s, Amyotrophic Lateral Sclerosis (ALS) and many more.

If you or a loved one is facing a serious illness, you may benefit from palliative care. Ask your health care professional for a palliative care consultation.

The Benefits of Palliative Care is provided by University of Maryland Baltimore Washington Medical Center.