2019-2020
THE DIRECTORY
ANNE ARUNDEL COUNTY

Older Adults • Individuals with Disabilities • Caregivers

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Anne Arundel Senior Services Provider Group, Inc. • Friends of Arundel Seniors, Inc.
Anne Arundel County Department of Aging and Disabilities
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**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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- Transportation
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- Errand Services

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# What Services Are Available

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

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A MESSAGE FROM THE COUNTY EXECUTIVE

Steuart Pittman

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

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

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

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

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

We hope you will find this Directory a valuable resource and we look forward to hearing from you.
I told the kids I would disown them.
Then I saw Arbor Terrace Waugh Chapel

Arbor Terrace Waugh Chapel sets an impressive standard for assisted living and dementia care in Gambrills. Don’t take our word for it—meet our great team, tour our community, and see for yourself.

Give us a call at 410-497-6771 or visit ArborWaughChapel.com/Life for more information.
2535 Evergreen Road, Gambrills | 410-497-6771
Welcome to the 2019-2020 edition of The Directory, your Anne Arundel County guide to services and resources for older adults, people with disabilities, caregivers and anyone who wishes to plan for the future. The Department’s mission is to improve the quality of life for county residents of all means by providing options and resources to help them remain in the home of their choice for as long as possible.

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

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

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

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

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

For more information, please visit any of our locations or call 410-222-4257 (TTY users please call via Maryland 711) to speak one of professional options counselors. We look forward to meeting your needs in Anne Arundel County.
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• Cardiac Rehab
• Short-Stay Rehab
• Dialysis
• 24 Hour Nursing
• Wound Management
• Long-Term Care
• Physical Therapy
• Speech Therapy
• Occupational Therapy

Serving Severna Park, Arnold & Annapolis
Dear Seniors, Families, Caregivers, and other Senior Professionals,

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

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

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

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

Sincerely,
The 2019 SPG Board
Our family serving your family
WITH PROFESSIONAL, COMPASSIONATE CARE

Spring Arbor
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By HHHunt
It’s how you live that matters

From Residential Assisted Living to Alzheimer’s Care, at Spring Arbor our teams nurture each resident’s independence by promoting dignity and choice within a setting of compassionate care.

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Crofton, MD 21114
410-324-2790

Spring Arbor of Severna Park
345 Ritchie Highway
Severna Park, MD 21146
410-544-7774

Senior Assisted Living & Memory Care
www.springarborliving.com
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, taxexempt, and all volunteer organization is to provide a safety net for the well being of seniors and those with disabilities in the county.

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

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

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

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 ................ 410-222-7000
AA Co. Emergency Management .......... 410-222-0600
AA Co. Government ......................... 410-222-7000
AA Co. Police (non-emergency) ............ 410-222-8050
AA Co. Police (Northern District) ........... 410-222-6135
AA Co. Police (Eastern District) ............ 410-222-6145
AA Co. Police (Southern District) ........... 410-222-1961
AA Co. Police (Western District) ............ 410-222-6155
AA Mobile Crisis Response (Mental Health) .................................. 410-768-5522
Adult Protective Services .................... 410-421-8400
Animal Control .................................... 410-222-8900
BGE Emergency ............................... 800-685-0123
Bulk Item Pickup ............................... 410-222-6100
Community Cleanup .......................... 410-222-6104
District Court for AA County (Annapolis) .................................. 410-260-1370
800-944-2688 (in MD)  TTY800-735-2258
District Court for AA County (Glen Burnie) .................................. 410-260-1800
800-944-2688 (in MD)  TTY800-735-2258
Domestic Violence Hotline .................. 410-222-6800
Eldercare Locator ............................. 800-677-1116
Water/Sewer Emergency ..................... 410-222-8400

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

AA County Emergency Operations
Storm related emergencies only ............. 410-222-0600
The Anne Arundel County Commission on Disability Issues welcomes you to the 2019-2020 edition of *The Directory for Older Adults, Individuals with Disabilities, Caregivers*. Members of the Commission invite you to use this directory to find services and resources that will enhance your life and the lives of friends and family members living in Anne Arundel County with disabilities.

The Anne Arundel County Commission on Disability Issues, established in 1995, promotes and enhances the quality of life for persons with disabilities by advising county government on the coordination and development of government policies, programs, services, and allocation of resources for persons with disabilities and by proposing the means to meet the needs of persons with disabilities. The Commission sponsors two events annually. In the spring, the *Artists Without Limits Art Exhibit* showcases the artwork of Anne Arundel County Artists of all ages. In October, *disAbility Awareness Day* honors individuals, businesses, and others for their accomplishments and contributions in the field of disability services.

The Commission is composed of 21 voting members and several ex-officio county and state agency representatives who are involved in some way in disability issues—in many cases, providing services that impact the lives of individuals with disabilities. The Commission meets monthly on the fourth Tuesday, ten times per year.

The Anne Arundel County Department of Aging and Disabilities is committed to serving county residents and visitors with disabilities. In compliance with the intent and the spirit of the Americans with Disabilities Act, our commitment is to ensure accessible facilities, programs, and services. Anyone needing special accommodations must contact the Department of Aging and Disabilities at 410-222-4383 or by e-mail at disabilities_info@aacounty.org at least seven days prior to an event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in alternate formats upon request.
How Do I Get Help?

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

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

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

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

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

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

Advisory Council primary duties include:

- Evaluating programs funded by the Area Agency on Aging including the Area plan
- Providing advice to County officials on any matter relating to older citizens.
- Representing the interests of and acting as an advocate for the senior citizens of Anne Arundel County.
Every 10 years, the U.S. Census Bureau conducts a count of every person living in the United States. An accurate count is important to ensure federal and State resources make it down to Anne Arundel County to help fund schools, roads, community centers, resources for older adults, individuals with disabilities, family caregivers, and much more. In order for each community in our county to get these resources, every count matters.

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

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

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

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

The Council also assists the Department of Aging and Disabilities in staffing outreach events and co-sponsors the Older Americans Month Celebration held annually in May. We have established a 2019 goal of promoting the education of our county seniors on the risks of opioid usage. We will also collaborate with the Transportation Commission on the development of the Transportation Functional Master Plan.
Remember, if you don’t know where to start, call Information & Assistance (page 32) at 410-222-4257 or visit us in the Department of Aging & Disabilities’ MAP Customer Service Center at 2666 Riva Road in Annapolis on the 2nd Floor, or at our North location at 7320 Ritchie Highway in Glen Burnie.

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

**Adult Evaluation and Review Services** ............... 58
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**Americans With Disabilities Act (ADA) Office** .................................................. 50
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**Long-Term Care Bureau**
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**Health Insurance Counseling (State Health Insurance Assistance Program, SHIP)**
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**Senior Center and Nutrition Sites** ........................... 40, 41, 69
Community First Choice (CFC):
This program is an option to aid elderly and disable individuals who would otherwise require nursing home or immediate care facility care.

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

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

Community Personal Assistance Services (CPAS):
This program provides personal assistance services, including assistance with activities of daily living, to Medicaid participants.

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

Services include:
- personal assistance,
- supports planning, and
- nurse monitoring.

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

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

2. Why is the ADA Significant?

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

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

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

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

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

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

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

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

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

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

5. What is a service animal under the ADA?

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

Presentation topics include but are not limited to:
- Housing
- Transportation
- Advanced Directives
- Benefits for Energy Assistance, Property Taxes, etc.
- Medicare
- In-Home Care
- Tips for Family Caregivers
- Assistive Technology
- Nutrition for Older Adults

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

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

410-222-4257
there is no one in the home and the home is safe. A final example of a service animal’s work or task may be the animal’s ability to guide a person who has low vision or is blind.

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

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

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

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

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

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

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

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

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

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

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

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

The Department of Justice https://www.ada.gov/

The ADA National Network https://adata.org/
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ABUSE: KNOW THE SIGNS AND WHERE TO GET HELP

- Emotional/Verbal Abuse
  Behaviors such as threats, explosive temper, insults, constant monitoring or “checking in”, excessive texting, humiliation, intimidation, excessive jealousy/insecurity, or isolation from someone.

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

- Financial Abuse/Exploitation
  Using money, property, or access to someone else’s accounts for one’s own benefit without consent of the owner.

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

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

IN AN EMERGENCY ALWAYS CALL 911

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

- ADULTS 18 AND OLDER
  AA County Adult Protective Service
  410-421-8400

- FOR RESIDENTS OF NURSING HOMES AND ASSISTED LIVING
  AA County Long-Term Care Ombudsman Program
  410-222-4257

- FINANCIAL ABUSE/EXPLOITATION
  AA County States Attorney
  410-222-1740
TOP 10 THINGS TO KNOW

About Assisted Living

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

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

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

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

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

6. What should I look for when I visit?
When you tour a residence, be sure to request a copy of the residence’s Uniform Disclosure Statement. This document provides information about which services the residence provides and
whether the fee for that service is included in the monthly housing fee. It is important to know what is included in the base monthly rate, what services are available at an additional cost and the circumstances under which fees may increase.

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

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

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

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

---

**Senior Nutrition Program**

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

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

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

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

**Senior Farmers Market Coupon Program**
is a seasonal voucher program for eligible senior citizens to buy fresh produce from local Maryland Farmer’s Markets.
Top 10 Things to Know About Medicare

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

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

3. What is Medicare Part B and how much does it cost?
Medicare Part B is insurance for outpatient health care. Medicare Part B has a monthly premium. The base premium for 2019 is $135.50/month. People who are higher earners pay more for their monthly Medicare Part B premiums. Deductible, co-insurance, and premium amounts are detailed online at www.medicare.gov.

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 insurance? Is your employer primary or secondary to Medicare? Are you eligible for Medicare because you are turning 65 or because you are under 65 and disabled?
9. What resources does Medicare offer to help with these complex decisions?
You may call 1-800-Medicare (1-800-633-4227) or visit www.medicare.gov for more information.

10. Is there any other source of one-on-one help with sorting out my Medicare options?
The Anne Arundel County Department of Aging and Disabilities offers one-on-one counseling through the State Health Insurance Assistance Program (SHIP).
SHIP counselors are specially trained volunteers who provide free, confidential and unbiased information to help you make an informed Medicare decision.
What You Should Know About Advance Directives

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

What can you do in an advance directive?

An advance directive allows you to decide who you want to make health care decisions for you if you are unable to do so yourself. You can also use it to say what kinds of treatments you do or do not want, especially the treatments often used in a medical emergency or near the end of a person's life.

1. Health Care Agent.

Someone you name to make decisions about your health care is called a “health care agent” (sometimes also called a “durable power of attorney for health care,” but, unlike other powers of attorney, this is not about money). You can name a family member or someone else. This person has the authority to see that doctors and other health care providers give you the type of care you want, and that they do not give you treatment against your wishes. Pick someone you trust to make these kinds of serious decisions and talk to this person, to make sure he or she understands and is willing to accept this responsibility.
2. Health Care Instructions.
You can let providers know what treatments you want to have or not to have. (Sometimes this is called a “living will,” but it has nothing to do with an ordinary will about property.) Examples of the types of treatment you might decide about are:

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

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

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

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

When would your advance directive take effect?
Usually, your advance directive would take effect when your doctor certifies in writing that you are not capable of making a decision about your care. If your advance directive contains health care instructions, they will take effect depending on your medical condition at the time. If you name a health care
agent, you should make clear in the advance directive when you want the agent to be able to make decisions for you.

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

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

Call The Maryland Attorney General’s Office
410-576-7000 or 1-888-734-0023.
www.oag.state.md.us/healthpol/adirective.pdf

Call Caring Connections (NHPCO)
1-800-658-8898
www.caringinfo.org

Call Aging with Dignity
1-800-594-7437
www.agingwithdignity.org
Maryland Department of Health and Mental Hygiene
Larry Hogan, Governor
Boyd Rutherford, Lt. Governor
Robert Neall, Secretary, MDOH
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• Resident Activity Director
• Bocce Ball Court/Shuffleboard
• Fitness Room/Wellness Center
• Game/Billiards Room
• Bistro
• Movie Theater
• Library
• Computer Center
• Pet Friendly

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

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

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

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

What Exactly Is Respite Care?

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

It is important to keep in mind that obtaining respite care is not about giving up your role as the caregiver. Rather, respite care means SHARING the responsibility of caregiving; that sharing actually strengthens your ability to continue providing care. You are still the caregiver, you are merely giving up tasks so that you can maintain a loving, familial relationship with your loved one.
Friends and neighbors are often available to help intermittently so don’t be afraid to ask and if help is offered, accept! Be specific regarding how they can help such as a two hour break twice a month so you can run errands. Contact your faith community to ask if they have volunteer members who can provide a short break. High school students are often looking for community service hours; chatting with your loved while you prepare dinner might also provide the student with a live history lesson as a bonus!

For longer periods of respite care, you may need to hire a professional home care worker. Home care workers can assist with personal care, medication reminders, grocery shopping preparing meals, transportation, light housekeeping, and companionship. In-home care can be paid privately, through long-term care insurance (check for restrictions), through income eligibility programs, and through grants. In-home care workers are either independent contractors or home care agency staff.

The Department of Aging and Disabilities Respite Care Referral Program staff can assist you with finding an independent contractor who has been screened and educated through the Department or can provide you with a list of home care agencies who provide services in Anne Arundel County.

When hiring a respite care worker, keep your expectations reasonable. Obtaining respite services requires persistence, patience and preparation but in the long run, respite care promotes and supports balance in the caregiver’s life.

Contact the Respite Care Referral Program through email at Respite_Care at aacounty.org or by calling 410-222-4377/4339.

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♥ Activity & Appointment Assistance
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• Locally Owned & Operated

Our mission is to ensure a better quality of life for clients and their families by providing dependable and affordable care.
Living Well with Diabetes is a 6 week workshop designed for people with Pre Diabetes, Type 1 or Type 2 Diabetes, and/or their caregivers. Over the course of 6 weeks, participants come once a week for 2.5 hours. While participants start off learning the skills of action planning and decision making, they will intertwine topics such as dealing with stress, making dietary decisions, communicating with health care professionals and exercise.

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

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

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

All workshops are free of charge. To register for any of the above programs, please call 410-222-4366
IN-HOME CARE

- 24/7 overnight availability- Call for pricing
- CNA, GNA skilled level staff
- Minimum of only 4 hour shifts - Minimum of 2 Days per week
- $22.00 to $28.00 per hour based on level of care needed
- Experienced/Specialized Caregivers with Alzheimer and Dementia care

--- Services ---

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

410-919-0190 • 202-904-7617
susan@chesapeakecaregivers.com
www.chesapeakecaregivers.com
1997 Annapolis Exchange Pkwy • Ste. 300
Annapolis, MD 21401

Serving all counties within Maryland including the Eastern Shore

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- Finest Selection of the Latest Innovative Equipment
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- Prompt Attention to Your Immediate Needs
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www.FreedomMobilitySolutions.com
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--- Come to Live Here ---

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

Come visit. Learn what it means to thrive.

Tribute at Melford
17300 Melford Boulevard | Bowie, MD 20715
301.329.5565 | Hello@TributeAtMelford.com
ThriveSL.com/Melford
A Thrive Senior Living Community

--- Chesapeake Caregivers ---

IN-HOME CARE

- Certified Expert Consultation (ATP, CAPS, CEAC)
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- Installations by Experienced Technicians
- Prompt Attention to Your Immediate Needs
- Interactive State-of-the Art Showroom

888.414.6553
www.FreedomMobilitySolutions.com
7271 Park Circle Drive • Hanover, MD 21076
### Senior Activity Centers
Located Within Anne Arundel County

- **Annapolis**, Wiley H. Bates Heritage Park, 119 South Villa Avenue, Annapolis, MD 21401 • 410-222-1818; Fax 410-222-1216 • annapoliscenter@aacounty.org
- **Arnold**, 44 Church Road, Arnold, MD 21012 410-222-1922; Fax 410-222-1924 arnoldcenter@aacounty.org
- **Brooklyn Park**, 202 Hammonds Lane, Baltimore, MD 21225 • 410-222-6847; Fax 410-222-6846 bpcenter@aacounty.org
- **O’Malley**, 1275 Odenton Road, Odenton, MD 21113 • 410-222-6227; Fax 410-222-6229 • omalleycenter@aacounty.org  
  O’Malley Annex, 1270 Odenton Road, Odenton, MD 21113 • 410-222-0140
- **Pasadena**, 4103 Mountain Road, Pasadena, MD 21122 • 410-222-0030; Fax 410-222-0032 pasadenacenter@aacounty.org
- **Pascal**, 125 Dorsey Road, Glen Burnie, MD 21061 410-222-6680; Fax 410-222-6685 pascalcenter@aacounty.org
- **South County**, 27 Stepneys Lane, Edgewater, MD 21037 • 410-222-1927; Fax 410-222-1989 southcenter@aacounty.org

All of the above centers are nutrition sites.

### NUTRITION SITES
PLEASE SEE PG. 69 FOR MORE INFORMATION

- **Annapolis Senior Center**
  119 S.Villa Ave., Annapolis, MD 21401
- **Arnold Senior Center**
  44 Church Rd., Arnold 21012
- **Bay Forest**
  940 Bay Forest Ct., Annapolis 21403
- **Brooklyn Park Sr. Ctr.**
  202 Hammonds Ln, Brooklyn Pk. 21225
- **Claiborne Place**
  130 Hearne Rd., Annapolis 21401
- **College Parkway Place**
  570 Bellerive Dr., Annapolis, 21409
- **Glen Forest**
  7975 Crain Hwy, Glen Burnie, 21061
- **Glen Square Senior Housing**
  102 Crain Hwy, Glen Burnie, 21061
- **Glenwood Nutrition Site**
  701 Glenwood St., Annapolis, 21401
- **Heritage Crest**
  6670 Roberts Ct. Glen Burnie, 21061
- **Morris Hill Community Center**
  351 Arundel Corp Rd., Glen Burnie 21060
- **O’Malley Senior Center**
  1275 Odenton Rd., Odenton 21113
- **Pasadena Senior Center**
  4103 Mountain Rd., Pasadena 21122
- **Pascal Senior Center**
  125 Dorsey Rd., Glen Burnie, 21061
- **Pinewood East Senior Housing II PWII**
  7900 Benesch Cr., Glen Burnie, 21060
- **Pinewood Village Senior Housing PWI**
  7885 Gordon Ct., Glen Burnie, 21060
- **Pumphrey (Lloyd Keaser Comm.Ctr)**
  5757 Belle Grove Rd, Baltimore 21225
- **South County Senior Center**
  27 Stepney’s Ln, Edgewater 21037

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www.aacounty.org/aging
Choosing Cremation has never been easier.
Now offering simple online basic cremation starting at $1,295

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www.LastingTributesCremationCare.com

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www.ChesapeakeEyeCare.com

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

LASIK | Laser Cataract Surgery | Dry Eye | Glaucoma | Retina | Eyelid Surgery
Resources
For Older Adults, Individuals with Disabilities, and Caregivers in Anne Arundel County

SPG Seniors Directory Listings 2019
Anne Arundel County Department of Aging & Disabilities Programs
AA County Dept. of Aging and Disabilities/Main Office
410-222-4257
TTY users please call via MD Relay 711 www.aacounty.org/aging
Provides programs, services, information, education and special events to improve the quality of life for older adults, adults with disabilities and caregivers. Family members and caregivers also are encouraged to call for information and assistance.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program/Information & Assistance
410-222-4257
TTY users please call via MD Relay 711 www.aacounty.org/aging
One stop, user-friendly access at the county Dept. of Aging and Disabilities to services offered by multiple agencies for persons age 50 and older, persons age 18 and older with a disability, and caregivers for seniors and adults with disabilities. Information and Assistance Specialists continue to provide a single contact point for information about all programs and services, assist in defining needs and locating appropriate services, and help with completing forms and applications for benefit programs. Speakers available.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship
410-222-4257
www.aacounty.org/aging
Serves as court-appointed public guardian of person for Anne Arundel County residents who are 65 years or older. Provides information and education about medical advance directives, alternatives to guardianship, and the guardianship process.

AA County Dept. of Aging and Disabilities/Assisted Living Program
410-222-4257
www.aacounty.org/aging
Monitors and provides technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally eligible residents residing in these ALFs. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for older adults and those with disabilities. Works collaboratively with Adult Protective Services and the Long-Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

AA County Dept. of Aging and Disabilities/Community First Choice
410-222-7183
www.aacounty.org/aging
Provides personal care, assistance with dressing, toileting, meals, shopping, laundry and other activities of daily living. Recipients receive Supports Planners and Nurse Case Monitoring services. Income eligibility must be established.

AA County Dept. of Aging and Disabilities/Health Promotion Workshops
410-222-4366
Living Well with Diabetes: 6-week workshop which teaches self-management skills for those with diabetes.
Living Well with Chronic Conditions: 7-week workshop which teaches self-management of chronic conditions such as arthritis, heart disease, COPD and mental health conditions. Stepping On: 7-week falls prevention workshop builds self-confidence and reduces falls by learning balance and strength exercises; includes presentations/discussions with experts in various fields related to falls prevention. Call 410-222-4366 for workshop schedule and to register.

AA County Dept. of Aging and Disabilities/Grief Counseling Program
410-222-0263
TTY 410-222-4355
www.aacounty.org/aging
A specialized program that provides grief counseling to individuals at home.

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver
Enrolled Participants: 410-222-4366
Registry Waitlist: 410-222-4257
www.aacounty.org/aging
This state-wide program provides services to eligible individuals age 18 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial and technical qualifications must be met.

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

AA County Dept. of Aging and Disabilities/Long Term Care Bureau/In Home Aide Services (IHAS) and Senior Care (SC) Program
410-222-4366
www.aacounty.org/aging
In partnership with the AA County Department of Social Services, the SC/IHAS program provides case management and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services are available for eligible clients. This program allows clients to remain in the community as they age.

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

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

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

Providing public education to Medicare beneficiaries to increase senior awareness of health care fraud. One-on-one assistance available in reporting suspected Medicare/Medicaid fraud and abuse.

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

Provides a daily well-check telephone call to older adults and adults with disabilities who are living alone in Anne Arundel County. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family, or county police.

Active Adult Community

SPG The Gardens of Annapolis
931 Edgewood Road
Annapolis, MD 21403
410-295-5644
www.gardensofannapolis.com

Premier 62 and better independent living community for individuals who enjoy a carefree life in a luxurious and affordable environment. You will have all the comforts of home!

Please see our ad on page 35

Adult Day Care

SPG Active Day of Annapolis
2525 Riva Road, Suite 100
Annapolis, MD 21401
410-573-9100 (Phone), 410-573-9102 (Fax)
www.activeday.com
E-mail: info@activeday.com

Nutritious catered lunch, afternoon snack. PT/OT speech therapy. Yoga, activities, games, discussions, crafts. Nurse assisted medication management. Travel to medical appointments, rehabilitation. Services for disability, dementia care, memory care.

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

Woods Adult Day Care Center
410-987-0360
www.woodsadultdayservices.com
Offers programs of social/health-related services five days a week for persons who need 24-hour supervision. Includes nursing, therapeutic activities, counseling, hot lunch, and transportation.

Please see our ad on 45

Advocacy

AA County Office of Community Engagement and Constituent Services 410-222-1785
www.aacounty.org

The Office of Community Engagement and Constituent Services serves as the direct link between County Executive Steuart Pittman and the citizens of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county the Best Place.

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

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

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

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

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

AARP – Membership Services 410-895-7637 (Maryland)
1-866-542-8163
1-888-687-2277
www.aarp.org

AARP is a membership organization dedicated to enhancing the experience of aging through advocacy, information, and services. Call for chapter locations and telephone numbers.

Annapolis Commission on Aging
410-263-7997
Fax: 410-216-9284
www.anapolis.gov/566/Commission-on-Aging

The Commission on Aging serves as an advisory board to the City Council. It studies matters affecting older adults and makes recommendations, works with City senior living facilities to help address issues and educates the public. Members meet the last Thursday of the month at the Annapolis Senior Center Wiley H Bates Heritage Park at 11:00am.

The Arc Central Chesapeake Region 410-269-1883 Annapolis
410-770-9895 Severn
TTY 800-735-2258
www.thearcccr.org

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

Associated Black Charities 410-659-0000
www.abc-md.org

A public foundation that advocates and facilitates the creation of measurably healthier and more prosperous communities through responsible leadership and philanthropic investment.

At Home Chesapeake 410-647-1997 (Severna Park)
www.athomechesapeake.org

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

Laurel Advocacy and Referral Services (LARS) 301-776-0442
www.lauradadvocacy.org

Crisis intervention in the Laurel area by a group of religious member organizations. Hours of operation: Monday, Wednesday,
and Friday from 9 a.m. – 2 p.m., with additional hours from 5 p.m.—7 p.m. on Mondays.

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

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

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

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

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

Assisted Living

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

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

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

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

SPG Assisted Living Well
Compassionate Care LLC
271 W. Pasadena Road
Millersville, MD 21108
410-609-0904
www.compassionatecarerescues.com

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

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

TTY users can call Maryland Relay 711

SPG Brightview Crofton River Walk
1301 Clarity Dr
Crofton, Md 21114
410-849-6267
www.brightviewcroftoneriverwalk.com

SPG Brightview Severna Park
469 Jumper’s Hole Road
Severna Park, MD 21146
410-544-1605
www.brightviewseniorliving.com

SPG BrightView South River
8 Lee Airpark Drive
Edgewater, MD 21037
410-956-7310
www.brightviewseniorliving.com
Vibrant Place, Vibrant People, Vibrant Lifestyle, Vibrant Company, Assisted Living apartments. Offering seniors the assistance they need and the full life they deserve.
Please see our ad on Inside Back Cover

SPG Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care, and Respite Care. USDVA funding to help with cost of care.
Please see our ad on page 24

WOODB Adult Day Services
“A Tradition of Caring since 1975”

We Offer:
• Transportation
• Health & Nursing
• Social Services
• Daily Hot Lunch/Spots
• Diverse Activities Program

Fees are based on participant’s ability to pay.

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

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

www.aacounty.org/aging
Heartlands at Severna Park offers an upscale resident experience, gracious surroundings, fine dining, private suites, 24-hour in-house nursing staff and excellent activities calendar. Please see our ad on Inside Front Cover.

Oak Lodge Senior Home Assisted Living offers beautiful, private bedrooms with private bathrooms in a quiet, residential area of Pasadena. We offer meals, laundry, housekeeping, medication administration, and 24-hour supervision. Please see our ad on page 46.

Peartree House Assisted Living offers 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. Please see our ad on page 46.

Regency Park Senior Living Community offers superior comfort and care. Generously staffed and professionally managed with accommodations for 55 residents, including a secure unit offering a safe, stimulating environment for individuals with Alzheimer’s disease. Please see our ad on page 47.

Servants 4 Seniors Resource Network offers seniors and their families a wealth of coordinated resources to help secure quality care for senior loved ones in their golden years. Please see our ad on page 66.

Spring Arbor of Crofton and Spring Arbor of Severna Park offer privately owned and operated senior living with memory care community. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it’s how you live that matters! Please see our ad on page 11.

Sunrise Senior Living of Annapolis offers assisted living and memory care services. Located across from Anne Arundel Medical Center, we pride ourselves in our experienced and dedicated team, personalized assistance and care, engaging social activities, and delicious home-cooked meals.
Sunrise Senior Living of Severna Park
43 West McKinsey Road
Severna Park, MD 21146
410-544-7200
www.sunrise severnapark.com
Sunrise of Severna Park offers independent living, assisted living and memory care. Our community is nestled on ten beautiful acres with walking paths and in close proximity to the public library, community center and many shops and restaurants. Our tenured and dedicated team takes pride in providing resident-centered care, enriching activities and delicious, well-balanced meals. Please see our ad on page 27

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

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

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

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

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

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

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

Located in Lower Crofton Area
730 Route 3 South
Gambrills, MD 21054
For more information or to schedule a personal visit, call 410-923-1200

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

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

Please see our ad on page 49

Alliance in Aging
Lynn Carr, RN, MA, CCM
P.O. Box 4073
Annapolis, MD 21403
410-507-0915 (cell)
410-867-2042 (office)
lynn@allianceinaging.com
www.allianceinaging.com
Certified Nurse Care Manager, specializing in senior care for over 30 years. Provides support through difficult transitions.

Please see our ad on page 49

Complaints and Information

State Anatomy Board
410-767-6500 (Baltimore)
Toll Free 877-463-3464
www.health.maryland.gov/anatomy/
State’s cadaver donation program. Cadavers are used to support medical, dental education, and research. Donor forms are available by calling or writing the board.

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

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

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

MD Secretary of State’s Office
410-974-5549
TTY 410-974-5550
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.

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.cccsmd.org
A non-profit agency that offers free budget counseling, debt repayment planning, community education, and student loan counseling.

Dentists

AA County Department of Health Dental Access Program
410-222-7138 Annapolis
410-222-6881 Glen Burnie
www.aahealth.org/programs/adult-health-services/dental
Assists income-limited adults in obtaining dental care from participating volunteer dentists at discounted rates.

AA County Department of Health Emergency Dental Care Coordination Program
410-222-3090 or 410-222-7138
TTY 410-222-7153
www.aahealth.org/reach-plus/
Provides access to a Dental Care Coordinator, assistance with finding no-cost or low-cost dental care, and emergency dental services including relief from pain and reflexion.

Anne Arundel Medical Center (AAMC) Community Health Center
410-990-0050
701 Glenwood St. (inside Morris Blum senior housing) and 1419 Forest Dr., Annapolis

www.aacounty.org/services-and-programs/independent-housing-options-for-seniors
Provides supportive services in various apartment buildings to low and moderate income seniors age 62 years or older who have moderate difficulty with one or more activities of daily living. Services offered include congregate meals, housekeeping, laundry, personal assistance and service management. Financial assistance available based on income.

www.aacounty.org/aging
Primary care medical center where a team of health professionals provides continuous, comprehensive, and coordinated care throughout a person’s life.

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

SPG Spa Creek Dental, Inc.
185 Admiral Cochrane Drive
Annapolis, Maryland 21401
443-800-1754
spacreekdental.com

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

Disability Services

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

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

AA Community College, Disability Support Services
410-777-2306
410-777-1304
www.aacc.edu/advising/DSSwelcome
Assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

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

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

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Disability Services
Disability Services

Accessible Resources for Independence
410-636-2274
www.arnow.org
Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. We provide independent living services to anyone with a disability at any age including children, seniors, and veterans at no charge. Our mission is to maximize the independence of people with disabilities so they enjoy self-directed, productive lives. ARI provides services to enhance quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transitioning services and more... all designed to help people with disability take part in and contribute to their communities.

Americans with Disabilities Act Office
410-222-4383
TTY users, call via MD Relay 711
www.aacounty.org/aging
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
410-269-1893 Annapolis
410-770-9895 Easton
TTY 800-735-2258
www.thearccc.org
Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, employment training, community living, individual support, and fiscal management services.

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

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

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

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

Division of Rehabilitation Services
410-974-7608 (Annapolis)
410-636-9010 (Linthicum)
TTY 410-974-7742
Videophone 410-415-9310
www.dors.maryland.gov
A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind include teaching individuals over age 55 who are not seeking employment, homemaking skills, orientation, mobility, and Braille lessons. Counselor for all deaf clients located in this office.

Easter Seals Society of Central MD
410-277-0940
301-588-8700
Toll Free 800-886-3771
www.easterseals.com/DCMDVA
Provides services to children and adults with disabilities and other special needs and support to their families. Adult services for participants of Easter Seals adult day centers include ergonomic assessment for adults, low vision for adults, O.T., P.T., stroke support group, information, and referral.

Foundation Fighting Blindness
410-423-0600
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.

Home and Community-Based Options Waiver
410-222-4257
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 15 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
410-371-9389 Deaf Senior’s Program
Fax 410-255-0984
TTY 410-255-4530
www.magothydeachurch.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.

MD Dept. of Transportation MVA/ Annapolis and Glen Burnie
410-768-7000
Toll Free 800-950-1682
TTY 800-492-4575
www.mva.maryland.gov
Licenses and regulates vehicles, dealers, driving schools, title services, auto dismantlers, and vehicle manufacturers. Provides disability/handicap passes and plates to those with written verification from a physician.

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

MD State Library for the Blind and Physically Handicapped
410-230-2424
Toll Free 800-964-9209
TTY 410-333-8679
TTY 800-934-2541
www.lbph.lib.md.us
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.mdtap.org) to list or find donated equipment/devices. WorkABILITY Loan Program provides home-based and business loans for people with disabilities.

MD Transit Administration (MTA)/Call-A-Ride Service
410-664-2030
Toll Free (General Information 866-743-3682)
www.taxiaccess.org
www.mta.maryland.gov/content/brochures-publications
MTA Call-A-Ride Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

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

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

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

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

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

Opportunity Builders, Inc.
410-787-0700
TTY 800-735-2258
www.obiworks.org
Provides vocational training and employment services to adults with developmental disabilities. Also works with families to encourage the client’s independence and opportunities.

The Parents Place of Maryland
410-768-9100 V/TDD
Toll Free: 800-394-5694
www.pppmd.org
We are a resource center for families whose children have disabilities or special healthcare or educational needs up to age 21.

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

Service Coordination, Inc.
801 Cromwell Park Drive
Glen Burnie, MD 21061
410-863-0360
Hearing impaired, use MD Relay 711
www.servicecoordinationinc.org
Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. It assists in the development of plans for clients by exploring options and then helps to arrange and monitor needed supports, and advocates as necessary.
Unified Community Connection of Central Maryland
410-484-4540
TTY 800-451-2452
www.unified.org
Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

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

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

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

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

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

Annapolis Human Relations Commission
410-263-7998
www.anapolis.gov/1386/Human-Relations-Commission
A city board of volunteers that seeks to ensure equal opportunity in Annapolis. Established in 1963, it consists of 15 Annapolis residents appointed by the Mayor with the approval of the City Council. The Commission can accept complaints of discrimination on the basis of race, color, gender, religion, national origin, age, marital status, familial status, physical or mental disability, and sexual orientation.

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

Education
AA Community College, Adult Basic Education
410-777-2901 for information or assessment appointment.
www.aacc.edu/learn-basic-skills/
Provides Adult Basic Education for those age 16 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

AA Community College/Lifelong Learning
101 College Parkway, JOHN 203
Arnold, MD 21012
410-777-2171
www.aacc.edu/about/schools-of-study/continuing-education/center-on-aging
AA Community College, Disability Support Services
410-777-1311
Toll Free 800-735-2258
www.aacc.edu/resources/disability-support-services/
AACC’s Disability Support Services assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

AA County Dept. of Aging and Disabilities/Health Promotion Workshops
410-222-4366
AA County Dept. of Aging and Disabilities/Main Office
410-222-4257
Toll Free 800-492-2499
www.aacounty.org/aging
AA County Literacy Council
410-269-4419
www.icread.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 1-888-227-7689 or 1-877-846-3299
www.aarp.org/home-garden/transportation/info-06-2011/aarp-transportation-for-those-who-dont-drive.html
AARP Driver Safety Program for motorists age 50+. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. Instruction classes for seniors held at Arnold, O’Malley, Pascal, and South County Senior Activity Centers. Fee.

Road Scholar
Toll Free 800-454-5768
TTY 877-426-2167
www.roadscholar.org
Toll Free 1-888-687-2277
www.aarp.org/home-garden/transportation/info-06-2011/aarp-transportation-for-those-who-dont-drive.html
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
Adult Protective Services (APS) assists adults who lack the physical or mental ability to provide for their own basic needs. Reports of abuse, neglect, and exploitation are investigated and services are implemented to protect the vulnerable adult.

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

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

Elder Law

AA County Lawyer Referral and Information Services
410-222-6899
www.aabar.org
A phone referral service only. Provides referrals to an attorney specializing in the client appropriate area of law. First 30 minutes of consultation is $35. Hours: M-F, 9 a.m.–2 p.m.

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

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

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

“The Senior Friendly Attorney”

Candace H. Beckett
Attorney and Counselor of Law
410-370-0673 (Direct)
410-972-4540 (Office)
1997 Annapolis Exchange Parkway, Suite 300
Annapolis, MD 21401
www.chesapeake-elder-law.com
chbeckett@aol.com

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

Reasonable Fees
Home/Hospital Visits

Byrd & Byrd, LLC
14300 Gallant Fox Lane, Suite 110, Bowie, MD 20715
(301) 464-7448
www.byrdandbyrd.com

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

Byrd & Byrd, Attorneys at Law, based in Prince George’s County also serving surrounding counties and D.C.
Please see our ad on page 55

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.

Frame and Frame, LLC
8562 Fortsmallwood Road
Pasadena, MD 21122
410-255-0373
www.frameandframelaw.com
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.

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.

Maryland Legal Aid
410-972-2700
Toll Free 800-666-8330
www.mldlab.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.mldlab.org
A statewide project that provides free civil legal help to low income Marylanders. May be able to assist with involuntary discharges, nursing homes and assisted living residents' rights issues, contract review, and Medical Assistance long term care issues.

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

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

Senior Citizens’ Law Project of AA County
410-972-2700
Toll Free 800-666-8330
www.mldlab.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.

Stavelly & 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.

124 South Street • Annapolis, MD 21401 • 410-268-9246 • 410-570-6459 • Catherine@StavelyLaw.com • Elena@StavelyLaw.com
Elder Law • Emergency Information

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

Estate Planning and Elder Law Attorneys.
Member of the American Academy of
Estate Planning Attorneys since 1995.
Services include Free estate planning
seminars, Revocable Living Trusts, Wills,
Power of Attorney, Healthcare Directives,
Probate, Special Needs Planning, Medicaid
Planning and Estate Administration.
*Please see our ad on page 55*

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

Stavely & Sallitto Elder Law, LLC
124 South Street, Suite 1
Annapolis, MD 21401
410-268-9246
Financial planning for nursing care, medical
assistance applications, powers of attorney,
Guardianships, and VA benefits.
*Please see our ad on page 54*

Emergency Information

AA County Fire Dept. Headquarters
911 Emergencies
410-222-8200
TTY 410-222-8747
www.aacounty.org/fire
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办公室of-
emergency-management
www.annapolis.gov
County/city offices are responsible for the coordination of resources, in conjunction with regional, state, and federal partners, to assist citizens before, during, and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

Emergency Response

Alzheimer’s Association MedicAlert and Safe Return Program
Toll Free 800-222-1222
www.medicalert.org/safereturn
A national program of the Alzheimer’s Association that assists in the identification and safe, timely return of individuals with Alzheimer’s disease and related dementias who wander off. Identification products including bracelet or necklace and wallet cards, 24-hour toll-free emergency crisis line, support and education are part of the program.

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

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

AA County Police Dept./Community Relations
911 Emergencies
410-222-2400 Community Relations
410-222-SAFE (7233)
410-222-8610 Non-Emergency
TTY 800-735-2258
www.aacounty.org/Police
General phone number for Police Dept. for information on forming Neighborhood Watch programs, fingerprint kits, Operation Identification, senior liaison programs, scams, personal safety, and home security.

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

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

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

Employment and Job Counseling

AA Workforce Development Corporation/Senior Focused Program
410-987-3890
www.awdcd.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 disadvantaging conditions.

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

Estate Sale Services

Chesapeake Transitions
502 Corbin Parkway
Annapolis, MD 21401
410-897-0050
www.chesapeake transitions.com
From promotion to presenting items in favorable ways, to handling all-day-of logistics, we manage your entire estate sale. Our sales are always well staffed and well attended.

Exercise, Biking, Walking

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

Jing Ying Institute Of Kung Fu and Tai Chi
1195 Baltimore Annapolis Blvd, #6
Arnold, MD 21012
410-431-5200
www.JingYing.org

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

Marley Station Mall Walkers Program
410-766-2033
The Marley Station Mall Walkers walk the Mall 7:30-10 a.m. Monday through Friday. Call the mall for additional information.
Westfield Annapolis Mall Walkers Program
410-266-5432
Walking at 7:00 a.m. daily, Sunday 9 a.m.

Eye Care

Anne Arundel Eye Center
127 Lubrano Drive, Suite 301
Annapolis, MD 21401
410-224-2010
www.AnneArundelEyeCenter.com
Drs. Samuel Boles, M.D., Nicole Kershner, O.D., and Kathryn Turner, O.D.
Offering complete ophthalmic exams and diagnostic surgical eye care with a specialty in cataract and glaucoma diagnosis and treatment. Accepting most insurances. Convenient hours available.
Chesapeake Eye Care & Laser Center
2002 Medical Parkway
Sajak Pavilion, Suite 320
Annapolis, MD 21401
410-571-8733: 877-DR4-2020 Toll Free
www.ChesapeakeEyeCare.com
We offer the latest procedures using advanced technology and leading-edge surgical techniques in a state-of-the-art surgery center. Specialties: Custom Laser Cataract Surgery, Eyelid Surgery, LASIK, Glaucoma, Retina, Dry Eye.
Please see our ad on page 42

Crofton Family Eye Care
1702 Transportation Blvd, Ste. I
Crofton, MD 21114
410-721-2500
www.croftonfamilyeyecare.com
We are a private, professional practice providing comprehensive eye and vision care. Dr. Nina Doyle’s specialty is in the area of low vision, geriatric eye care, and vision rehabilitation.
Please see our ad on page 57

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

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

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

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

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

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

TTY users can call Maryland Relay 711

Specializing in Low Vision Rehabilitation and Seniors

Dr. Nina Nghi Doyle

Chesapeake Transitions, LLC
MANAGING YOUR MOVE HAND-IN-HAND

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

Join us at our Estate Sales!

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

410-897-0050 - WWW.CHESAPEAKETRANSITIONS.COM
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 (by referral only) which assists clients with wheelchairs, scooters, walkers, bedside commodes, etc. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. An appointment is required for referrals. Donations are appreciated. Hours of operation: Mon.–Fri. 9 a.m.–12 noon and 1 p.m.–3 p.m.

AA County Dept. of Aging and Disabilities/Senior Nutrition Program
410-222-4464
www.aacounty.org/aging

AA County Dept. of Social Services-Annapolis and Glen Burnie
1-855-284-0650 Main Call Center
410-269-4500 – Annapolis
TTY 410-269-4512
410-421-8539 – Glen Burnie
TTY 410-421-8551
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

Beall Funeral Home
6512 NW Crain Hwy. (Rt. 3 South)
Bowie, MD 20715
301-805-8544
www.BeallFuneral.com
Beall Funeral Home offers complete personalized services, out-of-town arrangements, cremation. Family-owned and operated.
Please see our ad on page 59

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

TTY users can call Maryland Relay 711

Lasting Tributes Cremation & Funeral Care
814 Bestgate Rd
Annapolis, MD 21401
410-897-4852
www.LastingTributesFuneralCare.com
Lasting Tributes is family owned and designed to simplify the funeral buying process with its all-inclusive model: Green Burial, Traditional Cemeteries, Flowers Shop, Monument Company and Crematory. Please see our ad on page 42

Health Organizations

AA County Dept. of Health/Adult Evaluation and Review (AERS)/Nurse Monitoring Service
410-222-4361 (AERS)
410-222-7183 (NMS)
www.aahhealth.org/aging-and-disability-services/
AERS conducts comprehensive evaluations in the home for people who are at risk of institutionalization due to functional limitations and low income. Registered nurses and licensed social workers assist individuals with identifying services and make recommendations and referrals to support living in the community. Referrals come through MAP. NMS provides visits to participants in the Community First Choice and Community Options Waiver. Registered nurses monitor the participants’ health and safety.

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

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

American Lung Association
Toll Free 800-LUNGUSA
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
Toll Free 800-733-2767
www.redcross.org/local/maryland-delaware.html
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

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

AA County Ostomy Association, Inc.
410-672-5219
www.annearundelostomy.com
A chapter of the United Ostomy Association of America, Inc., the local support group meets the first Thursday of the month at 7:30 p.m. on 7th floor of the Health Sciences
Bldg. at Anne Arundel Medical Center. This non-profit, volunteer-based organization is dedicated to providing reassurance and emotional support for people who have had or will have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy, or a continent procedure. It also publishes a newsletter.

**AA County Dept. of Health**
410-222-7095
TTY 410-222-7153
www.aahealth.org

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

**Arthritis Foundation, Mid Atlantic Branch**
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.

**Chesapeake Palliative Medicine**
90 Ritchie Highway
Pasadena, MD 21122
443-837-1525
443-837-3376
www.cpmedicine.org

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

**Leukemia and Lymphoma Society**
443-471-1600
Toll Free 800-242-4572
www.LLS.org/md

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

**MD Kidney Disease Program**
410-767-5000
http://mmcp.dhmh.gov/familyplanning/sitempages/kidneydisease.aspx

Provides for the payment of Medicare deductibles and co-insurance for end stage renal disease. New electronic claims administration system gives increased functionality for providers to enter and submit claims electronically.
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.
5801 Ritchie Hwy.
Severna Park, MD 21146
410-647-7795
Founded in 1975, we are Maryland’s oldest private practice audiology group. Seven convenient locations with ample free parking, our providers are educated, credentialed, and experienced. We evaluate, treat, and serve exactly the way we would want to be treated—with courtesy and respect. We are providers with most major insurance plans.

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

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

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

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

A Homemade Plan: In Home Senior Care
130 Holiday Ct, Suite 106
Annapolis, MD 21401
443-837-7768
www.a homem adeplan.com
Locally owned in-home senior care company that assists with daily activities which promotes safety and independence in the home. Live-in and hourly services available. Serving Anne Arundel and surrounding areas. Please see our ad on page 63

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

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

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

We help Mom stay at home

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

EXPERIENCED EMPLOYEES

Licensed by the State of Maryland, bonded and insured.
Residential Service Agency (RSA) License #R2435

Professional Geriatric Care Management Services

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

1831 Forest Drive, Annapolis, MD 21401 410-571-2744 • www.response-seniorcare.com

RESPONSE SENIOR CARE
410-571-2744
www.response-seniorcare.com

• Compassionate care
• Professional care
• Independent living

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

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

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

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

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

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

Griswold Home Care
550 M Gov. Ritchie Highway, Ste. 187
Severna Park, MD 21146
410-975-9750
www.GriswoldHomeCare.com
Exceptional Service for Over 36 years
21 Years Serving the Local Community
Locally Owned and Operated
www.GriswoldHomeCare.com/AnneArundelMaryland

CALL NOW FOR A FREE CONSULTATION
443-569-0799
www.Amadaannapolis.com
*Licensed as a residential service agency by the MD Department of Health & Mental Hygiene, Office of Health Care Quality
Specializing in live-in and hourly care anywhere one calls home. Carefully selected, screened and experienced. Caregivers provide short- or long-term care. No Deposits or upfront fees. You are in the driver’s seat. Call for a free assessment. Locally owned and operated since 1999.

Please see our ad on page 62

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

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

Homewatch Caregivers
1997 Annapolis Exchange Parkway
Annapolis, MD 21401
410-715-9175/301-596-0006
www.hwvcg.com/annapolis

Please see our ad on page 23

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

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

Please see our ad on page 23

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

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

Please see our ad on page 65

Stay at Home Senior Care
9430 Farewell Road
Columbia, MD 21045
www.stayathomeseniorcaremd.com
Non-medical, in-home senior care.
Companionship, meal planning and transportation, incident transportation, shopping, errands, laundry, light housekeeping. Bonded and Insured. Please see our ad on page 37

**SPG** Synergy HomeCare of Anne Arundel County
4201 Chinquapin Round Road
Annapolis, MD 21401
410-263-4050
www.synergyhomecare.com
wecaremd03@synergyhomecare.com
Synergy HomeCare, a Veteran’s Administration and Long-Term Care contracted agency, allows clients to utilize services as needed for short-term or 24/7 care. Services include assistance with activities of daily living such as personal care, transportation, housekeeping, errand running, companionship, meal planning/preparation, and medication reminders. Caregivers provide services in a variety of settings, including independent and Assisted Living Communities.

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

**SPG** Visiting Angels Living Assistance Services
137 Mitchells Chance Road, Suite #36
Edgewater, Maryland 21037
410-956-7771

**Home Health Care**

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

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

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

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

**BrightStar Care**
2111 Baldwin Avenue
Crofton, MD 21114
www.brightstarcare.com
Private duty senior home care including personal care provided by experienced caregivers, skilled nursing services and therapies. Specializing in Alzheimer’s and dementia care, and end-of-life support. Serving Anne Arundel and Prince George’s Counties as well as Maryland’s Eastern Shore.

Please see our ad on page 1

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

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

Please see our ad on page 63

**Home Improvement, Design, Repairs, and Maintenance**

**Accessible Homes for Seniors**
Contact the Annapolis Planning and Zoning
Residents of the City of Annapolis should contact the Annapolis Planning and Zoning Office at 410-263-7961.

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

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

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

**Habitat for Humanity of the Chesapeake**
410-366-1250
www.habitatchesapeake.org
Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute “sweat equity” and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium “ ReStore” retail outlet thrift shops for home improvement items. Proceeds go to Habitat.
Partners In Care volunteers help members maintain their homes for safe and independent living. Services include nonprofessional skills such as light carpentry, repairing leaky faucets and toilets, replacing light bulbs, and addressing safety issues by installing handrails, repairing stairs, and installing bathroom safety equipment. Availability of repairs is dependent on the gifts and talents of our volunteers. Please see our ad on page 71, 79.

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

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.

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

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

410.846.0141
www.rightathomemd.net

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

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

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

Hospice of the Chesapeake
90 Ritchie Highway
Pasadena, MD 21122
410-987-2003
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, compassionate care.

Please see our ad on page 31, 34

House Cleaning

Ameri-Maid
1511 Ritchie Hwy., #105
Arnold, MD 21012
410-757-5571
www.ameri-maid.com

Friendly, English-speaking personnel providing housecleaning. All employees are bonded and insured. We come weekly, bi-weekly, or monthly. We also clean windows and carpeting. Free estimates.

Housing, Housing Counseling

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

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.

SPG Servants 4 Seniors
8010 Catherine Ave.
Pasadena, MD 21122
410-439-9353
www.aplace4seniors.com

Please see our ad on page 66

Income Assistance

AA County Dept. of Social Services-
Annapolis and Glen Burnie
1-855-284-0650 - Main
410-269-4512 - Annapolis
TTY 410-421-8551

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.marylandstail.org.

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

SPG Alzheimer’s Association Greater MD Chapter
1850 York Road, Suite D
Timonium, MD 21093
Toll Free 800-272-3900 Helpline
www.alz.org/maryland

Non-profit organization dedicated to the elimination of Alzheimer’s disease through the advancement of research; to improving and enhancing care and support for all affected; and to reducing the risk of dementia through the promotion of brain health. Services include a 24/7 Helpline to provide emotional, informational, and referral support; support groups for family caregivers, friends, and the person with dementia; care consultation, community and professional education, respite program for caregivers, and MedicAlert and Safe Return ID program.

Asbury Church Assistance Network
410-647-7667
www.asburytn.org/ministries.asp

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.

Salvation Army/Annapolis
410-263-4091
Provides assistance to people in need. Food pantry, holiday assistance, clothing, utilities assistance, etc. Spiritual counseling and youth program also available. All ages assisted. Must be a resident of AA County. Call first. For Glen Burnie location, call 410-768-0477.
SPAN, Inc., Serving People Across Neighborhoods  
410-647-0888  
www.spanhelps.org  
Emergency assistance network for those who have court ordered evictions, utility shutoffs, and need money for medications. Food pantry available. Accept volunteer assistance. Serves a large part of AA County. Call first.

Social Security Administration/ Annapolis and Glen Burnie  
Toll Free 800-772-1213  
Toll Free 866-528-9873 Glen Burnie  
TTY 800-325-0778  
www.ssa.gov  
Provides verification of contributions upon request and estimates of retirement benefits. Apply for benefits three months prior to age 66 for full benefits or age 62 for reduced benefits. Supplemental Security Income (SSI)-monthly benefits available for low-income persons who have a disability or are over 65 years of age.

South County Assistance Network (SCAN)  
www.scanfoodpantry.org  
South County network which provides emergency food. No phone but open Thursday and Saturday, 9 a.m.-noon, at St. James’ Parish, 5757 Solomons Island Road, Lothian 20711.

Information and Assistance  
Accessible Resources for Independence  
410-636-2274  
www.arinow.org  
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 Steuart Pittman and the citizens of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county the Best Place.  

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

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

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program  
410-222-4257  
TTY users please call via MD Relay 711  
www.aacounty.org/aging

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

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

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

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.

Ameri-Maid Professional Maid Service  
Since 1984  
Bonded/Insured  
Flexible Service Plans  
Free Estimates  
Quality Guaranteed  
Supplies & Equipment Furnished

Donna Darling  
(410) 757-5571

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

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

Service Coordination, Inc.
Central Regional Headquarters
9 Park Center Court, Suite 301, Owings Mills, MD 21117
410-235-8110
www.servicecoord.org
Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. Service Coordination assists in the development of plans for clients by exploring options, helping to arrange and monitor needed supports, as well as advocacy as needed. Service Coordination also provides Supports Planning through the Community First Choice and Community Personal Assistance Services Program in home and community-based settings. All Service Coordination staff are fully mobile.

2-1-1 Maryland
410-547-6537
Toll Free 800-510-0050
Note: Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m.
www.mdslaw.org
A nonprofit organization that provides free legal services to low- and moderate-income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

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

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

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.

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

SPG 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.

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

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

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

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

Equality Maryland
410-685-6567
1201 South Sharp Street, Suite 109, Baltimore, MD 21230
www.equalitymaryland.org
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 2005
www.sageusa.org/programs/hrclf.cfm
Led by Sage (Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders), the National Resource Center on LGBT Aging is the country’s first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults. The site provides significant information on LGBT Aging advocacy and important issues.

PFLAG of Anne Arundel County
www.pflagannapolis.org
PFLAG’s Annapolis/Anne Arundel County affiliate. Uniting people who are lesbian, gay, bisexual, and transgender (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. Please call via Maryland Relay 7-1-1.

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

**MD State Law Library**
410-260-1430
Toll Free 888-216-8156
www.lawlib.state.md.us
The Maryland State Law Library serves the needs of Maryland’s citizens and government by building and preserving collections of legal information resources, promoting access to these collections, and creating educational opportunities that enhance the understanding of legal information.

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

**Loan Closets**

**AA County Food & Resource Bank**
410-923-4255
www.aafoodbank.org
Distributes food and other resources to those in need throughout Anne Arundel County. It also has a special Medical Program which assists clients with wheelchairs, walkers, bedside commodes, etc. by referral only. Referrals are by appointment only. The Nutritional Diet Program offers nutritional drinks to those with dietary constraints. Donations are appreciated. Hours of operation are Monday to Friday, 9 a.m.–12 noon and 1 p.m.–3 p.m.

**Blind Industries and Services of MD**
410-737-2600
Toll Free 888-322-4567
www.bism.org
A 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.

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

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

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

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

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

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

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

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

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

**Pinewood Village I Senior Housing**
410-222-6233
www.aacounty.org/aging
Breakfast and hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

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

**TTY users can call Maryland Relay 711**
Lunch Sites  •  Media and Marketing • Massage Therapy  •  Mediation  •  Medical Products and Services • Medicare, Medicaid • Mental Health

** Massage Therapy **

** SPG Change Your Pace, LLC **

1511 Ritchie Highway, Suite 101B
Arnold, MD 21012
(410) 693-9403
massagebook.com/biz

** Media and Marketing **

** What's Up? Media **

201 Defense Highway, Ste. 203, Annapolis, MD 21401
410-266-6287
www.whatsupmag.com

** Mediation **

** AA Conflict Resolution Center **

410-266-9033
aacrcprograms@gmail.com
www.aacrc.info

Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Mediation helps people resolve conflicts peacefully and without going to court. Conflict resolution classes and training are available. No fee. Anger management classes are offered to members of the community at a cost of $100.

** Annapolis City Police Department **

Emergencies, dial 911
Non-emergency, 410-268-9000
410-268-4141
TTY 410-268-1844
410-280-CLUE (2583) Anonymous tips
www.annapolis.gov/police

City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the court system and the community.

** State’s Attorney’s Office/Mediation Center **

410-260-1870
www.aacounty.org/departments/sao

Provides free mediation services as an alternative to resolving disputes in the court system and the community.

** Medical Products & Services **

** Americle Healthcare Inc **

740A Generals Hwy
Millersville, MD 21108
410-721-0958
www.Americiclehc.com

Americle Healthcare is a medical supply and equipment company that has been providing excellent service to the mid-Atlantic region for over 25 years.

** SPG Annapolis Healthcare Supplies **

117 Gibraltar Avenue
Annapolis, MD 21401
410-296-7300
www.annapoliushc.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. See our ad on page 5

** SPG Health & Mobility **

342 Ritchie Highway
Severna Park, MD 21146
410-421-8070
www.healthandmobility.com

Health and Mobility is a family owned and operated store. We have been at the same location in Severna Park for 18 years. We bill Medicare and we offer a home in safety evaluation for our customer who want to stay in their homes and age in place. If you lose the ability to move with agility call HEALTH AND MOBILITY. Come by and check out our showroom. See our ad on page 31

** SPG Partners In Care/Connect America **

8151-C Ritchie Highway
Pasadena, MD 21122
410-544-4800; Toll Free 1-800-227-5500
connectamerica@partnersincare.org

Helping older adults remain independent in their homes.

Personal Emergency Response System (PERS)

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

** Medicare, Medicaid **

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

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

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

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

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

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

** Medical Assistance (Medicaid) **

410-269-4500 Annapolis Office
410-421-8500 Glen Burnie office
www.cms.gov/MedicaidGenInfo/Medicaid 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 **

410-222-7085
TTY 410-222-7153
www.aahelth.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.marylandcharities-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.

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

SPG Changing Keys by Susan
40 Murray Avenue
Annapolis, MD 21401
410-571-1499
www.changingkeysbysusan.com
Reduce the stress by letting us handle the details of your move. We sort, pack, oversee the movers and completely set up your new home.

SPG MOR Logistics, LLC
2207 Pheasant Run Drive
Finksburg, MD 21048
844-667-8326

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

Cadia Healthcare of Annapolis
900 Van Buren Street
Annapolis, MD 21403
410-267-8653
www.cadiahealthcare.com
Cadia Healthcare of Annapolis is a 97-bed skilled nursing facility staffed by a dedicated multi-disciplinary team of caregivers. It also provides post-acute care, rehabilitation, pulmonary care, pain management, and more.

Partners In Care
Helping Older Adults Remain Independent In Their Homes
Help at the Push of a Button

MD Waiver Provider
Provider # 5416434-00

Contact:
Partners In Care
410-544-4800
connectamerica@partnersincare.org

www.aacounty.org/aging
FutureCare Chesapeake

305 College Parkway
Arnold, MD 21012
410-647-0015

www.futurecare.com

FutureCare Chesapeake is located in a beautiful woodland setting just minutes from Annapolis, Severna Park and Arnold. Short-term rehabilitation as well as long-term care and dialysis are available at FutureCare Chesapeake.

City of Annapolis Recreation and Parks Dept.
410-263-7958
www.annapolis.gov/recreation
recpark@annapolis.gov

To enrich the quality of life for Annapolis area residents and advocate for healthy, active living by offering quality recreational programs and community facilities within an array of parks and natural open spaces.

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

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

MD Dept. of Natural Resources–State Parks
410-260-8400
Toll Free 877-620-8367
TTY 410-260-8835
www.dnr.maryland.gov

Provides wildlife programs, hunting programs, parks, and recreation facilities. Golden Age Pass provides senior citizens age 62+ with discount entry to parks and half price camping Sunday through Thursday. For application, call toll free 800-830-3974.

Arundel Olympic Swim Center
410-222-7933
301-970-2216
www.aaounty.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.

People and Animals Who Serve Anne Arundel County (PAWS)
410-222-0738

Local animal control office that provides dog and cat licenses, rabies clinics, and animal adoptions. Call to request pickup of stray animals or carcass removal or to report animal abuse.

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

SPG Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org

Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDVA funding to help with cost of care.

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.

Charlotte Hall, MD 20622
29449 Charlotte Hall Road

Program Guide is available which details all programs and activities. A Senior Lifetime Park Pass is available for seniors 60+. Call for fees, hours, and class schedules.

City of Annapolis Recreation and Parks Dept.
410-263-7958
www.annapolis.gov/recreation
recpark@annapolis.gov

SSGA

Toll Free 800-994-6610
630-792-5000

Joint Commission on Accreditation of Healthcare
630-792-5000
Toll Free 800-994-6610

Please see our ad on page 24

Please see our ad on page 9

North Arundel Aquatic Center
410-222-0090
www.aaounty.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.

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

Annapolis Professional Pharmacy
703 Giddings Avenue
Annapolis, MD 21401
410-263-7440
www.professionalpharmacygroup.com

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

Parks and Recreation

AA County Dept. of Recreation and Parks
410-222-7300
www.aacounty.org/RecParks

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

National Parks and Federal Recreational Lands--America the Beautiful Passes
www.nps.gov/planyourvisit/passes.htm
202-208-6843

America the Beautiful Passes cover entrance fees at national parks and national wildlife refuges as well as standard amenity fees (day use fees). The Senior Lifetime Pass costs $80 and the Senior Annual Pass costs $20. The Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Documentation of age/disability and residency/citizenship is required.

Passes can be obtained in person with no additional fee; however, if ordered online or by mail there is a processing fee of $10.

Pets and Pet Care Services

AA County Animal Control Agency
410-222-8900
www.aacounty.org/animalcontrol

Local animal control office that provides dog and cat licenses, rabies clinics, and animal adoptions. Call to request pickup of stray animals or carcass removal or to report animal abuse.

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

People and Animals Who Serve Anne Arundel County offers programs where volunteers on their own or with pets and/or children regularly visit isolated people in nursing homes, assisted living facilities and hospitals.

SPG (Society for Prevention of Cruelty to Animals)
410-268-4388
410-268-2659
http://www.aacspca.org/
Local animal shelter which offers pet adoptions, a low cost spay/neuter clinic, dog obedience classes, lost pet assistance.

Pharmacies and Pharmacy Assistance Programs

Annapolis Professional Pharmacy
703 Giddings Avenue
Annapolis, MD 21401
410-263-7440
www.professionalpharmacygroup.com

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

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

SPG Northern Pharmacy & Medical Equipment, Inc.
6701 Harford Road
Baltimore, MD 21234
410-370-8183
northernpharmacy.com
Specialist or a physician in your community.

A free physician referral service for www.MedChi.org
410-222-4531

Nutrition program
the Women, Infants, and Children (WIC)
services related to dental health and
Community health center that offers
www.aahealth.org/about/location.asp
410-222-6633

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

AA County Dept. of Health
North County Health Services
410-222-6836- School Health Services
410-222-6797-WIC
www.aahealth.org/about/location
Community health center that offers
services related to dental health and
the Women, Infants and Children (WIC)
nutrition program.

AA County Dept. of Health Behavioral
Health Building-Adult Addiction Services
410-222-0100
www.aahealth.org/addiction-clinic/
Substance abuse counseling, treatment,
and referrals.

AA County Dept. of Health
Glen Burnie Health Center
410-222-6633
www.aahealth.org/about/location.asp
Community health center that offers
services related to communicable diseases,
immunizations, and HIV/AIDS testing and
counseling.

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

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

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 Dentistry
410-706-7101
Toll Free 866-787-8637
www.dental.umaryland.edu
Provides comprehensive family dental
care. Before beginning any treatment,
dental health care providers conduct a
complete examination to determine the
best treatment plan. Faculty reviews
and evaluates all treatment provided by
students. Patient care may take longer,
but personal attention and supervision are
assured. Personal payment plans, some
types of insurance and Medical Assistance
are accepted. Call for more information on
insurance.

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

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

Physicians

AAMC Community Health Center
410-990-0050
www.aamccommunityhealthcenter.com/
The AAMC Community Health Center
AA County Dept. of Health
410-222-6180
www.aahealth.org/about/location.asp
Community health center that provides
free breast exams, mammograms and pap
tests for women age 40-64 with no
health insurance coverage. Colonoscopy
referral available for those ages 50-64 who
are income eligible with no insurance.
Also provides public health information
for residents and health providers. Breast
and cervical cancer program: 410-222-6180.

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

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

TTY users can call
Maryland Relay 711

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

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

Real Estate Services

SPG Black Dogs Real Estate Investments, LLC 4 Evergreen Rd, Suite 200 Severna Park, MD 21146
443-838-4895
Black Dogs buys your home as-is: no commissions, no repairs, no contingencies, no uncertainty, no stress. Close quickly, with cash in hand, and move forward with your life.

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

SPG Fast Property Solutions, LLC
7424 Baltimore Annapolis Blvd.
Glen Burnie, Maryland 21061
443-622-8709
trustedestateresources.com

TTY users can call Maryland Relay 711

Direct: 410.979.2590

Your REALTOR For Life!

Office: 410.384.9000

Joan F Eisenhardt
8230 Ritchie Highway
Pasadena, MD 21122
410-979-2590
www.c21joan.com
Realtor specializing in mature moves. Full service, full time, all the time! Please see our ad on page 74

SPG Leslie the Realtor - Taylor Properties
175 Admiral Cochrane Dr, Suite 111
Annapolis, MD 21401
301-922-8622
LeslieRealtor.net

Long & Foster and Christie’s International Real Estate
320 Sixth Street
Annapolis, MD 21403
410-703-3294 (Marie Simpson)
Marie is a realtor with Annapolis Eastport, Long & Foster and Christie’s International Real Estate. As a certified Senior Real Estate Specialist, a retired Anne Arundel County Public Health Nurse and a local senior center instructor, Marie has a knowledge base seldom found in Real Estate sales that can help you or your loved one determine what is the best type of move for you. Call so we can evaluate your options.

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

Trusted Estate Resources
7424 Balto Annapolis Blvd
Glen Burnie, MD 21061
443-622-8709

We will buy your home fast for all cash. There are no fees, upfront costs, commissions, in your time frame no matter what kind of property or circumstance. Call for a free consultation.

TTY users can call Maryland Relay 711

Referral and Planning Services

SPG Assisted Living Locators
1010 Samantha Lane
Odenton, MD 21113
410-610-6343
www.annapolis.assistedlivinglocators.com

As senior living advisors, we give comprehensive guidance matching the care you seek with local senior living options. Providers reimburse us for our services with no additional cost to you.
Rehabilitation, Physical Therapy

SPG Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org
Skilled Nursing and Assisted Living exclusively for Veterans and their eligible spouses. Rehabilitation, Secure Memory Care and Respite Care. USDA funding to help with cost of care. Please see our ad on page 65

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

Division of Rehabilitation Services–Linthicum
410-636-9010
www.dors.state.md.us
A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, with counseling, evaluation, and vocational training.

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

SPG Fox Rehabilitation
7 Carnegie Plaza
Cherry Hill, NJ 08003
301-802-7047
www.foxrehab.org
Quiet, park-like setting. therapy. Long term care unit as well. physical, occupational and speech therapy. Inpatient rehabilitation with private rooms, offering 24-hour nursing care, physical, occupational and speech therapy. Long term care unit as well. Quiet, park-like setting.

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

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

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

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

AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center
410-222-6690
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, hot nutritious lunches available. Monthly activity schedules available. Age 55 or older.

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

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

AA County Dept. of Aging and Disabilities/O’Malley Senior Activity Center
410-222-6847
www.aacounty.org/aging
Educational opportunities, health screenings, recreational activities, hot nutritious lunches available. Monthly activity schedules available. Age 55 and older.

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

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

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

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

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

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

Support Groups

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

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program
410-222-4257
Toll Free 800-492-2499
www.aacounty.org/aging
AA County Partnership for Children, Youth and Families
410-222-7423
A support system for grandparents and other adults raising a relative’s child, with monthly support groups, a resource manual, guidance, community referrals, and information.

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

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

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

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

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

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

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

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

Anne Arundel County Ostomy Association, Inc.
410-647-6171
www.annearundelostomy.com
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.athomchesapeake.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, Inc.
410-494-7106
www.mda.org
A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; annual physical therapy at clinic; occupational therapy at clinic and speech evaluations; medical equipment loan closet; and volunteer opportunities.

Myasthenia Gravis Mid-Atlantic Region
Marika Bates 410-644-4185 (Please leave a message) or marika.bates@gmail.com
Butch Jones 443-306-0252 (Please leave a message) or butchservices@gmail.com
www.myastheniamar.org
Support group meetings are held the 1st Saturday of each month, 10 a.m.-noon at Baltimore-Washington Medical Center, 3rd Floor conference room (Glen Burnie). When weather is questionable or it is a holiday weekend, please call contact number to check for cancellation.

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

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 care management services.

Young Aphasia Communications Club (YACC)
Judy Crane 301-520-9044 or jcranefly@gmail.com
Debra Piccirillo (SLP) 443-425-2255 or dpiccirillo@me.com
YACC is a support group for people who have aphasia from a stroke or brain injury. The support group meets the second Monday every month (except June, July, and August) at 4pm St. Phillips Episcopal Church, 730 Bestgate Road, Annapolis. No fee.

Tax Information and Assistance
AA County Office of Finance
410-222-1144
www.aacounty.org/finance
Collects tax and utility payments. Call for locations and hours throughout the County, or visit 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.

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.

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 x112
www.arundelhoh.org
Provides emergency shelter and support services including case management through a partnership with more than 70 churches typically from October through March for those who are experiencing homelessness.

Light House
410-263-1835
www.annapolislighthouse.org
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
410-651-7722
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.

TTY users can call Maryland Relay 711
Transportation

AA County Office of Transportation/Taxi Voucher Service
410-222-4222
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 65 and over and adults 18 and over with disabilities. Transportation is provided to nutrition sites, medical appointments, dialysis and senior centers. Curb to curb service. Wheelchair accessible vehicles available. Advanced notice is required.

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

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

MD Transit Administration (MTA)/People with Disabilities and Seniors Fare Program
410-767-3438
MTA Certification Office: 6 St. Paul Street (Lobby Level), Baltimore, MD 21202
www.mta.maryland.gov/disabled-reduced-fare-program
People with disabilities and senior citizens age 65 years and older can use the bus, light rail, Metro and MARC train at a reduced cost. For further information, call or visit the MTA Certification Office.

MD Transit Administration (MTA)/Mobility/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/MDA_Call_a_Ride_Brochure.pdf
MTA Taxi Access II Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

SPG Partners In Care Mobility
PIC-UP Bus
8151-C Ritchie Highway
Pasadena, MD 21122
410-544-4800; Toll Free 1-800-227-5500
www.partnersincare.org
The Mobility PIC-Up Bus is an on-demand, fee-for-service transportation option that provides wheelchair accessible service to older adults 50 and over at affordable rates. The PIC-Up Bus also offers group rates for recreational and social events. Call for more information Please see our ad on page 79, 71

SPG Partners In Care Ride Partners
8151-C Ritchie Highway
Pasadena, MD 21122
410-544-4800; Toll Free 1-800-227-5500
www.partnersincare.org
Partners In Care volunteers use their own vehicles to provide occasional arm-in-arm, door-through-door transportation for adults over the age of 50, to non-emergency medical appointments, pharmacies, grocery stores, hair salons, and other errands. Approved caregivers may ride along. Call to find out more about eligibility and guidelines.

Veterans

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

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

AA County Brain Injury Support Group
www.biarmd.org/central-md.html
Monthly meetings are held every 3rd Tuesday from 7-8:30pm at LifeQuest - Mary T. Maryland, 1114 Benfield Blvd., Suite A-D, Millersville, MD 21108. Contact Debbie Cottrill at 410-320-8948 or debtcottrill@gmail.com for any questions.

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

AA County Veterans Affairs Commission
410-222-1260
www.aacounty.org/veterans
A forum for all AA County veterans of military service. The commission meets at 6:30pm 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 for veterans who are homeless along with support with employment, substance abuse, mental health, and health care.

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443-951-1575
17 North Southwood Avenue, Annapolis, MD 21401
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TTY users can call
Maryland Relay 711
Veterans • Victim and Witness Assistance • Vital Records • Volunteer Assistance and Opportunities

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

MD Crime Victims’ Resource Center, Inc. (MVCRC)
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/vsa
The Vital Records Administration provides copies of birth, death, divorce, adoption, etc., records for a fee.

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

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

Supporting all areas
Whether in the community or the hospital, we are here to support veterans and their families.

http://veterans.maryland.gov/maryland-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.

MD Veterans Cemetery/Crownsville
410-923-6981
http://veterans.maryland.gov/maryland-department-of-veterans-affairs-cemetery-program/

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-4pm 1-800-463-6295 ext. 7324
Telephone Care Line 24/7 1-800-865-2441
Veterans Crisis Line 24/7 1-800-273-TALK (2255) 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 Dept. of Veterans Affairs
410-260-3838
Toll Free 800-463-6295
Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

MD Veterans Cemetery/Crownsville
410-923-6981
http://veterans.maryland.gov/maryland-department-of-veterans-affairs-cemetery-program/

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American Red Cross/Greater Chesapeake Region
410-624-2000
1-800-redcross for Blood donation
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.

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
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.

www.aacounty.org/aging

Partners In Care
PIC-Up Bus
• On-demand
• Fee-for-service
• Door-to-door
• Wheelchair accessible
• Dependable, courteous drivers
• Groups welcome
• Caregivers welcome
410-544-4800
www.partnersincare.org
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.

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.

PAWS (People and Animals Who Serve Anne Arundel County)
410-222-0738
www.aacounty.org/aging
Please see listing under Pets and Pet Care Services

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

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

State’s Attorney’s Office/Volunteer Program
410-222-1740 ext. 3895
www.statesattorney-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
410-222-8600
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.
Let Your Bright Life Shine

at Anne Arundel County’s Premier Senior Living Communities

**Independent Living:** It’s the carefree retirement you’ve dreamed of! At Brightview, all you have to do is what you want to do.

**Assisted Living:** Highly trained associates provide the care you need.

**Wellspring Village:** Compassionate professionals deliver our highly specialized dementia care program in a secure, state-of-the-art neighborhood.
Exceptional Dining. Award-winning Memory Care.

How can a familiar scent or sound promote healthy nutrition? At Somerford Place, the difference is in the details. From family-style service for friendly conversations, to music that stimulates appetites, and one-on-one encouragement by our team, we help make mealtime a successful time.

Dining Signatures:
- Brain healthy and comfort foods feed the body and soul
- Delicious meals served butler style support freedom of choice
- Healthy snacks with a variety of finger foods are available at all times
- Tableware and linens are designed for visual perception and independent dining
- Warm, scented cloths at meals are comforting and enjoyable
- Music stimulates appetite and creates a relaxing ambiance

Call 410-224-7300 to Join Us for a Meal and Discover Memory Care Reimagined.

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ANNAPOLIS

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410-224-7300
www.SomerfordPlaceAnnapolis.com