



## Anne Arundel County

# COMMUNITY SUPPORT GROUPS

### Anne Arundel County Department of Aging & Disabilities

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Community Care Partnership
- Disabilities Information
- Long-Term Care Ombudsman/Resident Advocate
- Medical Assistance Personal Care Program (MAPCP)
- Medicaid Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP).
- Senior Health Insurance Assistance Program (SHIP)
- Senior Activity Centers
- Senior Center Plus
- Senior Housing Assistance
- Senior Medicare Patrol (SMP)
- Senior Nutrition Program
- Van Transportation
- ♦ Volunteer Programs
  - ♦ Telephone Reassurance
  - ♦ People and Animals Who Serve/Mom & Me

410-222-4257

[www.aacounty.org/aging](http://www.aacounty.org/aging)



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

Updated: February 2017

### **CAREGIVER SUPPORT GROUPS**

Anne Arundel Co. Department of Aging & Disabilities  
Family Caregiver Support Program  
410-222-4464 ext. 3043  
2666 Riva Road, Suite 400, Annapolis: 3<sup>rd</sup> Tuesday, 1:00-2:30 PM  
125 Dorsey Road, Glen Burnie: 2<sup>nd</sup> Wednesday, 1:00-2:30 PM

### **ALZHEIMER'S SUPPORT GROUPS**

Anne Arundel Medical Center  
Belcher Pavilion., 7th Floor, Annapolis  
Contacts: Ed Parker, 410-544-8483 or Katherine Gravelle, 410-975-9750  
4<sup>th</sup> Tuesday, 7:00 PM

Genesis Elder Care—Severna Park  
310 Genesis Way, Severna Park  
Contact: Beth Gilleland, 410-544-4220 ext. 3032  
2<sup>nd</sup> Monday, 7:00 PM

Somerford Place  
2717 Riva Road, Annapolis  
Contact: Elizabeth Balderrama 410-224-7300 x210  
2<sup>nd</sup> Monday, 2:00 PM

Early Stage Memory Loss Group  
Woods Presbyterian Church, Severna Park  
Contacts: Yolonda Wright, 1-800-272-3900 or Bonnie Warrington 410-956-7771  
4<sup>th</sup> Wednesday, 7:30 PM  
Pre-screening is required

First Baptist Church—Crofton  
1690 Crofton Parkway, Crofton  
Contact: Tamra Sherrick, 301-641-7138 or [tsherrick@verizon.net](mailto:tsherrick@verizon.net)  
4<sup>th</sup> Thursday, 7:00 pm

Young Aphasia Support Group  
Anne Arundel Medical Center  
Contact: Judith Crane, 410-987-1303  
2<sup>nd</sup> Monday, 4:30 PM

### **PARKINSON'S SUPPORT GROUP**

Elks Lodge  
160 Truckhouse Road, Severna Park  
Contact: Gary Pollack, 410-315-9953  
4<sup>th</sup> Tuesday, 12:00 – 2:00pm

South County Senior Activity Center  
27 Stepneys Lane, Edgewater  
Contact: Jane Moore (410-271-8838) or Bailey Vernon (410-616-2811)  
4<sup>th</sup> Friday, 2:00-3:30 pm

### **STROKE SUPPORT GROUPS**

Anne Arundel Medical Center  
Contact: Jennifer Irving, 443-481-6872  
3<sup>rd</sup> Tuesday, 6:00 PM (Sept.– May)

Baltimore-Washington Medical Center  
301 Hospital Drive, Glen Burnie  
Contact: 410-787-4732.

### **WEIGHT LOSS SUPPORT GROUPS**

Bariatric Surgery Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Arianne Kirby, 443-924-2900 ext. 416093  
3<sup>rd</sup> Tuesday, 6:00 PM

Food Addicts in Recovery  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Anne Cassidy, 301-325-9150  
Saturdays, 8:00 AM

### **DIGESTIVE DISORDERS**

Chesapeake Celiac Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Visit: [www.celiacsonline.com](http://www.celiacsonline.com)  
2<sup>nd</sup> Friday, 6:00 PM

Crohn's/Colitis/IBD Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Bradley Thomas, 443-253-3806  
1<sup>st</sup> Wednesday, 7:00 PM.

### **FIBROMYALGIA SUPPORT GROUP**

Central Maryland Fibromyalgia Support Group  
Contact: [MDFibroSupport@aol.com](mailto:MDFibroSupport@aol.com)  
[www.facebook.com/MDFibroSupport](http://www.facebook.com/MDFibroSupport)

### **MENTAL HEALTH SUPPORT GROUPS**

Mental Health Support Group  
Baltimore Washington Medical Center, 301 Hospital Drive, Glen Burnie  
Contact: 410-553-8070  
4<sup>th</sup> Wednesday, 6:30 pm

Trauma Recovery Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Elizabeth Cush, 443-481-1209  
Every Monday, 6:00 PM

National Alliance on Mental Illness (NAMI) Recovery Support Group  
Gloria Dei Lutheran Church, 461 College Pkwy, Arnold  
Contact: [connectionsNAMIAA@gmail.com](mailto:connectionsNAMIAA@gmail.com)  
Sunday, 6:00 PM

### **MYASTHENIA GRAVIS SUPPORT GROUP**

Baltimore Washington Medical Center  
Padussis Conference Room  
Contact: 866-437-2881 or Lynn Waltz, 410-437-3761  
1<sup>st</sup> Saturday, 10:00 AM

### **ARTHRITIS SUPPORT GROUPS**

Cedar Lane Apts.  
22680 Cedar Lane Court  
Leonardtown, MD  
Contact: 301-475-8966

### **ARTHRITIS SUPPORT GROUPS (CONTINUED)**

South Community Center  
20 Appeal Lane, Lusby  
Contact: 410-586-2748.  
3<sup>rd</sup> Thursday, 11:00 A.M

### **AUTOIMMUNE DISEASE SUPPORT GROUPS**

Lupus Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Lisa Covington, MSW, LCSW  
1<sup>st</sup> Saturday, 10:00 AM

Lyme's Disease Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Vivian Williams, [vjvtk@aol.com](mailto:vjvtk@aol.com)  
3<sup>rd</sup> Saturday, 2:00 PM

Myositis Support Group for Maryland, D.C., Northern VA, Delaware  
Our Lady of the Fields Catholic Church  
1070 Cecil Avenue, Millersville  
Contact: Bitsy Anderson, 410-987-8407 or [terrybitsy@verizon.net](mailto:terrybitsy@verizon.net)  
Meets quarterly

### **BEREAVEMENT SUPPORT GROUPS**

Widow/Widower Support Group—Hospice of the Chesapeake  
455 Defense Highway, Annapolis  
Contact: 410-987-2129

Child Loss Support Group—Hospice of the Chesapeake  
90 Ritchie Hwy, Pasadena  
Contact: 410-987-2129

Evening Grief Support Group (ages 18 and over)  
90 Ritchie Hwy, Pasadena  
Contact: 410-987-2129

### **BEREAVEMENT SUPPORT GROUPS (CONTINUED)**

Camp Nabi (*a weekend bereavement retreat for grieving children ages 6-13*)  
Arlington Echo Outdoor Education Center  
Contact: 410-987-2129

Stepping Stones for Children  
90 Ritchie Hwy, Pasadena  
Contact: 410-987-2129

### **BOWEL & URINARY DIVERSION SUPPORT GROUP**

United Ostomy Support  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Paul Rossi, 410-647-6171 or 443-481-5508  
1<sup>st</sup> Thursday, 7:30 PM

### **BRAIN INJURY SUPPORT GROUP**

Mary T. Maryland/Life Quest Bldg  
820 Ritchie Highway, Severna Park  
Contact: Debbie Cottrill, 410-956-0015  
3<sup>rd</sup> Tuesday, 7:00-8:30 PM (*caregivers welcomed*)

### **CANCER SUPPORT GROUPS**

Prostate Cancer Support Group  
Belcher Pavilion, 7th Floor  
Contact: Ashley Varner, 443-481-5000  
1<sup>st</sup> Monday, 6:30-7:30 PM

Lung Cancer Support Group  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Karen Fullam, 443-481-5830  
4<sup>th</sup> Tuesday, 6:30-7:30 PM

Head & Neck Cancer Support Group  
Anne Arundel Medical Center, Donner Pavilion, 1st Floor  
Contact: Jackie Shanahan, 443-481-5801  
1<sup>st</sup> Wednesday, 6:00-7:00 PM

Forward After Cancer  
Focuses on healthy behavior change for individuals who have completed all active treatment for breast cancer and have no evidence of the disease  
Anne Arundel Medical Center, Annapolis  
Contact: Ashley Varner at 443-481-4289

### **CANCER SUPPORT GROUPS (CONTINUED)**

Living With and Beyond Cancer  
Baltimore Washington Medical Center, Tate Cancer Center  
Contact: 410-553-8179  
1<sup>st</sup> Tuesday, 5:00-6:30 pm

METAvivors (for women and men with Stage 4 metastatic breast cancer)  
Contact: CJ Corneliussen-James at 410-353-3733

Survivors Offering Support– A Mentorship Program  
Anne Arundel Medical Center  
Contact: Ashley Varner, 443-481-4289

Wellness House of Annapolis  
2625 Mas Que Farm Road, Annapolis  
Contact: 410-990-0941  
Multiple counseling, support & therapeutic programs for the whole family

### **CARDIAC & PULMONARY SUPPORT GROUPS**

Healthy Hearts Cardiac Support  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor,  
Contact: Barbara Furlow, 410-507-3766  
1<sup>st</sup> and 2<sup>nd</sup> Wednesday, 7:30 PM

Young Women's Cardiac Support  
Anne Arundel Medical Center, Belcher Pavilion, 7th Floor  
Contact: Dianne Walters, 443-481-1928  
2<sup>nd</sup> Monday, 4:30 PM

### **DIABETES SUPPORT GROUP**

University of Maryland Center for Diabetes & Endocrinology  
300 Hospital Drive, Suite 223, Glen Burnie  
Contact: 410-787-4940  
3<sup>rd</sup> Wednesday, 5:30-7:00 PM (group does not meet in July, August and December)

Adult Diabetes Support Group at AAMC  
Anne Arundel Medical Center, Sajak Pavilion, 2nd Floor, Annapolis  
Contact: 443-481-4000

Insulin Pump Club at AAMC  
Anne Arundel Medical Center, Sajak Pavilion, 2nd Floor, Annapolis  
Contact: Maryanne McLellan, 443-481-5380 ext. 4600