



### A Maryland Access Point Program

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office (ADA)
- Assisted Living Facilities Program
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care
  - Community First Choice
  - Community Personal Assistance Program (CPAS)
  - Community-Based Options Waiver
  - Evidenced Based Health Promotion
  - Senior Center Plus
- Senior Nutrition Program
- State Health Insurance Assistance Program (SHIP)
  - Senior Medicare Patrol (SMP)
- Taxi Voucher Program
- Telephone Reassurance Program
- Volunteer Programs
  - ◆ Telephone Reassurance
  - ◆ VITA (Volunteers Income Tax Assistance)
  - ◆ Ombudsmen/Resident Advocates Program
  - ◆ State Health Information Program (SHIP)
  - ◆ People and Animals Who Serve

**410-222-4257**

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

[www.facebook.com/ArundelSeniors](https://www.facebook.com/ArundelSeniors)

Anne Arundel County

## COMMUNITY SUPPORT GROUPS



Anne Arundel County  
Department of Aging and Disabilities

2666 Riva Road, Suite 400  
Annapolis, MD 21401

7320 Ritchie Highway  
Glen Burnie, MD 21061

Updated: March 2020

## CAREGIVER SUPPORT GROUPS

Anne Arundel County Department of Aging & Disabilities

Family Caregiver Support Program

Contact: 410-222-4375/4339

2666 Riva Road, Suite 400, Annapolis: 3<sup>rd</sup> Tuesday, 1:00-2:30 PM

7320 Ritchie Highway, Glen Burnie, 2<sup>nd</sup> Wednesday, 1:00-2:30 PM

*Anyone needing special accommodations for this support group must contact Mary*

*Chaput at 410-222-4339 or by email [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven (7) days*

*in advance of each support group. TTY users, please call via Maryland Relay 7-1-1.*

## ALZHEIMER'S SUPPORT GROUPS FOR CAREGIVERS

Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis

Belcher Pavilion., 7th Floor

Contact: Ed Parker, 410-544-8483

4<sup>th</sup> Tuesday, 7:00 PM

Somerford Place

2717 Riva Road, Annapolis

Contact: Elizabeth Balderrama, 410-224-7300 x210

2<sup>nd</sup> Monday, 2:00 PM

Brightview Severna Park

469 Jumpers Hold Road, Severna Park

Contact: Alan or Megan, 410-544-1605

2<sup>nd</sup> Wednesday, 11:00 AM

Spring Arbor of Severna Park

345 Ritchie Highway, Severna Park

Contact: Maresa Henry or Viola McAvey, 410-544-7774

2<sup>nd</sup> Wednesday, 6:30 PM

Brightview South River

8 Lee Airpark Drive, Edgewater

Contact: Sherri Gutkowski or Mary Smith, 410-956-7310

3<sup>rd</sup> Tuesday, 11:00 AM

**NOTES**

## NOTES

Active Day of Annapolis  
2525 Riva Road, Suite 100, Annapolis  
Contact: 410-573-9100  
3rd Thursday, 5:00 PM (*staff and activities available for your care recipient*)

Regency Park  
730 MD State Rt. 3 South, Gambrills  
Contact: Kate Krauss, (410) 923-1200  
3rd Thursday, 10:00 AM

Early Stage Memory Loss Group (*Caregivers & care recipients invited; Pre-screening required.*)  
Woods Memorial Church, 611 Baltimore Annapolis Blvd., Severna Park  
Contact: Yolonda Wright, 1-800-272-3900 or Bonnie Warrington, 410-956-7771  
4th Wednesday, 7:00-8:30 PM

Memory Café, an Early Stage Social Engagement Program  
Department of Aging & Disabilities Office  
7320 Ritchie Highway, Glen Burnie  
Contact: Dawn Lewis, 301-338-0224, or Yolanda Wright, 410-561-9099, ext. 208  
3rd Monday (4th Monday during January & February); 6:30 PM

### **APHASIA SUPPORT GROUP**

Young Aphasia Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Contact: Judith Crane, 410-987-1303  
2<sup>nd</sup> Monday, 4:30 PM

### **AUTOIMMUNE DISEASE SUPPORT GROUPS**

Lupus Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Akila Hill, 202-787-5381  
1<sup>st</sup> Saturday, 10:00 AM

Lyme's Disease Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Monte Skall, 703-821-8833  
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  
3<sup>rd</sup> Saturday in January, May, August, November

### **BEREAVEMENT SUPPORT GROUPS**

Chesapeake Life Center  
90 Ritchie Highway, Pasadena  
Contact: 888-501-7077 (registration is required)

- ◇ Widow/Widower Support Group
- ◇ Child Loss Support Group
- ◇ Morning & Evening Grief Support Group (ages 18 and over)
- ◇ Suicide Grievors

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

United Ostomy Support  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Paul Rossi, 443-481-5508  
1<sup>st</sup> Thursday, 7:30 PM

### **BRAIN INJURY SUPPORT GROUP**

Mary T. Maryland/Life Quest Building  
820 Ritchie Highway, Severna Park  
Contact: Martin, 443-756-3419 or Jennifer, 443-481-0317  
3<sup>rd</sup> Wednesday, 6:00 PM (*caregivers welcomed*)

## **8 Benefits of Caregiver Support Groups**

- ⇒ Feeling less lonely, isolated or judged.
- ⇒ Gaining a sense of empowerment and control.
- ⇒ Improving your coping skills.
- ⇒ Reducing distress, depression or anxiety and having lower rates of clinical depression.
- ⇒ Developing a clearer understanding of what to expect with your situation.
- ⇒ Getting practical advice or information about treatment options.
- ⇒ Improving your caregiving ability and giving better quality of life for the care recipient.
- ⇒ Helping you keep your loved one at home longer.

## **CANCER SUPPORT GROUPS**

### **PARKINSON'S SUPPORT GROUPS (CONTINUED)**

South County Senior Activity Center  
27 Stepneys Lane, Edgewater  
Contact: 410-222-1927  
4<sup>th</sup> Friday, 2:00-3:30 pm

Parkinson's Support Group at Regency Park  
730 Route 3 South, Gambrills  
Contact: 410-923-1200 (Kate Krauss)  
1<sup>st</sup> Thursday, 3:00-4:00 pm

### **PRIMARY PROGRESSIVE APHASIA (PPA)**

Loyola Graduate Center Columbia  
8890 McGaw Road, (Room 304) Columbia  
Contact: Cindy Nichols 410-617-7717 or cdnichols@loyola.edu  
4<sup>th</sup> Wednesday, 1:00PM

### **STROKE SUPPORT GROUP**

Baltimore-Washington Medical Center  
301 Hospital Drive, Glen Burnie, 3<sup>rd</sup> floor  
Contact: 410-787-4348.  
2<sup>nd</sup> Tuesday, 6:00 PM

### **WEIGHT LOSS SUPPORT GROUPS**

Bariatric Surgery Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7<sup>th</sup> Floor  
Contact: 443-924-2900  
3<sup>rd</sup> Tuesday, 6:00 PM

Food Addicts in Recovery  
Unitarian Universalist Church, 333 Dubois Road, Annapolis  
Contact: Anne Cassidy, 301-325-9150  
Saturdays, 8:00 AM

Prostate Cancer Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7<sup>th</sup> Floor  
Contact: Jackie Shanahan, 443-481-5801  
1<sup>st</sup> Monday, 6:30-7:30 PM

Lung Cancer Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7<sup>th</sup> Floor  
Contact: Teresa Putscher, 443-481-5881  
4<sup>th</sup> Tuesday, 6:00 PM

Head & Neck Cancer Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Donner Pavilion, 1<sup>st</sup> Floor  
Contact: Jackie Shanahan, 443-481-5801  
1<sup>st</sup> Tuesday, 6:00-7:00 PM

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

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

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

Healthy Hearts Cardiac Support  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7<sup>th</sup> Floor,  
Contact: Barbara Furlow, 410-507-3766  
1<sup>st</sup> Wednesday, 7:30 PM

### **DIABETES SUPPORT GROUP**

University of Maryland Center for Diabetes & Endocrinology  
300 Hospital Drive, Suite 223, Glen Burnie  
Contact: 410-787-4940  
4th Wednesday, 6:00-7:00 PM

Diabetes Support Group  
Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: 443-481-4600 for dates, time and topics

### **FIBROMYALGIA AND CHRONIC PAIN SUPPORT GROUP**

Central Maryland Fibromyalgia Support Group  
Contact: Elly Brosius, 703-968-9818 for dates and times

### **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, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Rae Leonard, 443-481-1209  
Every Monday, 6:00 PM

National Alliance on Mental Illness (NAMI) Recovery Support Group  
(for those who are dealing with a mental illness)  
Gloria Dei Lutheran Church, 461 College Pkwy, Arnold  
Contact: connectionsNAMIAA@gmail.com  
Sunday, 6:00 PM

### **MENTAL HEALTH SUPPORT GROUPS (CONTINUED)**

National Alliance on Mental Illness (NAMI) Recovery Support Group  
(for families caring for someone with a mental illness)  
Arundel Lodge, 2600 Solomons Island Rd, Edgewater  
Contact: 443-569-3498  
2nd Thursday 6:00PM

National Alliance on Mental Illness (NAMI) Recovery Support Group  
(for families caring for someone with a mental illness)  
Woods Memorial Church, 611 Baltimore Annapolis Blvd., Severna Park  
Contact: 443-569-3498  
3rd Tuesday, 6:30 PM

### **MULTIPLE SCLEROSIS SUPPORT GROUP**

Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis  
Belcher Pavilion, 7th Floor  
Contact: Emily Olsen, 443-481-1140  
1st Wednesday, 6:00 PM

### **MYASTHENIA GRAVIS SUPPORT GROUP**

Baltimore Washington Medical Center  
301 Hospital Drive, Glen Burnie, Padussis Conference Room  
Contact: 866-437-2881 or Lynn Waltz, 410-437-3761  
1st Saturday, 10:00 AM

### **PARKINSON'S SUPPORT GROUPS**

Elks Lodge  
160 Truckhouse Road, Severna Park  
Contact: Kathy Christian, 410-744-1929  
4<sup>th</sup> Tuesday, 12:00 – 2:00pm