

2023-2024



ANNE ARUNDEL COUNTY DIRECTORY

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WITH DISABILITIES, VETERANS,
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CONTENTS

RESOURCES FOR OLDER ADULTS, INDIVIDUALS WITH DISABILITIES, CAREGIVERS AND THEIR FAMILIES, OR ANYONE PLANNING THEIR FUTURE IN ANNE ARUNDEL COUNTY 2023–2024

Letters

County Executive Steuart Pittman 6
 Director Karrisa Kelly 8
 Anne Arundel County Commission on Disability Issues..... 10
 Anne Arundel Senior Provider Group (SPG)..... 12
 The Anne Arundel County Area Agency on Aging Advisory Council 14

Information

Top 10 Things to Know About Assisted Living..... 18
 Top 10 Things to Know About Medicare..... 22
 Advance Directives..... 24
 Knowing When It's Time to Step In... and the Best Way to Do It 26
 Important Telephone Numbers 31
 Abuse: Know The Signs And Where To Get Help 34
 What is a Long-Term Care Ombudsman? 35
 What is MAP? 35
 Senior Center Plus..... 36
 Senior Activity Centers 38
 Congregate Meal Program..... 40
 The Assistive Technology Loan Program..... 41
 Mindful Coping with Chronic Conditions..... 42
 Community First Choice / Community Personal Assistance Services..... 45

Resources

The Complete List for Older Adults, Individuals with Disabilities, and Caregivers in Anne Arundel County..... 46
 Advertiser's Index..... 96



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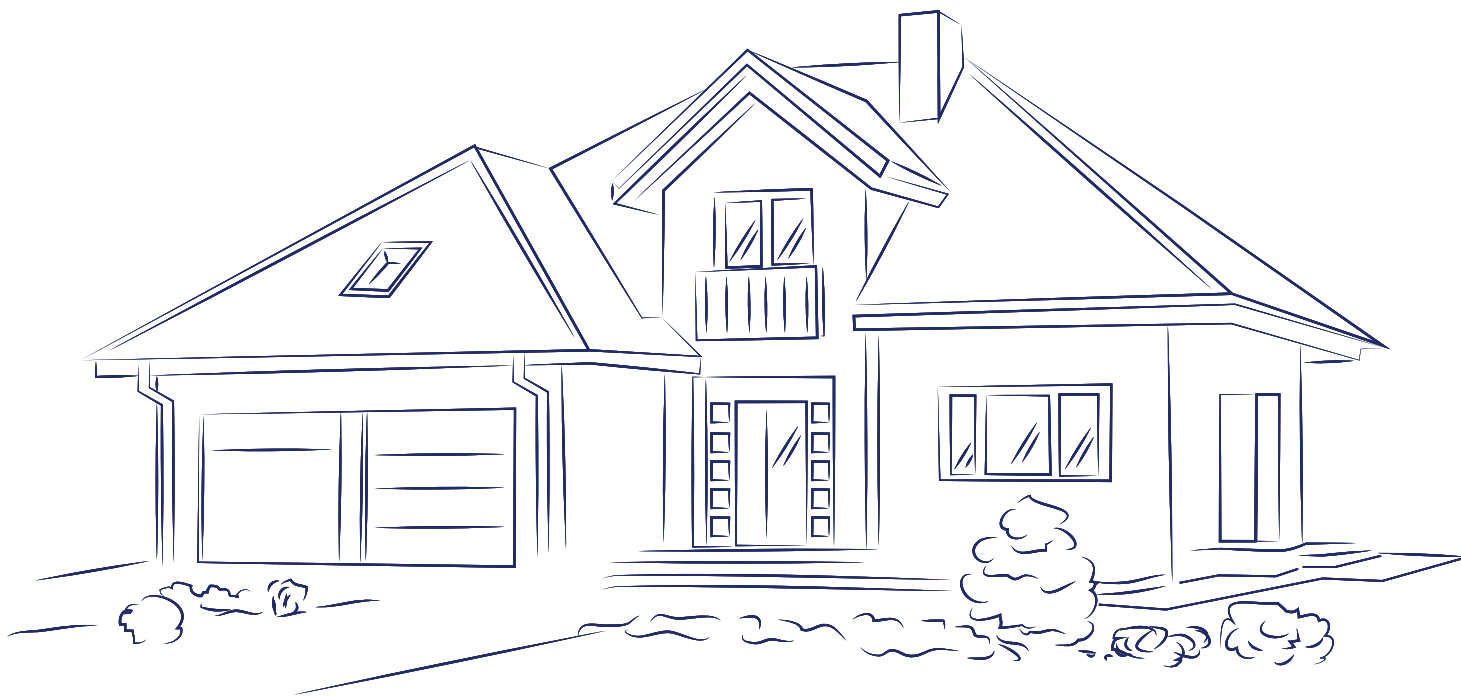
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What Services Are Available?

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

Anne Arundel County Department of Aging & Disabilities Programs.....	46	House Cleaning.....	72
Active Adult Community.....	47	Housing, Housing Counseling.....	72
Adult Day Care.....	47	Income Assistance.....	73
Advocacy.....	48	Information and Assistance.....	74
Arts and Culture.....	49	Insurance Services.....	76
Assisted Living.....	50	Interior Design.....	76
Assistive Telephones.....	52	LGBTQ+ Resources.....	76
Attorneys.....	52	Libraries.....	77
Bereavement Services.....	52	Loan Closets.....	77
Case Management.....	53	Lunch Sites.....	78
Cemeteries/ Memorial Programs.....	53	Massage Therapy.....	78
Complaints and Information.....	54	Media and Marketing.....	79
Congregate Housing.....	54	Mediation.....	79
Consumer Credit.....	55	Medical Products & Services.....	80
Consulting Services.....	55	Medicare, Medicaid.....	80
Counseling.....	55	Memory Care.....	80
Dentists.....	55	Mental Health.....	80
Disability Services.....	55	Moving Relocation Services.....	81
Discounts.....	59	Nursing Care Facilities.....	82
Discrimination.....	59	Parks and Recreation.....	82
Education.....	60	Pets and Pet Care Services.....	83
Elder Abuse.....	61	Pharmacies and Pharmacy Assistance Programs.....	83
Elder Law.....	61	Physicians.....	84
Emergency Information.....	62	Podiatrists.....	85
Emergency Response.....	62	Real Estate Services.....	85
Employment and Job Counseling.....	63	Referral and Planning Services.....	86
Estate Sale Services.....	63	Rehabilitation, Physical Therapy.....	86
Exercise, Biking, Walking.....	63	Respite Care.....	87
Eye Care.....	63	Retirement Communities.....	87
Financial Services and Programs.....	64	Senior Activity Centers.....	87
Food and Nutrition.....	65	Subsidized Housing.....	88
Funeral Homes.....	65	Support Groups.....	88
Health Organizations.....	65	Tax Information and Assistance.....	90
Hearing Aids.....	67	Telecommunications.....	91
Home Based Primary Care.....	68	Temporary Shelter.....	91
Home Care, Non-Medical.....	68	Transportation.....	91
Home Health Care.....	70	Veterans.....	92
Home Improvement, Design, Repairs, and Maintenance.....	70	Victim and Witness Assistance.....	94
Home Inventory Services.....	72	Vital Records.....	94
Hospitals.....	72	Volunteer Assistance and Opportunities.....	94
Hospice Care.....	72	Voting.....	95



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Steuart Pittman

COUNTY EXECUTIVE



"We had a busy year in 2022, and I want to express my gratitude for our Department of Aging and Disabilities and their incredible team for all of the work they have done. We celebrated the opening of the newly renovated South County Senior Activity Center, upgraded the seven community playgrounds with accessible play equipment, and are almost done building the Severn Center, a state-of-the-art community center that will include a new senior activity center and open this May."

I welcome you to the 2023-2024 edition of *The Directory for Older Adults, Individuals with Disabilities, and Caregivers*. We had a busy year in 2022, and I want to express my gratitude for our Department of Aging and Disabilities and their incredible team for all of the work they have done. We celebrated the opening of the newly renovated South County senior activity center, upgraded the seven community playgrounds with accessible play equipment, and are almost done building the Severn Center, a state-of-the-art community center that will include a new senior activity center and open this May.

We also launched new initiatives, including opening the Lula Scott Community Center Nutrition Site to provide more residents with healthy meals, joining the Elizabeth Dole Foundation's Hidden Heroes network to honor the military and veteran caregivers in our county, and creating an Assistive Technology Loan Program to promote independence for people with disabilities and older adults.

We did all this and more while still running the day to day programming that provides our older adults and residents with disabilities with opportunities to continue their education, stay active, socialize, and access the food, health care, and other resources they need to thrive in our communities.

This directory will provide you with useful information about these programs and more. As we create new programs designed to assist



you in the future, we need to hear from you. Let us know what you need. Talk to the staff and the director at your local senior center. Engage with the Area Agency on Aging Advisory Council, or call the Department of Aging and Disabilities at 410-222-4257.

We hope you keep this Directory at your fingertips and use it often.



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Karrisa Kelly

DIRECTOR

Anne Arundel County Department of Aging and Disabilities



"Years within the pandemic created new challenges for our community, especially for the population we serve. In an effort to rebuild our community, we are committed to supporting and improving holistic wellness to lift up the community and expand our reach."



Welcome to the 2023-2024 edition of The Directory, your Anne Arundel County guide to services and resources for older adults, individuals with disabilities, caregivers, and anyone who wishes to plan for the future.

Over the past two years the Department of Aging and Disabilities has provided a significant pandemic response, discovered new and innovative opportunities to serve our community, and as a result, has discovered more robust ways to re-brand and build stronger programs and services. As many of our private, public, and non-profit partners

continue to diversify resources and services, we all identify that alliance and inclusion is paramount to best serve the needs of our community. This is what "The Directory" is all about!

During the past year, the Department of Aging and Disabilities has had the honor and privilege to reach new customers and expand our service delivery to communities not previously acquainted with our resources and programs. Additionally, we have had the opportunity to establish new partnerships that can expand niche services that complement our ability to ensure a wide array of resources. To enhance what I know to be a great customer service experience from our department, we are committed to discovering new ways to best serve the community both virtually and in-person. This year, we will strategically focus on the health and wellness of older adults, individuals with disabilities, and caregivers in Anne Arundel County. Years within the pandemic created new challenges for our community, especially for the population we serve. In an effort to rebuild our community, we are committed to supporting and improving holistic wellness to lift up the community and expand our reach.

I look forward to a bright pathway in the season, continuing to practice our motto at the Department of Aging and Disabilities of "Making Life Better" for those we serve.

Please continue to reach out to us at 410-222-4257 (TTY users please call via Maryland Relay at 7-1-1) to be connected to all of our programs and services.

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Anne Arundel County Commission on Disability Issues (CODI)



The Anne Arundel County Commission on Disability Issues welcomes you to the 2023-2024 edition of *The Directory for Older Adults, Individuals with Disabilities, and Caregivers*. The dedicated members of the Commission invite you to use and share this directory to find services and resources for people living with disabilities in Anne Arundel County. Whether you or someone you love lives with a disability, this directory provides numerous contacts of service providers that can assist both caregivers and people with disabilities.

CODI was established in 1995 and serves to fulfill the mission of promoting and enhancing the quality of life for persons with disabilities in the following ways: advising county government on the coordination and development of government policies, programs, services, and allocation of resources for persons with disabilities, proposing the means to meet the needs of persons with disability,

and coordinating with local and county organizations to provide strong supports and programs. Throughout the pandemic, the Commission has worked with County programs and services to ensure that people with disabilities had access to needed supplies as well as accessible testing and vaccine clinics.

In October of 2022, the Commission held its annual Disability Awareness Day (DAD), recognizing individuals and businesses for their accomplishments and contributions in the field of disability services. The Westfield Annapolis Mall hosted this year's event, which marked a return to its traditional in-person format. Disability Awareness Day also celebrated the 32nd anniversary of the signing of the Americans with Disabilities Act and recognized Disability Awareness Day Honoree, Dr. Joan Mele-McCarthy, Executive Director of The Summit School. Eleven other individuals and organizations were also recognized for their work and service to those in Anne Arundel County living with a disability.

The Commission is composed of 15 voting members and numerous ex-officio county and state agency representatives involved with disability issues. The Commission meets monthly virtually on the second Tuesday bi-monthly, a total of six times a year. The Commission and the Anne Arundel County Department of Aging and Disabilities are 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. Occasionally vacancies occur on the Commission, and if you have an interest in serving, please contact the Anne Arundel County Boards and Commissions Coordinator at (410) 222-1821.

For assistance and access to services, contact the Department of Aging and Disabilities at 410-222-4383 or by email at disabilities_info@aaacounty.org at least seven days prior to an event. TTY users, please call using Maryland Relay 7-1-1. All materials are available in alternative formats upon request to best meet the needs of our residents.



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-Diane M., Annapolis



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Dear Seniors, Families, Caregivers, and Senior Professionals, Thank you for your interest in the Anne Arundel Senior Provider Group. "SPG" is a non-profit membership group comprised of businesses and organizations who work with and provide services to older adults and their care teams. SPG strives to meet the needs of its members by providing informative professional speakers, excellent networking, and friendly support. Our most important function is to provide grants for non-profits working primarily with seniors through membership dues and a variety of fundraising programs.

We have recently been awarded the opportunity from The Anne Arundel County Department of Aging and Disabilities and What's Up? Magazine to benefit from a portion of the sales revenue to increase the scope of grants. We are thrilled at the opportunity to support more local non-profits in funding senior-specific programs. Details about our grant pro-

gram can be found on the SPG website. 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 are a wonderful resource for the senior community and provide excellent options for care and services to families, caregivers, and professionals in Anne Arundel County.

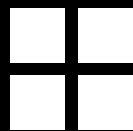
We welcome guests and new members to our meeting that typically take place on the second Tuesday of the month from 8:30-10:00 am. We generally meet at Woods Church in Severna Park, but please check our website for specific locations as we sometimes have our meetings off-site at member communities. Our website is www.seniorprovidergroup.org or reach us at seniorprovidergroup@gmail.com.

Sincerely,
Ashley Johnson, President
On behalf of the 2023 Board of Directors

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The Anne Arundel County Area Agency on Aging Advisory Council

PRIMARY DUTIES OF THE ADVISORY COUNCIL INCLUDE:

Evaluating programs funded by the Area Agency on Aging including the Area Plan.

Providing advice to county officials on any matter relating to older adults.

Representing the interests of and acting as an advocate for the older adults of Anne Arundel County.

Identifying gaps in services to seniors and providing recommendations for corrective action.

Attending council meetings and actively participating in deliberations and activities.



Members: Russell Jones, Chair - South County Senior Activity Center, Roxanne McGowan, Community Action Agency, Shirley Norlem - Annapolis Senior Activity Center, Mary Anne Yarbrough - Arnold Senior Center, Kum Watson - Brooklyn Park Senior Activity Center, Kathy McNally - O'Malley Senior Activity Center, Becky Batta - Pasadena Senior Activity Center, Jamarri Bright - Pascal Senior Activity Center, Angela Mickalide - Member at Large

The Anne Arundel County Area Agency on Aging Advisory Council is pleased to be a part of the 2023-2024 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 to anyone in the public and can be picked up at various Department of Aging and Disabilities outreach events throughout the year, local senior activity centers, county hospitals and libraries. English and Spanish versions are also available online.

The Area Agency on Aging Advisory Council was established by the Older Americans Act of 1965 (Sec 1321.57) to serve in an advisory capacity to the Department of Aging and Disabilities and the county executive on matters that will further the county's and the

council's mission of developing and coordinating community-based systems of services for all older persons in our planning and service area. The council is composed of senior activity center, public and affiliate service provider representatives.

Over the past couple of years, the Department of Aging and Disabilities and senior activity center directors have developed new approaches to engage older adults. They developed and implemented virtual learning and have re-established in-person activities at each of the senior activity centers to provide a safe and healthy environment to all members. Council members assist the Department of Aging and Disabilities when needed and contribute to events for older adults including Older Americans Month which is celebrated every May.

For more information visit the website www.aacounty.org/aging and search for the Area Agency on Aging Advisory Council.

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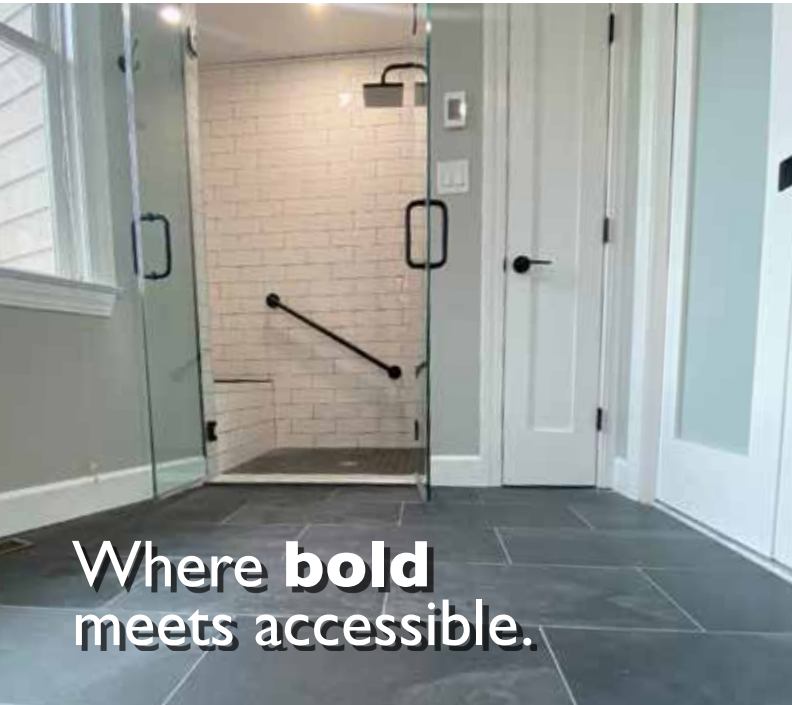
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TOP 10 THINGS
TO KNOW ABOUT

Assisted Living

1. What Is Assisted Living? Assisted living is a type of housing for older adults that provides 24-hour supervision and support services to help individuals who require assistance with activities of daily living.

2. 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.

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. Things to take into consideration include the price, location, and any amenities that are offered by the facility.

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.



**TO KNOW
MORE ABOUT
THE ASSISTED
LIVING PROGRAM,
PLEASE SCAN QR
CODE ABOVE**

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's Next? Request a copy of the Resident Agreement (contract). Be sure you understand the commitment you are making before signing. Consider having the Resident Agreement reviewed by an attorney.

9. Are There Any Financial Resources? Generally, the cost of assisted living is covered by the individual's income and savings. Long-term care insurance policies may cover some expenses for a specific period of time. Veterans and their spouses may be eligible for the Aid and Attendance benefit to help with the cost of assisted living. For low-income seniors, the Medicaid Community Options Waiver and Senior Assisted Living 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 staff and trust your instincts.

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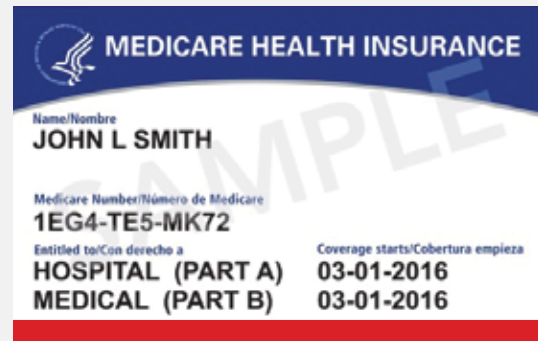


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AutumnLakeCrofton.com

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 2021 is \$148.50/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.



HELP WITH MEDICARE PRESCRIPTION DRUG COST

If you are single and your income is below \$1,843 per month and your assets are below \$16,660 (not counting your home, personal possessions, or car), there could be help. If you are married and your combined income is below \$2,485/month and your combined assets are below \$33,240 (not counting your home, personal possessions, or cars), there could be help.

Call your SHIP program at 410-222-4257 to discuss your options.

Anne Arundel County
Dept. of Aging & Disabilities,
2666 Riva Road, Annapolis, MD 21401
7230 Ritchie Hwy, Glen Burnie, MD 21061

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 In Medicare? The answer depends on many variables: Are you still working and insured by employer-group insurance? Is your employer primary or secondary to Medicare? Are you eligible for Medicare because you are turning 65 or because you are under 65 and disabled?

9. What Resources Does Medicare Offer To Help With These Complex Decisions? You may call 1-800-Medicare (1-800-633-4227) or visit www.medicare.gov for more information.

10. Is There Any Other Source Of One-On-One Help With Sorting Out My Medicare Options? The Anne Arundel County Department of Aging and Disabilities offers one-on-one counseling through the State Health Insurance Assistance Program (SHIP). SHIP counselors are specially trained volunteers who provide free, confidential and unbiased information to help you make an informed Medicare decision.

Advance Directives

What is an advance directive? An advance directive is a document that states your choices about medical treatment, and names a person and an alternate who can make those decisions for you in the event that you are unable to do so yourself. An example is if you are in a serious accident and are unconscious or cannot speak. The person you chose to be your surrogate decision-maker is commonly referred to as a medical power-of-attorney or health care proxy. You may also create a living will (not to be confused with a will used after death) which is also an advance directive wherein you indicate what type of medical treatment you want or don't want at the end of life or in an emergency situation.

Who can have an advance directive? Anyone who is age 18 or older because injuries, accidents and illness can occur at any age. Once you are of legal age to make your own decisions, you can have an advance directive.

Who can make an advance directive? An advance directive can only be made by someone who is competent, and it must be made voluntarily. Note that you cannot "get power-of-attorney over someone". Only the individual can appoint their own medical decision-maker.

Who should I appoint to be my decision-maker? You should appoint someone you trust and know will make decisions based on your values, goals, and preferences, and will follow your wishes. It can be a family member, friend, or trusted professional (such as an attorney). Make sure you discuss your decision with that person because it shouldn't be a surprise to the person you appoint. They should know what your wishes are and be agreeable to act in that capacity.



Who will make medical decisions for me if I don't have an advance directive? Your guardian (if appointed by the court), your spouse, adult children, parents, siblings, or a friend, if available. The decision-maker may or may not choose to do something that you want, and you may end up receiving more or less treatment than you would have preferred. Again, your best option is to have those choices in writing.

Does an advance directive need to be notarized? No. According to the Maryland Attorney General's Office, a written advance directive must be witnessed by two adults. Neither of the witnesses may be the person's health care agent, and at least one witness must have no financial interest in your death.

What is a psychiatric advance directive? A psychiatric advance directive is a written statement that documents your preferences for future mental health treatment, and allows appointment of a health care proxy to interpret those preferences during a crisis (National Resources Center on Psychiatric Advance Directives). It can include your preferred mental health providers and facilities, as well as preferred treatment medications.

Can I include organ donation in my advance directive? Yes. There is a need for organ donation, and your age does not matter, but you must make arrangements in advance with the Maryland Anatomy Board or a non-profit organization such as the Anatomy Gifts Registry (see the "Resources" section for contact information).

Do I need to hire an attorney to prepare my advance directive? No, it is not necessary, but if you prefer to do so, an attorney experienced in estate planning or elder law is a good choice. There are websites noted in the "Resources" section of this Directory and others online that offer advance directive forms and instructions on how to complete them.

RESOURCES

Maryland Attorney General Advance Directive:
www.marylandattorneygeneral.gov

The People's Law Library:
www.peoples-law.org/advance-directives

American Bar Association, Toolkit for Healthcare Advance Planning:
www.americanbar.org
www.eforms.com/power-of-attorney/md

Maryland State Anatomy Board:
410-547-1222

Anatomy Gifts Registry:
800-300-5433

What should I do with my advance directive once it has been completed?

Give a copy to your health care proxy (and alternate, if you have named one), and your healthcare providers. If you live in an assisted living or nursing home, make sure they have a copy in your file or chart. You may also give copies to those individuals that are close to you.

How often should I update my advance directive? It is a good idea to review it annually to make sure the choices you made are still in line with your beliefs or if there has been a major medical change in your condition or a decline in your health. You also want to make sure your healthcare power-of-attorney is still available, willing, and capable of acting in that capacity.



Knowing When It's Time to Step In... and the Best Way to Do It

Even if your parent or another older loved one lives right down the street or next door, there may come a time when it is unsafe for them to live alone."

Planning for that time without taking over can be difficult. Keep in mind to always treat your loved one with dignity; ask for and listen to their opinions and concerns. Involve them in the decision making process, and treat them as the adult they are. Continue to encourage their independence, even if it becomes more limited.

When evaluating someone's ability to remain independent, caregivers should take a holistic approach and look at the overall health and safety of their loved one.



Have you noticed a change in their personal hygiene – untrimmed nails, body odor, poor oral hygiene, soiled clothing? Personal care may be getting more difficult; your loved one may be having difficulty getting in and out of the tub (or have a fear of falling while doing so); they might also be having a difficult time using the washer.

Has mail piled up because he/she is unable to sort through the piles of junk mail and ads? Are bills being paid on time?

If you notice the house is unkempt, he/she may be having difficulty completing household tasks due to arthritis, osteoporosis, a vision impairment, or memory loss.

Is the individual losing weight? Is there food in the pantry and refrigerator? Do you see scorched pans? Spoiled food? Arthritis, strokes, or dementia can make it difficult to shop for and prepare meals.

Do you notice any bruising or other injuries? Is your loved one able to manage steps? Does he/she appear unsteady on their feet? Are they avoiding exercising, socializing, getting in the shower because of a fear of falling?

Check for increased sweepstakes and charity mailings, unexplained telephone charges, multiple magazine subscriptions? Con artists target seniors who live alone.

Is your loved one socially active or does he/she appear to be lonely?

If your loved one is prescribed medication, can they read the fine print and understand the directions? Are the bottles easy to open? Are there medications left when the bottle should be empty?

If you are noticing changes that indicate your loved one needs more care, speak with him/her and determine if they recognize any areas where they might need help. Include your loved one in your search for resources in their community. Determine if he/she has a support network already – other family, neighbors, friends, church community – that can assist with some of the daily tasks? If you are concerned that there are serious issues (such as dementia) occurring, speak with your loved one's physician and let him/her know what you have noticed so that you can begin to develop a plan.

Be aware that it is very easy for family members to slip into a decision-making, protective role. But keep in mind that that attitude can lead to taking away someone's right to make decisions, or to at least be included in the decision making. Remember to ask what your loved one thinks will keep them safe, comfortable, and happy and try to work within those parameters.

If your loved one wants to remain in their home and is cognitively able to do so, there are multiple options to support that decision. He/she can hire individuals

or companies to do on-going home maintenance chores (mowing the lawn, shoveling the snow, home repairs, house cleaning, etc.). If grocery shopping has become too difficult, many of the area grocery stores now deliver. If he/she is unable to cook (or just doesn't like to do so) search out meal delivery services or enlist the help of family and friends to provide home cooked meals. If physical needs increase, a home care worker can be hired to provide some personal assistance. Check out the availability of local senior centers, which offer a socialization, education, and entertainment activities.

If your loved one does remain in their home, be sure to do a thorough safety check. Ensure all of the lights are working and clear away clutter and area rugs. AARP has an excellent safety checklist on their website. If you and your loved one agree he/she will move in with you, you can also use the safety checklist for your house. Keep in mind that you can bring a home care worker into your home to help with personal care tasks, if needed.

If your loved one requires or desires an assisted living setting, start your research by contacting the Area Agency on Aging in the county/city he/she wants to live. Assisted living facilities can range from four (4) to 150 beds. Assisted living residences provide 24-hour supervision and support to help individuals who need assistance with activities of daily living. Continuing Care Retirement Communities (CCRC) offer a range of housing options from independent living through skilled nursing care and several levels of medical and personal care services. Fees and contracts vary so read the contract carefully.

Keep in mind even if your loved one makes the decision to move, it will still be very emotional and he/she may feel sadness and apprehension. Let the individual grieve. Let him/her make as many decisions as possible. As you help sort and organize for the downsizing of their home, allow him/her to reminisce and honor attachment to certain items and to memories.

Remember to be a good listener. And remember that developing a plan will take more than one conversation. Unless his/her safety seems to be in danger, follow their lead and make the necessary changes in increments. Develop a timeline for the move and keep checking back to see if their health or ability to care of themselves has changed.



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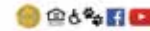


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cc-md.org/senior-communities

1-888-710-9868 Toll Free

TTY: Dial 711

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667-600-2100*



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- Outpatient rehab

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Important Anne Arundel County Telephone Numbers

ANY COUNTY AGENCY	3-1-1
AA Co. Board of Elections.....	410-222-6600
AA Co. County Council	410-222-1401
AA Co. County Executive	410-222-1821
AA Co. Dept. of Aging and Disabilities.....	410-222-4257
AA Co. Department of Health.....	410-222-7095
AA Co. Emergency Management.....	410-222-0600
AA Co. Government.....	410-222-7000
AA Co. Police (non-emergency)	410-222-8050
	410-222-8610
AA Co. Police (Northern District).....	410-222-6135
AA Co. Police (Eastern District)	410-222-6145
AA Co. Police (Southern District).....	410-222-1961
AA Co. Police (Western District).....	410-222-6155
AA Mobile Crisis Response (Mental Health).....	410-768-5522
Adult Protective Services.....	410-421-8400
Animal Control	410-222-8900
BGE Emergency	800-685-0123
Bulk Item Pickup/Community Cleanup.....	410-222-6100
District Court for AA County (Annapolis).....	410-260-1370
	800-944-2688 (in MD)
	TTY800-735-2258
District Court for AA County (Glen Burnie)	410-260-1800
	800-944-2688 (in MD)
	TTY800-735-2258
Domestic Violence Hotline	410-222-6800
Department of Social Services	410-269-4500
Eldercare Locator	800-677-1116
Water/Sewer Emergency.....	410-222-8400

Storm Related Numbers

Police/Fire/Life threatening emergencies..... 9-1-1

AA Co. Emergency Operations 410-222-0600

AA Co. Roads

Downed traffic signs and signals..... 410-222-1940

Debris clean-up, trees across roads, flooding of county roads

- South County..... 410-222-1933
- Central County..... 410-222-7940
- North County 410-222-6120

AA Co. Water and Wastewater

Sewer Emergency Services 410-222-8400

(not storm related – faucet water)

FEMA (Federal Emergency

Management Agency) 800-621-3362

American Red Cross

Disaster service, need home or shelter 866-438-4636

BGE

To report power loss 877-778-2222

AA Co. Inspections and Permits

Damaged building..... 410-222-7790

AA Co. Landfill Operations

Trash collection, curb, bulk, and recycling 410-222-6100

AA Co. Health Department–Wells

Inspections for flooded private wells 410-222-7398

Additional Important Telephone Numbers

Fraud Hotline 855-303-9470

Governor’s Office 410-974-3901

Maryland Attorney General 410-576-6300

Poison Control Center 800-222-1222

Federal Do-Not-Call Registry 888-382-1222

City of Annapolis/Mayor’s Office 410-263-7997

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

Suicide & Crisis Lifeline Dial 988

Veterans Crisis Line.....Dial 988 then Press 1

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



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

410-222-4257

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.





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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

Repeatedly watching, following, or harassing someone through actions that result in unwanted or obsessive attention. Using technology such as texting or social networking to bully, harass, or intimidate someone verbally or emotionally is also considered stalking.

IN AN EMERGENCY ALWAYS CALL 911

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

Adults 18 And Older

AA County Adult
Protective 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



What is a Long-Term Care Ombudsman?

A person who addresses resident complaints and advocates for improvements in nursing homes and assisted living facilities. The ombudsman is resident-centered and seeks to resolve issues and concerns of residents in long-term care to the resident's satisfaction and with the person's consent. The ombudsman works for Anne Arundel County Department of Aging & Disabilities.

How can the ombudsman help?

- Educate residents, their family, facility staff, and the public about residents' rights, signs and indicators of elder abuse, and aspects of good care in a nursing home and assisted living setting;
- Advocate for changes to improve residents' quality of life and care individually and as a group;
- Seek legal, administrative and other avenues to protect residents;
- Provide information to the public regarding long-term care facilities and services, legislative and policy issues;

Who can contact the Ombudsman Program?

Residents of long-term care, families, staff of facilities, and any person who has a concern about a resident or would like information about nursing homes and assisted living.

How do I contact an ombudsman?

Contact Maryland Access Point at 410-222-4257 and ask to speak to an ombudsman.

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
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INFORMATION



Senior Center Plus

Senior Center Plus is a guided, engaging program for older adults. The mission of the program is to provide older adults with opportunities for socialization and recreation that enable them to remain engaged in the community while providing respite for care partners. The duration of this program is four hours and is supervised and assisted by trained staff. Lunch is provided during the program.

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

- Be a resident of Anne Arundel County
- Be age 55+
- Be able to use the restroom independently
- Be able to independently feed yourself
- Be able to express your needs
- Be able to remain and engage in a group setting
- Enjoy socialization, music, art, cognitive games, exercise, and more

Call Maryland Access Point at 410-222-4257 to schedule an evaluation to determine eligibility. There is a fee for this program. Transportation to and from the senior activity center must be provided by a family member/caregiver.

PLUS ZOOM:

If you are unable to join us in person at the senior activity center, then join us online for the program!

All you need is below:

- Have a Zoom capable device with someone to assist you
- Call 410-222-1483 or email Lori Litke at aglitk00@aacounty.org to register
- Provide an email address to have your Zoom invite sent
- Let the fun begin!



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**The MAT program benefits Maryland residents ages three and older who are Deaf, hard of hearing, DeafBlind, or are living with limited speech, mobility, or cognitive abilities.*



**Maryland Accessible
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800-552-7724 | 410-767-6960 (Voice/TTY)

443-453-5970 (Video Phone)

mat.program1@maryland.gov | mdrelay.org



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-Katharine Hepburn

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MORE INFO

Senior Activity Centers

Senior activity centers provide members a variety of social, educational and exciting opportunities to remain active in their communities and enrich their lives.

Members can enjoy the centers by taking an exercise or dance class, having a meal with friends, learning a foreign language or historical events, listening to a live musical performance, taking exciting trips, volunteering, or working on their fine arts and crafting skills, all in one place. Plus, senior activity centers are equipped with self directed services and activities including libraries, billiards, ping pong, exercise equipment and a safe comfortable space to gather with others for friendly tabletop games. Further, special events are always an exciting opportunity for center members to gather with their friends and neighbors to celebrate the holidays, milestones and recognize significant observances.

The Anne Arundel County Department of Aging and Disabilities operates senior activity centers throughout the county. We have centers in Arnold, Annapolis, Brooklyn Park, Odenton (O'Malley), Glen Burnie (Pascal), Pasadena, Edgewater (South County) and a brand new center in Severn. Membership at the centers is free and gives you access to activities at all of the county's senior activity centers. Many of the programs and activities offered at the centers are free, and through our partnership with the Anne Arundel Community College offer continuing education classes for a moderate fee. Center members may take part in classes encompassing multiple subject areas, including: exercise, dance, fine arts, crafts, history, foreign languages, current events, music and use of technology.

Senior activity centers are multi-dimensional, active, dynamic and progressive; a community focal point. According to the National Council on Aging (NCOA), there are over 11,000 senior activity centers serving over a million older adults each year in the United States. Most centers offer services and programs such as meal and nutrition programs, health and fitness classes, volunteer opportunities, social and recreational activities, lifelong learning programs, options for travel, participation in the arts, transportation, intergenerational activities, information and assistance, and a range of other social services for older adults. Senior activity center programs are as diverse as the members they serve. There is so much to do at your local senior activity center that you could spend all day, every day there and still not do it all.

Many popular activities include: knitting and crocheting, quilting, sewing, genealogy, crafts, ceramics, and technology, just to name a few. Workshops and seminars on specific topics of interest are also available at the centers. Each center has their own classes, programs and activity offerings, and members are invited to participate at any (or all) of the centers if they choose.

The Department of Aging and Disabilities Senior Nutrition Program offers lunch daily at the centers. Reservations are needed for meal service and can be made by contacting the

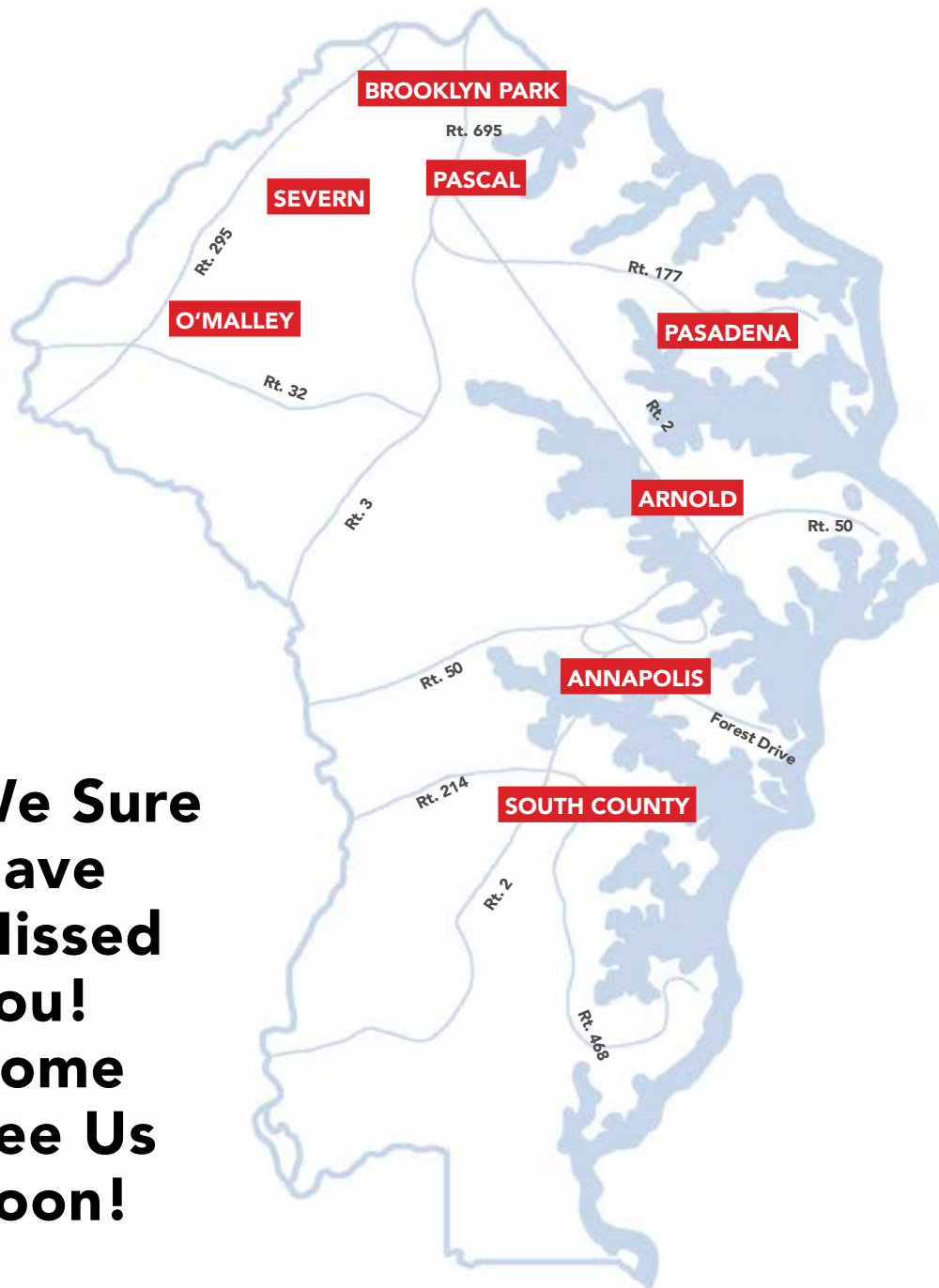
site aide at the nutrition location you will be visiting.

If you haven't visited a senior activity center before, we invite you to come see what we have to offer. If you have been attending one of the centers, we are so happy to have you here. Senior activity centers are making life better for older adults in Anne Arundel County. See YOU soon at the senior activity center!

**THERE ARE OVER
11,000
SENIOR
ACTIVITY
CENTERS
SERVING OVER A
MILLION
OLDER ADULTS
EACH YEAR IN THE
UNITED STATES.**

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410-222-1216; annap-
oliscenter@

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

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

O'Malley
1275 Odenton Road,
Odenton, MD 21113;
410-222-6227; Fax
410-222-6229; omal-
leycenter@aacounty.
org O'Malley Annex,
1270 Odenton Road,
Odenton, MD 21113;
10-222-0140

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@aa-
county.org

Severn
1160 Reece Rd,
Severn, MD 21144;
410-222-0300;
severnseniorcenter@
aacounty.org

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

ANNAPOLIS



ARNOLD



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SEVERN



SOUTH COUNTY



O'MALLEY



Congregate Meal Program

The Senior Nutrition Program Congregate Meal Program serves hot, nutritious meals to older adults in a congregate setting such as senior activity centers, senior housing locations, and community centers. There are 21 nutrition sites throughout the county that provide a lunch that meets 1/3 of the United States Recommended Daily Allowance to older adults 5 days a week. Breakfast is also served at 10 of these sites. Participants (see eligibility guidelines) of this program are not charged for the meals, however donations are accepted to help offset the cost. Please note that reservations are needed for meal service and can be made by contacting the site aide at the nutrition location you will be visiting.

Shop 'N Eat

The Shop 'N Eat Program (Subsidizing Healthy-food Options Plus Nutrition Education and Training) provides nutrition education to empower older adults to make healthy food selections while shopping through the use of subsidized grocery gift cards. Participants are able to purchase cash cards in increments of \$20 to a maximum of \$60 value (\$30 cost to participant) per session per participant. Limited quantities are available.

Distribution is held every two (2) months at 9 different locations located around Anne Arundel County (seven (7) senior activity centers, 2664 Riva Rd. in Annapolis, and 7320 Ritchie Highway in Glen Burnie). This program has a continuous registration process. Each participant must complete the application and attend the nutrition education class. Grocery gift cards can only be used to purchase consumable food products. Items not included are household items, personal care, pet care, alcohol mixers, and tobacco products.



Home-Delivered Meals

For those who want to continue living in their home, but who are unable to shop and cook, having meals delivered each day by a friendly volunteer can be an ideal service.

- Two nutritionally balanced meals - one hot and one cold - are brought into the home
- Meals are delivered Monday through Friday by a friendly volunteer (including holidays)
- Meals can be delivered on a long-term basis or a temporary basis
- Special diets can be accommodated
- Service can usually begin within a few days of application submission

If you have any questions about how to enroll in Senior Nutrition Program Services, please call 410-222-4257 or visit us online.

The Assistive Technology Loan Program

Assistive technology is any item, piece of equipment, software program, or product system that is used to increase, maintain or improve the functional capabilities of persons with disabilities.

Assistive technology allows individuals with disabilities to carry out activities of daily living (bathing, dressing, eating, etc.), participate in the workforce, communicate, learn, and enjoy recreational activities. Assistive technology can provide the support individuals with disabilities need to live independently.

At the Anne Arundel County Department of Aging and Disabilities, the Americans with Disabilities Act (ADA) Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of three (3) weeks or schedule a product demonstration with ADA staff free of charge. Assistive technology can be expensive. The Assistive Technology Loan Program will allow individuals living with disabilities to “try before you buy” and decide whether a particular assistive technology device is the best one for them.

ADA Office Staff is available to:

- Assist individuals with the identification of equipment available in the AT library
- Provide instruction on how to use the equipment
- Connect the individual with programs that can help the individual purchase equipment after the loan period is over, if financial assistance is needed



The Assistive Technology Loan Program has an inventory of assistive technology for those needing assistance with hearing, vision, mobility, and communication. Items within the Assistive Technology Loan Program for demonstrations and for loans are not for sale, however, staff will provide individuals with the opportunity to borrow and use the equipment to see if it meets the needs of the individual. Staff is also able to assist with locating resources to help individuals purchase assistive technology equipment. A virtual catalog is also available online where interested individuals can view the equipment along with a short description. The virtual catalog can be found by visiting the ADA Office webpage at www.aacounty.org/ATLoanProgram.

Anyone interested in learning more about the Assistive Technology Loan Program can contact the ADA Office at (410) 222-4383. You may also submit a request to borrow assistive technology equipment using the online request form found on the ADA Office’s website. Once your request has been received, a staff member will contact you to set up an appointment to view available equipment, provide product information and demonstrations, and complete the application process to borrow equipment.



Mindful Coping with Chronic Conditions

Acute illnesses last a few days to a few weeks. However, chronic conditions are different. And, in general, they are more frequent as we age. A diagnosis of hypertension, diabetes, arthritis, cancer, or other long term conditions require us to think more about long term management of symptoms. Managing the symptoms of a chronic condition can be a 24/7 job, and can seem daunting for most of us. However, by using the tool of mindfulness with some perseverance, management becomes part of a healthy lifestyle. So, how can we make peace with ourselves when we are living with a chronic condition?

One of the tools we teach in our Living Well series is “using the mind”. Mind-

fulness is an evidence based practice. Being mindfully present in the moment without judgment can help us to manage the negative and reinforce the positive. If you are struggling or overwhelmed by the symptoms of your chronic condition, here are a few tips on how to mindfully improve your experience.

Stress can impact our bodies in a negative way. Being in a constant state of stress or “fight or flight” can significantly affect an individual impacted by the symptoms of chronic conditions. Making a decision to learn more about your condition and how to manage it can make a huge difference in your prognosis and future. Check out the Living Well webpage and find a workshop to attend. You’ll learn more about the tool of “using your mind” plus many others.

1. Practice self care and self compassion. Being mindful you realize the importance of self care and focus on solutions not the problem.
2. Don't allow your chronic condition to define who you are. Recognize you are not your illness. Focus on the things in life that bring you joy.
3. Incorporate a gratitude practice. No matter what is going on, there are so many things to be grateful for. Allow yourself to sit in the present moment as you recognize all that is here. This practice in itself will help you shift into well being.
4. Surround yourself with love and support. Create the environment you love and mindfully choose your support team.
5. Focus on the breath. Use the breath as an anchor to help promote relaxation and reduce stress and pain. Other options with the same benefits are guided imagery and a meditative body scan.
6. Incorporate mindful movement into your daily routine. Examples are walking while paying attention, yoga, and Tai Ji Quan: Movement for Better Balance. The latter two can be performed assisted or seated.

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Elena Sallitto is a Certified Elder Law Attorney (CELA) through the National Elder Law Foundation, one of only seven in Maryland.

Dalia Alerza, Dalia graduated in 2021 from University of Baltimore with the hopes of practicing criminal law but quickly found her passion in Elder Law and protecting vulnerable communities. She joined our firm in July 2021.

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CFC

COMMUNITY FIRST CHOICE

This program is an option to aid older adults and individuals with disabilities who would otherwise require nursing home or immediate care facility care.

ELIGIBILITY GUIDELINES:

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

SERVICES INCLUDE:

- Personal Assistance
- Nurse Monitoring
- Personal Emergency Response Systems (PERS)
- Supports Planning
- Home Delivered Meals

CPAS

COMMUNITY PERSONAL ASSISTANCE SERVICES

This program provides personal assistance services, including assistance with activities of daily living, to Medicaid participants.

ELIGIBILITY GUIDELINES:

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

SERVICES INCLUDE:

- Personal Assistance
- Nurse Monitoring
- Supports Planning

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

Resources

FOR OLDER ADULTS, INDIVIDUALS
WITH DISABILITIES, AND CAREGIVERS
IN ANNE ARUNDEL COUNTY

SPG = Anne Arundel Senior Services Provider Group

ADV = Advertiser

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING & DISABILITIES PROGRAMS

AA County Dept. of Aging and Disabilities/Main Office **SPG** 410-222-4257 Toll-Free 800-492-2499 TTY users please call via MD Relay 711; www.aacounty.org/aging; Provides programs, services, information, education and special events to improve the quality of life for older adults, 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 Toll-Free 1-844-627-5465 TTY users please call via MD Relay 71; 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 older adults 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 are 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 if there is nobody available of a higher priority. 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 assisted living 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 410-222-4366; 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. Medical eligibility must be established. Recipients must also have community Medical Assistance.

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. Cancer, Thriving, and Surviving: 6-week workshop which teaches techniques to manage the symptoms of cancer and its treatment. Tai Ji Quan: a twice weekly group class for 6 months which teaches the 8 form routine of balance techniques which results in improved balance, mobility, walking, self awareness, and well being. Call 410-222-4366 for the 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 and in group settings. If you are experiencing a loss, our counseling sessions are a blend of support and education to find hope and strength in connection to others.

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver 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 Toll-Free 800-492-2499; www.aacounty.org/aging; Program for family caregivers to help relieve the stress associated with their role. It offers information, assistance, educational programs, 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 Program 410-222-0256; www.aacounty.org/aging; The Senior Nutrition Program promotes nutrition through education and meal programs. Programs include: Congregate Meal Program (meals served at senior centers, senior housing locations, and community centers), Home Delivered Meals Program, Senior Farmers' Market Coupon Program, and SHOP 'N' EAT Program (county subsidized grocery program).

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

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

Anne Arundel & Howard County Medical Society 410-544-0312; <https://www.aahcms.org>; AAHCMS is a physician-led and driven organization affiliated with MedChi, The Maryland State Medical Society. Through advocacy, technical assistance, programming, and services, AAHCMS empowers physicians to lead on policies that impact the practice of medicine, access to healthcare, and public health. "Find a Physician" is a free physician referral service for Anne Arundel County. Use the following website to search for a physician near you: <https://www.medchi.org/Physician-Finder/Physician-Finder>

ACTIVE ADULT COMMUNITY

Assisted Living Locators **ADV** PO Box 6322 Annapolis, MD 21401; 410-507-4490; www.assistedlivinglocators.com/care-advisor/annapolis; Our advisors provide consultation and guidance as families navigate the many senior living options and services available locally and nationwide. Advisors offer price comparisons, assist with arranging tours and support managing the transition of a loved one to their next home. Communities offer placement fees as compensation to our advisors so that this service is at no additional cost to families.

Gardens of Annapolis **ADV SPG** 931 Edgewood Road, Annapolis MD 21403; 410-885-1001; www.gardensofannapolis.com; Gardens of Annapolis is the premier active adult community in Annapolis, MD. Enjoy and appreciate all the comforts of independent living at this luxurious rental community created exclusive for seniors 62+.

ADULT DAY CARE

Active Day of Annapolis **SPG** 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.

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

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

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 Stuart Pittman and the residents of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county The Best Place - For All.

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

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

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

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

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

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

Annapolis Commission on Aging Phone: 410-263-7997 Fax: 410-216-9284; Contact - Hilary Raftovich: 443-221-0699; www.annapolis.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 will meet at the Annapolis Senior Center Wiley H Bates Heritage Park as needed. As of January, 12th 2021, all meetings are virtual due to the COVID-19 pandemic.

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The Arc Central Chesapeake Region 410-269-1883 (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; <https://www.associatedblack-charities.org>; A public foundation that advocates and facilitates the creation of measurably healthier and more prosperous communities through responsible leadership and philanthropic investment.

At Home Chesapeake 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. Please contact through website.

Ferretto Eldercare Consulting **SPG** 410-661-6720; 1400 Front Avenue, Ste. 303, Lutherville, MD 21093; ferret-toeldercare.com

Langton Green, Inc. **SPG** 3016 Arundel on the Bay Road, Annapolis, MD 21403; 410-428-7389; www.langton-green.org Langton Green is a community nonprofit guiding individuals with intellectual and developmental disabilities to live the lives they choose with the highest degree of independence.

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

MD Dept. of Veterans Affairs 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; 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.

Partners In Care/Member Care Services **SPG** 410-544-4800, Toll Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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.

Services to Older Refugees and Asylees (MORA) Located at the Baltimore City Community College 410-986-5433; dhr.maryland.gov/maryland-office-for-refugees-and-asylees; Provides referrals and resources on how to become a citizen. Classes to engage refugees on self-sufficiency, community integration, and maintaining good health are also available.

Severn River Lions Club **SPG** 717-327-9419; PO Box 118, Severna Park, MD 21146; www.severnriverlions.org

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

Tammy Turner, M.A. Management of Aging Services **SPG** Community Outreach and Education Consultant 410-960-9143; tamarattturner630@gmail.com; www.linkedin.com/in/tamara-turner-m-a-825508122

Winter Grace Senior Ministries, Inc. **SPG** 443-832-3805; PO Box 631, Highland, MD, 20777; wintergrace.org

ARTS AND CULTURE

Annapolis Music Therapy **SPG** 410-693-4844

Encore Creativity for Older Adults **SPG** 147 Old Solomons Road, Suite 211 Annapolis, MD 21401 301-261-5747 www.encorecreativity.org Encore Creativity's nearly 1500 singers, make up the nation's largest, fastest-growing choral organization. Its mission: Provide an accessible artistic environment for older adults, regardless of experience and ability, led by a professional artist. Based in Annapolis, Encore has 24 choruses in DMV, including Sentimental Journey Singers for memory-impaired individuals.

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

Ameristar Assisted Living Inc **ADV**
6604 Adrian Street, New Carrollton, MD 20784; 301-474-7840; www.ameristarassistedliving.com; With a modern, nautical-inspired design, we offer a charming, upscale environment. Beautifully appointed assisted living and memory care homes with 24-hour emergency, personalized activities programs, pharmacy delivered medication, option to have home doctor, compassionate caregivers, are tailored to resident needs. Let us help you live life to the fullest. Call or visit our website.

Arbor Terrace Waugh Chapel **ADV** **SPG**
2535 Evergreen Road, Gambrills, MD 21054; 410-941-3119; www.ArborWaughChapel.com; Arbor Terrace offers a lifestyle focused on wellness & meaningful connections. Our unique neighborhood options allow us to provide individualized care & assistance for everyone. Choose to live well with us, *you deserve it!*

Arcadia of Crofton I & II, Arcadia of Chester, Arcadia of Denton I & II **ADV** **SPG**
Multiple locations 888-880-6771; www.Arcadia-Living.com; Enhanced Care and Memory Care. Local, Family Owned & Operated. Providing individualized love and care in a comfortable home environment. Winner of Friendliest, Best Staff 7 years in a row!

Bay Village Assisted Living & Memory Care **ADV** **SPG**
979 Bay Village Drive, Annapolis, MD 21403; 443-949-9711; www.bayvillageassistedliving.com; Our newly constructed assisted living and memory care community in Annapolis features spacious apartments and outdoor spaces, vibrant social activities and so much more! Call us today to arrange a visit.

Brightview Annapolis
Brightview Crofton Riverwalk
Brightview Severna Park
Brightview South River (in Edgewater) **ADV** **SPG**
www.BrightviewSeniorLiving.com; Let your Bright Life shine at Anne Arundel County's Premier Senior Living Communities. Award-winning Brightview Senior Living offers residents the independent lifestyle they deserve plus the experienced assisted living or dementia care if needed.

Brookdale Senior Living **SPG**
240-539-4828; 14997 Health Center Drive, Bowie, MD 20716; www.brookdale.com

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

Country Home Assisted Living **ADV** **SPG**
4187 Solomons Island Road, Harwood, MD 20776; 443-310-5377; 410-867-7518; Country Home is a comfortable 15 bed community providing special personal care for those who can no longer live alone. Competitive pricing and access to professional medical services on site. Respite care is also available.

Dementia Care Management, Inc.
d/b/a SilverStay **SPG**
1311 Waneta Court, Odenton, MD 21113; 410-279-8772; www.silverstay.com

Erickson Senior Living-Charlestown **ADV**
715 Maiden Choice Lane, Catonsville, MD 21228; 410-247-3400; www.ericksonseniorliving.com/charlestown; Assisted living, part of the continuing care neighborhood at Charlestown, is the ideal solution for seniors who want to maintain their maximum level of independence while also receiving quality care.

Erickson Senior Living-Oak Crest **ADV**
8820 Walther Boulevard, Parkville, MD 21234; www.ericksonseniorliving.com/oak-crest; Assisted living, part of the continuing care neighborhood at Oak Crest, is the ideal solution for seniors who want to maintain their maximum level of independence while also receiving quality care.

HearthHomes Assisted Living & Memory Care **SPG**
P.O. Box 1107, Millersville, Maryland 21108; 443-871-3168; www.hearthomes.com

Heartlands at Severna Park **ADV** **SPG**
715 Benfield Road, Severna Park, MD 21146; 410-729-1600; www.HeartlandsAssistedLiving.com; 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.

Inspirations Assisted Living and Memory Care **SPG**
410-859-8900; 806 S. Camp Meade Road, Linthicum, MD 21090; inspired-joy.com

Morningside House of Friendship **ADV** **SPG**
7548 Old Telegraph Rd., Hanover, MD 21076; 410-863-0830; www.mhse-niorliving.com/friendship; Morningside House of Friendship is a Home like community where residents thrive with daily activities and receiving the love and care they deserve while keeping the independence they want.

The Pear Tree House **ADV** 8001 Middlebury Drive, Pasadena, MD 21122; 410-437-5050; 8004 Shadow Oak Lane, Pasadena, MD 21122; 410-439-4697; www.thepeartreehouse.com; The Pear Tree House is an assisted living community in Pasadena owned by nurses providing individualized care. Small enough to feel cozy but large enough to offer everything our residents need.

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

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

Servants 4 Seniors **ADV** 8010 Catherine Avenue, Pasadena, MD 21122; 410-439-9353; mmatthews@servants4seniors.com; www.servants4seniors.com; 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.

DO YOU HAVE QUESTIONS ABOUT...

Estate Planning | Elder Law | Guardianship
Long Term & Medicaid Planning | Probate



1) Is estate planning the same as long term care planning?

No. Not all estate planning attorneys are experienced in elder law. Our firm has over 65 years of experience and can review your existing will or estate plan to help you develop a long term care plan or provide guidance on the importance of the "Medicaid 5 Year Lookback" requirement.



2) What is the average cost of long term care?

The cost vary based on the type of care required. On average, skilled nursing care costs an average of \$10,000/mo. Medicare does not provide long-term care coverage or custodial care unless medical care is required.



3) Will I have to spend my life savings or family's inheritance on long term care costs?

With a little pre-planning, we can typically help preserve your assets in a way that provides for you, your spouse, children and long term care. Some strategies also provide a way for you to utilize government benefits such as Medicaid. The important thing is to plan ahead.

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ATTORNEYS AT LAW

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410-255-0373

The Sheridan at Severna Park **ADV** **SPG** 134 Ritchie Hwy., Pasadena, MD 21122; 410-777-5008; With a modern, nautical-inspired design, we offer a charming, upscale environment. Beautifully appointed assisted living and memory care apartment homes, amenities and services are tailored to resident needs.

Spring Arbor of Crofton **SPG** 1495 Riedel Road Crofton, MD 21114; 410-324-2790; www.springarborliving.com; Privately owned and operated senior living with memory care community. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it's how you live that matters!

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

Sunrise Senior Living of Annapolis **ADV** **SPG** 800 Bestgate Road Annapolis, MD 21401 410-266-1400 www.sunriseannapolis.com While encouraging independence and choice in one's day, Sunrise Annapolis offers a resident-focused approach for adults who require support with their daily activities in either Assisted Living or Memory Care.

Sunrise Senior Living of Severna Park **ADV** **SPG** 43 West McKinsey Road, Severna Park, MD 21146; 410-544-7200; www.sunrisesevernapark.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.

Tribute at Melford **ADV** 17300 Melford Blvd., Bowie, MD 20715; 301-329-5565; 301-841-6459; cadencesl.com/communities/tribute-at-melford; 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.

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 **ADV** Toll-Free 800-552-7724 V/TTY Video Phone 443-453-5970; 301 W. Preston Street, Suite 1008A, Baltimore, MD 21201; www.mdrelay.org; moreinfo@mdrelay.org; Maryland Relay is a free public service that allows those who are Deaf, hard of hearing, or have difficulty speaking to both make and receive phone calls.

ATTORNEYS

Byrd & Byrd, LLC Attorneys at Law **ADV** **SPG** 14300 Gallant Fox Lane, Suite 120, Bowie, MD 20715; 301-464-7448 (call or text); 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.

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

Council Baradel **ADV** 125 West Street, 4th Floor Annapolis, MD 21401; 410-268-6600; www.councilbaradel.com; Full service law firm with robust Estates and Trusts Department. Focuses on comprehensive estate plans for all individuals, estate/trust administration, and related litigation. Provides sensitive, competent and trustworthy representation.

Sinclair Prosser Gasior **ADV** **SPG** 900 Bestgate Road, Suite 103, Annapolis, MD 21401; 410-573-4818; www.sp-gasior.com; Established members of the American Academy of Estate Planning Attorneys since 1995 focused on estate planning, elder law and estate administration. We offer free educational webinars and seminars.

Stavely & Sallitto Elder Law, LLC **ADV** **SPG** 124 South Street, Suite 1, Annapolis, MD 21401; 410-268-9246; Financial planning for nursing care, medical assistance applications, powers of attorney, guardianships, and estate planning.

BEREAVEMENT SERVICES

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

Chesapeake Life Center at Hospice of the Chesapeake **ADV SPG** John & Cathy Belcher Campus 90 Ritchie Highway, Pasadena, MD 21122; 888-501-7077/410-987-2129; www.chesapeakelife-center.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.

Epilogue Tributes **SPG** 626C Admiral Drive, #119 Annapolis, MD 21401 410-263-3937 www.celebratingthedash.com Supporting families with creating meaningful, customized memorial services reflecting your loved-ones life and legacy, embracing your traditions. Pre-planning, end-of-life educator offering resources most don't know exist. Funeral Disruptors™ podcast.

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 **ADV SPG** PO Box 267, Annapolis, MD 21012; 301-219-7645 (cell); www.agingservicesmgmt.com; ASM is now offering private Counseling for seniors and their families, as well as Care Management services including, information and referrals, in-home assessments and care 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.

Alliance in Aging **ADV** Lynn Carr, RN, MA, CCM, P.O. Box 4073, Annapolis, MD 21403; 410-507-0915; lynn@allianceinaging.com; www.allianceinaging.com; AIA provides a comprehensive assessment and an individualized plan of action regarding one's health challenges, memory, safety, home care, housing alternatives, caregivers, LTC finance planning, reliable resources, and end-of-life issues.

CEMETERIES/ MEMORIAL PROGRAMS

Anatomy Gifts Registry Toll-Free 800-300-5433; 410-863-0497- *Fax Number*; www.anatomygifts.org; e-mail: info@anatomygifts.org; Dignified Body Donation. A nationwide, non-profit whole-body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services. We cover all costs associated with transportation, donation, and cremation.




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- We work with all long term care insurance companies

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www.brightstarcare.com/howard-county

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 410-269-0514

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900 W. Central Avenue, Davidsonville,
MD 21035; 410-956-3060; www.digni-
tymemorial.com/lakemont-memorial-
gardens; Premier memorial cemetery
located in Anne Arundel County
MD-Dignity Memorial Network.

MD Veterans Cemetery/Crownsville
410-923-6981; www.veterans.
maryland.gov/cemetery-and-memo-
rial-program; 1122 Sunrise Beach Rd.,
Crownsville, Maryland 21032; Burial
benefits for the veteran include: a
gravesite in an available space, open-
ing and closing of the grave, perpetu-
al care, a Government marker, a burial
flag and a Presidential Memorial
Certificate, at no cost to the family.

State Anatomy Board 410-547-1222
(Baltimore) Toll-Free 1-800-879-2728;
www.health.maryland.gov/anatomy;
State's cadaver donation program.
Cadavers are used to support medical,
dental education, and research. Donor
forms are available by calling or writing
the board. The registration form is avail-
able to be downloaded off our website.

**COMPLAINTS AND
INFORMATION**

AA Conflict Resolution Center 410-
266-9033; www.aacr.info; Provides
mediation services in disputes between
family members, landlords and tenants,
neighbors, employees and employers,
businesses, etc. Mediation helps people
resolve conflicts peacefully and without
going to court. Conflict resolution class-
es and training are available. No fee.

**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 medi-
cal 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
bills. Represents consumers of util-
ity services before the Public Service
Commission, certain federal agencies,
and the courts.

MD Secretary of State's Office 410-
974-5549 Toll-Free 800-825-4510;
www.sos.state.md.us; Registers, regu-
lates, and renews charitable organi-
zations, professional solicitors, and
fundraising counsels doing business in
the State of MD. Provides the public
with information on the status, legiti-
macy, and spending patterns of these
organizations. Speakers are available.

CONGREGATE HOUSING

**Congregate Housing Services
Program** 410-267-8000 Annapolis
Housing Authority - Morris Blum Apart-
ments; 667-600-3160 Catholic Char-
ities Arundel Woods; 410-519-6085
Catholic Charities Friendship Station;
www.aacounty.org/services-and-pro-
grams/independent-housing-options-
for-seniors; Provides supportive ser-
vices 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 ser-
vice management. Financial assistance
available based on income.

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CONSULTING SERVICES

Assisted Living Locators **ADV** **SPG** PO Box 6322, Annapolis, MD 21401; 410-507-4490; www.assistedlivinglocators.com/care-advisor/annapolis; Our advisors provide consultation and guidance as families navigate the many senior living options and services available locally and nationwide. Advisors offer price comparisons, assist with arranging tours and support managing the transition of a loved one to their next home. Communities offer placement fees as compensation to our advisors so that this service is at no additional cost to families.

CONSUMER CREDIT

Commissioner of Financial Regulation 410-333-3866 Fax 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.

Consumer Credit Counseling Services Maryland and Delaware (CCCSMD) 1-800-642-2227; www.cccsmd.org; A non-profit agency that offers free budget counseling, debt repayment planning, community education, and student loan counseling.

CONSUMER SERVICES

Admiral Cleaners **SPG** 10 Taylor Avenue, Annapolis, MD 21401; 410-267-8381; customerservice@admiralcleaners.com; www.admiralcleaners.com; Provides free pick-up and delivery Wash & Fold laundry services to homes, condos or apartments. Contact for additional information or to sign up. Admiral eliminates the chore and potential safety concern of doing laundry.

COUNSELING

Carrie Baquie-Wellbeing Empowerment Coach **SPG** 384 Hall Rd., Crownsville, MD 21032; 443-261-4821; www.CarrieBaquie.com

DENTISTS

AA County Department of Health/ Dental Access Program 410-222-7138 Annapolis; 410-222-6861 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 infection.

Luminous Health Community Clinics 410-990-0050; 701 Glenwood St. (inside Morris Blum senior housing) and 1419 Forest Dr., Annapolis; www.myaamg.org/community-clinic; 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 410-222-6633; www.aahealth.org; Community health center which offers dental services to those who meet income eligibility requirements.

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

DISABILITY SERVICES

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

AA Community College/High School Diploma Program **SPG** 410-777-1823; 7000 Arundel Mills Circle, 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 **SPG** 410-777-1411; www.aacc.edu/resources/disability-support-services; Assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

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

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 the quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transitioning services and more...all designed to help people with disabilities 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 410-269-1883 Annapolis TTY 800-735-2258; www.thearcccr.org; Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, employment training, community living, individual support, and fiscal management services.

Bello Machre, Inc. **ADV** 7765 Freetown Road, Glen Burnie, MD 21060; 443-702-3000; www.bellomachre.org; Supporting people with developmental disabilities through loving care and opportunities for over 50 years.

Blind Industries and Services of MD 410-737-2600 (Baltimore) Toll-Free 888-322-4567; www.bism.org; BISM offers programs for every age group that teach the skills of independence, build self-confidence, and prepare blind people for everyday challenges at home, school, work, or community. Independence and Rehabilitation training is accredited by the MD Dept. of Education (DORS) and aims to provide students the ability to navigate the world independently. More specialized Senior program includes home teaching, support groups, and instruction in braille, technology, cooking, and walking cane travel. The services and support groups are free for the blind and low-vision residents of Maryland.

Developmental Disabilities Administration (DDA) 410-234-8200; 443-253-4797 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 the number above. Individuals must apply and be determined eligible for services.

Disability Rights Maryland 410-727-6352, Ext. 0; Toll-Free 800-233-7201; TTY 410-235-5387; 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 (DORS) 410-974-7608 (Annapolis) 410-636-9010 (Linthicum) TTY 866 326-7012 Videophone 410-220-1676; 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 Adult Day Services 410-277-0940; www.easterseals.com/DC-MDVA; Easter Seals Adult Day Services in Baltimore provides daily monitoring in a safe, home-like environment for medically diverse individuals that are frail with chronic conditions, cognitive impairments, dementia-related diagnosis such as: Stroke, Diabetes, Alzheimer's, COPD, Congestive Heart failure, Mental illness, Seizure Disorders, Intellectual/Developmental Disabilities and Neuro-muscular Diseases. Provide assistance with home care, ALF and NH placement.

Foundation Fighting Blindness 410-423-0600 (Columbia, Maryland) Toll-Free 800-683-5555 TTY 800-683-5551; www.fightingblindness.org; Seeks to drive the research that will provide prevention, treatments, and cures for people affected by retinitis pigmentosa, macular degeneration, Usher Syndrome and the entire spectrum of retinal degenerative diseases. 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, and the entire spectrum of retinal degenerative diseases.

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

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

Starkey Cares Toll-Free 800-328-8602; www.starkeyhearingfoundation.org; The program is a hearing aid program for low-income persons, based on the household income. We work with partners who donate their time and services to do the fittings and we donate the hearing aids and support.

Home and Community-Based Options Waiver 410-222-4257; www.dhmdh.maryland.gov; A program of the MD Dept. of Health and Mental Hygiene, that promotes home and community-based services for adults with disabilities ages of 18 and older.

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

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

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 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 **ADV** Toll-Free 800-552-7724 V/TTY Video Phone 443-453-5970; 301 W. Preston Street, Suite 1008A, Baltimore, MD 21201; www.mdrelay.org; moreinfo@mdrelay.org; Maryland Relay is a free public service that allows those who are Deaf, hard of hearing, or have difficulty speaking to both make and receive phone calls.

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.marylandlibraries.org/Pages/Maryland-Library-for-the-Blind-and-Print-Disabled.aspx; Provides comprehensive library services to eligible blind and physically handicapped. Books on audio cassette and in Braille are available. Must fill out an application. Services are free.



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MD Technology Assistance Program 410-554-9230 Toll-Free 800-832-4827 TTY 866-881-7488; www.mdta.org; Helps MD residents with disabilities and their families qualify for low interest loans to buy equipment and make accessibility renovations. Also available, a demonstration lab where individuals can come to view and borrow technology. Visit Equipment Link Online Classified (www.myatprogram.org) to list or find donated equipment/devices.

MD Transit Administration (MTA)/ Call-A-Ride Service 410-664-2030 Toll-Free 866-743-3682 General Information; www.mtacallaride.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)/ MTA Mobility Link (Para-transit) Program 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; MobilityLink is a specialized transit service available to people, who because of a disability are functionally unable to get to a bus stop, wait unassisted at a stop or station or board or ride a bus or train by themselves. MobilityLink is a shared ride service offered from the first exterior door of your home or pick up location to the first exterior door of your destination.

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: Baltimore Sun, Capital Gazette, 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 that 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 that 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 Toll-Free: 800-394-5694; www.ppm.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. 5283 Corporate Drive, Suite 103, Frederick, MD 21703; 301-663-8044, 888-240-6835; Hearing impaired, use MD Relay 711; www.servicecoord.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 developmental 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) (Now a Part of the Image Center) Phone: 410-982-6311 Fax: 410-372-4037; <https://image.md.org>; 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. Service in Anne Arundel County dependent on the service requested.

DISCOUNTS

AA County Public Schools/Senior Citizen Event Card 410-222-4257; 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 Dept. of Aging and Disabilities/Taxi Voucher Program 410-222-4257; 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.

DISCRIMINATION

AA County Human Relations Commission 410-222-1234; www.aacounty.org/boards-and-commissions/human-relations-commission-of-anne-arundel-county/index.html; The Human Relations Commission works to promote the fair and equal treatment of all Anne Arundel County residents and to counteract racism, discrimination, intolerance, and hate/bias incidents in the County.

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



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RESOURCES

Equal Employment Opportunity Commission Toll-Free 800-669-4000 TTY 800-669-6820; 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 **SPG** 410-777-2901 for information or assessment appointment. www.aacc.edu/learn-basic-skills; Provides Adult Basic Education for those age 18 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

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

AA County Dept. of Aging and Disabilities/Health Promotion Workshops Please see listing under Anne Arundel County Department of Aging and Disabilities Programs. 410-222-4257.

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.icanread.org; Provides free tutoring in reading, writing, and adult basic education. Private tutoring available in libraries and at various other locations. Seeks and trains adult volunteers to tutor.

AARP– Driver Safety Toll-Free 1-888-687-2277 Toll Free TTY English: 1-877-434-7598; Spanish: 1-866-238-9488 <https://www.aarp.org/auto/driver-safety>; AARP Driver Safety Program for motorists age 50+. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations.

Center for Help (Centro de Ayuda) 410-295-3434; <https://centerofhelp.org>; Provides educational services and referrals to the county's Hispanic community including adult literacy, English as a Second Language, family support, job referral, and assistance in accessing services. Eligibility: Latino residents of AA County. Works in partnership with government services and area non-profits.

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

University of MD Extension 410-222-3900; <https://extension.umd.edu/locations/anne-arundel-county>; A state-wide, 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.



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From left to right: Laura Curry, Jon Gasior, Ayana Johnson, Alex Pagnotta, and Beth Burgee

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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; dhr.maryland.gov/office-of-adult-services/adult-protective-services/ Adult Protective Services (APS) assists adults who lack the physical or mental ability to provide for their own basic needs. Reports of abuse, neglect, and exploitation are investigated and services are implemented to protect the vulnerable adult.

Anne Arundel Medical Center's Abuse and Domestic Violence Program 443-481-1209; www.aahs.org/en/services/abuse-and-domestic-violence; Free, anonymous crisis counseling, personal advocacy, injury documentation, community referrals, and community presentations.

Sexual Assault Crisis Center 410-626-7800; Mental health Warmline: 410-768-5522; www.annapoliswca.org; Provides sexual assault counseling, crisis intervention, urgent mental health care, therapy, and physician appointments. In-home family intervention is also available.

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

ELDER LAW

AA County Lawyer Referral and Information Services 410-222-6859; www.aabar.org; A phone referral service only. Provides referrals to an attorney specializing in the client appropriate area of law. First 30 minutes of consultation is \$35. Hours: M-Thurs 8:30AM-5:00PM, Friday 8:30AM-2:00PM

Byrd & Byrd, LLC Attorneys at Law **ADV SPG** 14300 Gallant Fox Lane, Suite 120, Bowie, MD 20715; 301-464-7448 (call or text); 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.

Disability Rights Maryland 410-727-6352, Ext. 0 Toll-Free 800-233-7201 TTY 410-235-5387; 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.

Elville Associates **SPG** 7100 Columbia Gateway Drive, Suite 190, Columbia, MD 21046; 443-393-7696; www.elvilleassociates.com

Frame & Frame Attorneys at Law **ADV SPG** Annapolis, Pasadena, Stevensville; 410-255-0373; www.FrameAndFrame.com; For over 65 years, we have served the needs of our local community providing services for thoughtful planning and during times of crises. We specialize in estate planning, elder law, medicaid & long term care planning, guardianship and probate administration. We are proud to serve as your family's lawyer and trusted advisor to take the weight off your shoulders.

James Mason, Esq., CPA Attorney at Law **ADV SPG** 410-647-2000; 600 Baltimore-Annapolis Blvd., Suite 200, Severna Park, MD 21146; jmasonlaw.com; Ensure that plans address tax and legal issues by drawing on my CPA experience and Master's degree in taxation. Estate planning, probate, elder law.

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

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

Maryland Senior Legal Helpline Toll-Free 866-635-2948; 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.mdlab.org; A private, non-profit corporation, Maryland Legal Aid provides free legal services to residents of AA County age 60 or over. Contributions are accepted. Free representation for certain types of legal problems. Specializes in problems with housing and evictions, consumer issues and other civil areas. Available to provide presentations to groups regarding legal matters affecting seniors. Generally it does not prepare wills, living wills, or powers of attorney but can provide referrals. (LISTED AS MD LEGAL AID OF AA CO.) LEFT V/M FOR LISTING CLARIFICATION.

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

EMERGENCY INFORMATION

AA County Fire Dept. Headquarters 911 Emergencies; 410-222-8300; 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 410-624-2000 Toll-Free 800-787-0091; www.redcross.org/local/dc-va-md-de/about-us/locations/central-maryland.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.

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.

EMERGENCY RESPONSE

Alzheimer's Association/MedicAlert and Safe Return Program **SPG** Toll-Free 800-272-3900; 800-432-5378; www.medicalert.org/our-partners/alz/; 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 911 410-268-9000 Non-Emergency 410-268-4141 TTY 410-268-1844 410-268-2583 Anonymous tips; www.annapolis.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 Emergencies: Dial 911 410-222-8300; 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 Emergencies: Dial 911 410-222-2400 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/our-partners/alz/; Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Life-saving information is in full view when the 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.aawdc.org; Government funded employment programs for low income seniors age 55 and older in AA County.

Community Action Agency of AA County **SPG** 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, homeownership, reverse mortgage counseling, and employment counseling for youth and adults. Bilingual Spanish staff available.

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

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

ESTATE SALE SERVICES

Caring Transitions of Annapolis **ADV** **SPG** Serving all of Anne Arundel County and some surrounding areas. 410- 451-1465; CTAnnapolis.com; CaringTransitionsAnnapolis.com; We are a full service company for senior moves, space planning, move management, estate sales, liquidations and clear outs. Call us for a free estimate today!

Chesapeake Transitions **ADV** 502 Corbin Parkway, Annapolis, MD 21401; 410-897-0050; www.chesapeakestransitions.com; Locally owned and operated, Chesapeake Transitions has been helping Maryland seniors and their families for more than a decade. Sorting, packing, move management, new home setup, whole house clearout and professional Estate Sales.

Fanita Pegues - Keller Williams Preferred Properties - Certified Probate Estate Specialist **ADV** 1441 McCormick Dr., Upper Marlboro, MD 20774; 301-802-4568 or 240-737-5000; Fanita provides a wealth of knowledge/expertise in helping individuals manage the tasks associated with Estate Property Sales (selling homes, repairs, yard-work, organizing tasks, files, or de-cluttering). FREE Home Equity Wealth Analysis!

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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 VERIFIED; 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 a.m.-10 a.m., Monday through Friday. Call the mall for additional information. VERIFIED

Westfield Annapolis Mall Walkers Program 410-266-5432; Walking Monday-Saturday at 7:00 a.m., Sunday at 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 410-571-8733 Toll-Free 877-DR4-2020; 2002 Medical Parkway Sajak Pavilion, Suite 320, Annapolis, MD 21401; 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.

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Crofton Family Eye Care 410-721-2500 1702 Transportation Blvd, Ste. I Crofton, MD 21114; www.crofton-familyeyecare.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.

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

Access Financial Mortgage Corporation **SPG** 410-570-0441; 8115 Maple Lawn Blvd., Suite 350, Fulton, MD 20759; www.accessfmc.com

Edward Jones - Robert Keeley **ADV** **SPG** 1321 Generals Hwy, Suite 301, Crownsville, MD 21032; 410-923-6496; www.edwardjones.com; Edward Jones-Making sense of investing.

Fairway Independent Mortgage Corporation **ADV** **SPG** 635 N Bestgate Road, Annapolis, MD 21401; 410-216-1526; www.LoriSchramek-Mortgages.com; Certified Mortgage Specialist and Reverse Mortgage Specialist helping seniors leverage home equity to enhance their retirement.

Laurel Advocacy and Referral Services 301-776-0442; 311 Laurel Avenue, Laurel, MD 20707; www.laureladvocacy.org; Laurel Advocacy and Referral Services (LARS) provides food, financial assistance and mentoring/coaching to individuals and families in the Laurel area. Client service hours: Monday – Friday from 9am – 2pm and Monday evening from 5pm – 7:30pm.



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Annapolis, MD 21401; LegacyFG.com

Merrill Lynch SPG One Park Place,
Suite 350, Annapolis, MD 21401;
410-263-0128

Movement Mortgage SPG 205-790-
4103; 635 N Bestgate Rd., Annapolis,
MD 21401

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, walk-
ers, bedside commodes, etc. The Nu-
tritional Diet Program offers nutritional
drinks to those with dietary constraints.
The Senior Pantry offers nutritional
drinks to those with dietary constraints
and incontinence supplies to those in
need. 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 Dis-
abilities/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
410-269-4461 Holiday Sharing; www.dhr.
maryland.gov/local-offices/anne-arundel-
county; The Dept. provides access to
Medical Assistance, Food Stamps, Tem-
porary Cash Assistance (TCA), Repre-
sentative Payee Program, and Disability
Entitlement Advocacy Program (DEAP).
Also administers elder and child abuse,
domestic violence, and many other pro-
grams. Emergency assistance is available.

FUNERAL HOMES

**Barranco Severna Park Funeral
Home & Cremation Care, P.A. ADV
SPG** 495 Ritchie Highway, Severna
Park, MD 21146; 410-647-2400; www.
barrancofuneralhome.com; Family-
owned and operated since 1960.
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tions of life. Whether pre-planning or
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can help.

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

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

HEALTH ORGANIZATIONS

**AA County Dept. of Health/Adult
Evaluation and Review Services
(AERS)/Nurse Monitoring Service
(NMS)** 410-222-4361 AERS 410-
222-7183 NMS; www.aahealth.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 ser-
vices and make recommendations and
referrals to support living in the com-
munity. Referrals come through MAP.
NMS provides visits to participants in
the Community First Choice and Com-
munity 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, assis-
tive 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 na-
tional 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 as-
sociation is to prevent and cure diabe-
tes and to improve the lives of people
affected by diabetes. To fulfill this mis-
sion 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 informa-
tion on heart attack and stroke preven-
tion 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 (800-586-4872); www.
lung.org; Its mission is to save lives by
preventing lung disease and promoting
lung health through advocacy, educa-
tion, and research. Services include
smoking cessation, support groups
for people with chronic lung disease,
asthma management programs, and a
toll-free helpline.

RESOURCES

American Parkinson Disease Association Local 410-328-7817 Toll-Free 800-223-2732; www.apdaparkinson.org; The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Meets at the Elks Lodge in Severna Park. Call for days and times.

American Red Cross/Chesapeake Region 410-624-2000 1-800-Redcross (for blood donation) Toll-Free 800-733-2767; www.redcross.org/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 Toll-Free 800-300-5433; www.anatomygifts.org; Dignified Body Donation. A nationwide, non-profit whole body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services.

AA County Dept. of Health 410-222-7095 TTY 410-222-7153; www.aahealth.org; This is the general number for the 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 Toll-Free 1-800-283-7800; 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 programs.

Bay Community Support Services, Inc. 410-224-4205, Ext. 101 240-309-4046 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 Supportive Care **ADV** **SPG** John & Cathy Belcher Campus 90 Ritchie Highway, Pasadena, MD 21122; 443-837-3376; 877-920-5472; www.chesapeakesupportivecare.org; Experts in helping people with advanced 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.

Luminis Health Gilchrist Lifecare Institute **ADV** **SPG** 2001 Medical Parkway, Annapolis, MD 21401; 443-332-5800; Luminis.Health/Gilchrist; Luminis Health and Gilchrist have partnered to provide personalized geriatric, palliative, and hospice care for your community. We can help at home or in a residential community.

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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. Here you can shop, compare and select a health plan that meets your needs and those of your family. Even if you've never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children's Health Program (MCHP). No matter what type of insurance you qualify for – public or private—we've got you covered.

MD Kidney Disease Program 410-767-5000; <http://mmcp.dhmdh.gov/familyplanning/sitepages/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.

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

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

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

O'Donnell Vein & Laser **ADV** 166 Defense Hwy, Suite 101, Annapolis, MD 21401; 499 Idlewild Ave, Suite 101, Easton, MD 21601; 410-224-3390; www.odonnellveinandlaser.com; Comprehensive medical facility established for the treatment of varicose veins, spider veins and venous disorders. Also a full service medical aesthetics center offering – cosmetic laser treatments, cosmetic injectables, microblading, hair restoration, aesthetician skin care services, and RF Microneedling!

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, as well as their families and/or caregivers. Area support groups available. Free literature. Personal case management services.

Parkinson's Foundation Mid-Atlantic Chapter **SPG** 2129 Hallmark Drive, Gambrills, MD 21054; 410-849-6114; dlewis@parkinson.org; parkinson.org/midatlantic

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.

United Health Care **ADV** **SPG** 4920 Sage Pl, Brandywine, MD 20613; 301-922-6755; www.uhc.com; Medicare Advantage Health, Medicaid Dual Special Needs

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

HEARING AIDS

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

Chesapeake Hearing Centers, Inc. **SPG** 580- I Ritchie Hwy., Severna Park, MD 21146; 410-647-7795; 600 Ridgely Ave, Ste 110; Annapolis, MD 21401; www.helpyourhearing.com; Founded in 1975, we are Maryland's oldest private practice audiology group. Seven convenient locations with ample free parking, our providers are educated, credentialed, and experienced. We evaluate, treat, and serve exactly the way we would want to be treated-with courtesy and respect. We are providers with most major insurance plans.

Hearing & Balance Solutions, LLC **SPG** 443-924-7320; 815 Ritchie Hwy., Ste 126, Severna Park, MD 21146; hearingandbalancesolutionsllc.net

Starkey Cares Toll-Free 800-328-8602; www.starkeyhearingfoundation.org; The program is a hearing aid program for low-income persons, based on the household income. We work with partners who donate their time and services to do the fittings and we donate the hearing aids and support.

HOME BASED PRIMARY CARE

Ennoble Care **ADV SPG** 962 Wayne Ave, Suite 250, Silver Spring MD 20910; 240-744-0001 (office); 443-421-5523 (cell); www.ennoblecare.com; Our medical housecalls team of experienced, caring Doctors, Physician Assistants, and Nurse Practitioners bring Primary Care to the home and Assisted Living settings, regularly visiting our patients to carefully monitor and maintain their health and avoid unnecessary hospitalizations, enabling seniors to stay at home and thrive!

OnSite Medical House Calls **ADV** 8015 Apple Valley Drive, Pasadena, MD 21122; 443-694-5555 Cell 410-255-0102 Office; www.onsitemedicalcalls.com; Onsite Medical brings the doctor's office to the comfort and convenience of your home. We specialize in delivering primary and palliative care for medically complex chronically ill, homebound patients.

HOME CARE, NON-MEDICAL

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

A Helper's Heart **SPG** 410-571-5667; 454 Laurel Valley Court, Arnold, MD 21012; 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 **ADV SPG** 130 Holiday Ct, Suite 106, Annapolis, MD 21401; 443-837-7768; www.ahomemadeplan.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.

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

Angel Care Network **ADV** 443-758-5969 855-ANGEL-CN (855-264-3526); P.O. Box 554, Annapolis, MD 21403; www.angelcarenetwork.com; Providing in-home personal and companion care for seniors and disabled individuals. Available 2 to 24 hours.

Annapolis Living Well, LLC **SPG** 410-263-4050

CareProvide **ADV SPG** 115 Annapolis St. Annapolis, MD 21401; 410-989-7559; www.careprovide.com; An agency offering non-medical personal, companion, and respite care. CareProvide promotes meaningful living for seniors through their INSPIRED™ framework—a holistic approach to care.

Chesapeake Caregivers, Inc **ADV SPG** 1410 Forest Drive, Suite 31, Annapolis, MD 21403, 410-919-0190, 443-433-0883--FAX; 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/Gloria Dei Lutheran Church 443-808-3875; Volunteer program that offers temporary help for those who are homebound of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor appointments.

ComForCare Home Care 443-906-6282; 846 Ritchie Highway, Suite L-2, Severna Park, MD 21146; www.ComForCare.com/Maryland/greater-annapolis; Compassionate care you can depend on. 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 301-658-6665; 1202 West St, Ste. 102, Annapolis, MD 21401; www.annapolis-1000.com/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 **ADV SPG**

575-F Gov. Ritchie Highway, Ste. 187, Severna Park, MD 21146; 410-975-9750; www.griswoldhomecare.com/annearundel; Specializing in live-in and hourly care any place one calls home. Caregivers are carefully selected and experienced. Caregivers provide short or long term care. No deposits or upfront fees. You are in the drivers seat. Call for a free in home assessment. Locally owned and operated since 1999.

Home Instead **ADV SPG** 1511 Ritchie Hwy, Ste 301, Arnold, MD 21012; 410-349-2320; www.homeinstead.com/241; Providing home care in Anne Arundel County since 1997. Specializing in; Companionship/Homehelper, Alzheimer/Dementia, Hospice Support, and Personal Care.

Homewatch Caregivers 410-715-9175; 410-431-1897; 301-596-0006; 1997 Annapolis Exchange Parkway, Annapolis, MD 21401; www.hwgc.com/annapolis; Providing compassion, dignity and peace of mind. Screened employees. Bonded and Insured. Short- or Long-term care. Personal care, medication, reminders, meals, transportation and housekeeping. Hourly to live-in care.

The Key **SPG** 443-994-7180; 2288 Bluewater Blvd., Ste. 340, Odenton, MD 21113

Moms House Team **SPG** 443-360-7111; 916 Scupper Court, Annapolis, MD 21401

Options For Senior America 301-562-1100; 555 Quince Orchard Road Suite 240, Gaithersberg, MD 20878; www.optionscorp.com; An in-home care agency that serves the senior community.

Partners In Care/Member Care Services **SPG** 410-544-4800 Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; 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.

Philia Home Care 4 **SPG** 43-205-1726; 4301 Connecticut Ave. NW, #437, Washington, DC 20008; www.philia-care.com

Response Senior Care, LLC **SPG** 131 Old Solomons Island Rd Suite B, 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. Free Consultation.

Right at Home **ADV SPG** 801 Compass Way, Ste 4, Annapolis, MD 21401; 410-846-0141; www.RightAtHomeAA.com; Right at Home assists individuals and their families in navigating the aging journey. We provide reliable, professional caregiving services lasting anywhere from 2 to 24 hours per day. We also have "Live Ins" available! Get the Right Care, Right at Home!



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Stay at Home Senior Care 410-290-7690; 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.

Synergy HomeCare of Anne Arundel County **ADV SPG** 410-I Chinquapin Round Road, Annapolis, MD 21401; 410-263-4050; www.synergyhomecare.com; wecaremd03@synergyhomecare.com; Care that moves life forward creates hope and an immediate emotional connection. It provides a sense of reassurance and demonstrates our commitment to getting the flow of life back on track. Your loved one will thrive and you will feel relief knowing your aging mom or dad has compassionate care. SYNERGY HomeCare brings joy to seniors wherever they call home by providing the compassionate care they need, from a few hours a week to 24/7.

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

HOME HEALTH CARE

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

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

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

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

Ameristar Health Services, Inc **ADV** 6604 Adrian Street, New Carrollton, MD 20784; 301-474-7840; www.ameristar-healthcare.com; Highly trained caregivers provide in-home, non-medical care for seniors. Offering hourly and live-in 24-hour care. ADLs, personal Hygiene, mobility assistance, housekeeping, companionship & skilled nursing. Free, expert review of long-term care policies and VA benefits which can pay for caregivers. Call for a complimentary care consultation.

Brightstar Care **ADV SPG** 2111 Baldwin Ave Ste 3, Crofton, MD 21114; 410-697-3527; www.brightstarcare.com/locations/anne-arundel-county; BrightStar Care is Joint Commission-accredited medical and non-medical care at home! We specialize in Dementia care and support people in their goal of aging in place at home! Quality home care support includes transportation, homemaking, personal care support, and therapeutic support. We provide a complimentary in-home assessment and RN-supervised care plans for each client.

HomeCentris Healthcare **SPG** 10 Crossroads Drive, Suite 110, Owings Mills, MD 21117; 410-486-5330; www.homecentris.com

Lean on Dee Senior Care Advocates Inc. **SPG** 815 Ritchie HWY, Suite 213, Severna Park, MD 21146; 410-449-4538; www.leanondee.com

OnSite Medical House Calls 443-694-5555 Cell 410-255-0102 Office; 8015 Apple Valley Drive, Pasadena, MD 21122; 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.

Right at Home **ADV SPG** 801 Compass Way, Ste 4, Annapolis, MD 21401; 410-846-0141; www.RightAtHomeAA.com; Right at Home assists individuals and their families in navigating the aging journey. As one of few Level III Residential Service Agencies, we are able to assist with nursing duties in the home, including medication management and administration. We offer care from 2 to 24 hours a day, along with "Live In" care. Get the Right Care, Right at Home!

HOME IMPROVEMENT, DESIGN, REPAIRS, AND MAINTENANCE

Accessible Homes for Seniors TTY 711 or 1-800-735-2258; dhcd.maryland.gov/Residents/Pages/ahsp/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 County Dept. of Aging and Disabilities: 410-222-4257.

Ace Handyman Services Laurel **SPG** 443-645-0722; 413 Headquarters Dr. Suite 4F; Millersville, MD 21108; www.acehandymanservices.com/offices/laurel

Arundel Community Development Services, Inc. 410-222-7600; 2666 Riva Road, Suite 210, Annapolis, MD 21401; www.acdsinc.org; A non-profit organization that assists AA County residents to obtain no interest or low-interest loans to rehabilitate, repair, or provide handicap accessibility to their homes. Also assists clients with foreclosure prevention counseling. Residents of the City of Annapolis should contact the Annapolis Planning and Zoning Office at 410-263-7961.

Consynigy Custom Builders **ADV** 118 Hopkins Rd., Chester, MD 21619; www.consynigy.com; Consynigy Custom Builders is a reliable home renovation company with 16 years of experience. They deliver professional yet affordable results, making them a top choice for homeowners looking to update their living spaces.

Freedom Mobility **ADV SPG** 443-445-3518; 888-414-6553; 7271 Park Circle Drive, Suite 100, Hanover, MD 21076; www.FreedomMobilitySolutions.com; We increase Independence and Mobility by providing a large variety of Home Medical Equipment for Purchase or Rental, and Installation of Ramps, Stairlifts, Railings, and Grab Bars throughout one's home.

Habitat for Humanity of the Chesapeake 410-366-1250; 410-437-7755; www.habitatchesapeake.org; Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute "sweat equity" and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium "ReStore" retail outlet thrift shops for home improvement items. Proceeds go to Habitat.

Lundberg Builders, Inc. **ADV** 314 Main St, Stevensville, MD 21666; 410-643-3334; www.LundbergBuilders.com; Lundberg Builders provides an inclusive approach for a better future making homes easily accessed and used by all members of the family, regardless of their age, size, or physical abilities.

LS Systems, Inc. 410-552-1777; 1417 Knecht Avenue, Suite 2A, Arbutus, MD 21227; www.lssmd.com

MD Bathrooms **ADV** 118 Hopkins Rd., Chester, MD 21619; www.MDbathrooms.com; MD Bathrooms makes aging in place easier with our accessibility enhancements. Our team offers tailored solutions to ensure a safe and comfortable bathroom experience for seniors. Contact us today to learn more!

Partners In Care/Repairs With Care **SPG** 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Partners In Care volunteers help members maintain their homes for safe and independent living. Services include 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.

Rebuilding Together/AA County, Inc. 410-923-9992; <https://rebuilding-together.org/find-your-local-affiliate>; Home repairs for low-income and elderly and/or homeowners with disabilities. Applications are taken year-round. Volunteers welcome.

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Stay Home Safely, LLC **SPG** 443-679-6200; 1919 Eamons Way, Annapolis, MD 21401; www.stayhomesafely.com

Weatherization Assistance Program

Operated by the Department of Housing and Community Development's Housing and Building Energy Programs section; 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.

HOME INVENTORY SERVICES

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

HOSPITALS

Luminis Health Anne Arundel Medical Center **SPG** 443-481-1000; 2001 Medical Parkway, Annapolis, MD 21401; 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 **SPG** 410-279-8941; 301 Hospital Drive, Glen Burnie, MD 21061; www.umms.org/bwmc

Veterans Affairs MD Health Care System 410-590-4140 Glen Burnie VA-Outpatient 410-305-5300 Fort Meade VA- Outpatient Benefits: 1-800-827-1000 Health Care: 1-877-222-8387; www.maryland.va.gov; Dedicated to providing quality, compassionate and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, 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 **ADV SPG** John & Cathy Belcher Campus; 90 Ritchie Highway, Pasadena, MD 21122; 410-987-2003; 800-462-1101; 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.

HOUSE CLEANING

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

HOUSING, HOUSING COUNSELING

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





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*Licensed as a residential service agency by the MD Department of Health & Mental Hygiene, office of Health Care Quality

Community Action Agency of AA County **SPG** 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, homeownership, 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 667-600-2520; www.catholiccharities-md.org; A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with 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; dhs.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.

Servants 4 Seniors 410-977-2576; 8010 Catherine Ave., Pasadena, MD 21122; www.servants4seniors.com

INCOME ASSISTANCE

AA County Dept. of Social Services-Annapolis and Glen Burnie 1-800-917-7383 Main 410-269-4000 Annapolis TTY 410-269-4512 410-269-4000 Glen Burnie TTY 410-421-8551; dhs.maryland.gov/local-offices/anne-arundel-county; Provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence and many other programs. Clients must apply in person or online at <https://mymdthink.maryland.gov/home/#/>

Glen Burnie Seventh-Day Adventist Community Service Center 410-766-6650; 508 Aquahart Road, Glen Burnie, MD 21061; glenburniechurch.org; 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.

Asbury Church Assistance Network, Inc. (ACAN) 410-647-7667; acansevennapark.org; 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 Network (NCEON) 410-766-1826; olchesapeake.org/nceon; Community organization that assists clients with court-ordered evictions, utility shut-off notices, medication, food, and special emergency situations. M-W-F 10 am-2 pm only.

Office of Home Energy Program (OHEP) 410-269-4500; 410-626-1900; 1-800-925-4434 Hearing impaired; dhs.maryland.gov/office-of-home-energy-programs; 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 on the website. Application assistance available at the AA County Dept. of Aging and Disabilities.

Salvation Army **SPG** 410-263-4091 Annapolis; 351 Hilltop Lane, Annapolis; salvationarmymwv.org; Provides assistance to people in need. Food pantry, holiday assistance, clothing, utility assistance, etc. Spiritual counseling and youth program also available. All ages assisted. Must be a resident of AA County. It is recommended to call first.

SPAN, Inc., Serving People Across Neighborhoods 410-647-0889; 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. It is recommended to call first.

Social Security Administration - Annapolis and Glen Burnie; Toll-Free 800-772-1213 Annapolis 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) 410-867-2838; www.scan-foodpantry.org; Provides emergency food. No phone. Open Thursday and Saturday, 9 a.m.-noon, at St. James' Parish, 5757 Solomons Island Road, Lothian, MD 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 disabilities take part in and contribute to their communities.

Amada Senior Care **ADV SPG** 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.

Anne Arundel County Office of Constituent Services 410-222-1785; www.aacounty.org/departments/county-executive/constituent-services; 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) 410-222-4257 Toll-Free 844-MAP-LINK (627-5465) 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 caregiving, housing, in-home care, dementia care and more.

Catholic Charities Senior Communities **ADV** 667-600-2000 Main 667-600-2280 Senior Communities 667-600-2100 Answers for the Aging 1-888-502-7589 (MD Only); 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, house-keeping, 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 Office Education Programs: 443-290-3139 Adult 443-308-0201 Youth 410-295-3436 Fax; centerofhelp.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; eldercare.acl.gov/Public/Index.aspx; First step to finding resources for older adults in any U.S. community. Free national service of the U.S. Administration on Aging, U.S. Dept. of Health and Human Services. The service is intended to assist caregivers of any age and/or older adults themselves find the resources that they need.

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

MD Volunteer Lawyers Service 410-547-6537 Toll-Free 800-510-0050; Note: Intake occurs Monday through Thursday from 9:00 a.m. to 12:00 p.m.; www.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.

National Cancer Institute/Information 301-496-4000; 888-651-3038 TTY: 301-402-9612; www.cancer.net/contact-us; A program of the National Cancer Institute that provides free literature on cancer, clinical trials, research programs, research funding, and the NCI.

OHLA (Organization of Hispanic/Latin Americans of Anne Arundel County) 410-269-4421; 80 West Street, Suite A Annapolis MD 21401; ohlainc.org; 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.

Service Coordination, Inc. Central Regional Headquarters 410-235-8110; 9 Park Center Court, Suite 301, Owings Mills, MD 21117; 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 301-970-9888 Main Toll Free 800-492-0618 Text 898-211 for alerts TTY 410-685-2159; www.211md.org; United Way of Central Maryland provides free, confidential information and referral to health and human service agencies in MD 24 hours a day, 7 days a week in over 150 languages.

United Way Community Partnership of Central Maryland 410-547-8000; 1800 Washington Boulevard, Suite 340, Baltimore, MD 21230; www.uwcm.org; The regional arm of the United Way that helps neighborhoods across Central Maryland: Anne Arundel, Baltimore, Carroll, Harford, and Howard counties and Baltimore City. Mission is to build bridges between those who have and those who need. Raise needed funds and evaluate services.



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Veterans of Foreign Wars 1-833-839-8387; www.vfw.org; Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

INSURANCE SERVICES

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

Humana SPG 302-277-8419; 4191 Innslake Drive, Suite 100, Glen Allen, VA 23060; www.humana.com

Maryland Health Connection 1-855-642-8572; 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.

Office of Eligibility Service/The Eligibility Determination Division 410-767-7090; Toll-Free 800-226-2142 TTY 800-735-2258; mmcp.health.maryland.gov/eid/Pages/FAQs.aspx#Who_will_decide_if_I%27m_eligible; Determines eligibility for Medicaid. Call for eligibility criteria.

Schumie Insurance SPG 410-905-3821; 9867 Bon Haven Lane, Owings Mills, MD 21117

INTERIOR DESIGN

DesignAbility SPG 418 Arundel Beach Road, 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.

LGBTQ+ RESOURCES

Chase Brexton Health Care/Anne Arundel County Center 410-837-2050; 200 Hospital Drive, Suite 300, Glen Burnie, MD 21061; 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!

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

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

RESOURCES

National Resource Center on LGBTQ+Aging c/o SAGE 212-741-2247; 305 7th Ave 15th Floor, New York, NY 10001; www.lgbtagingcenter.org; The National Resource Center on LGBTQ+Aging is the country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers.

PFLAG of Anne Arundel County www.pflagannapolis.org; PFLAG's Annapolis/Anne Arundel County affiliate. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy. You are invited to gather with us on the first and third Tuesday of each month at 7:30 pm. at the Universalist Unitarian Church located at 333 Dubois Avenue Annapolis Md 21401-1920 Lawrence Avenue in Annapolis. Everyone is welcome!

Trans Elders United transmaryland.org/resources; Trans Elders United is a weekly safe space (Saturdays 3-5pm) for trans and non-binary people aged 50 or older using the Zoom platform. TEU provides a place for mature people to find support, have meaningful discussions, meet new friends, and share ideas anywhere in the U.S. and around the world.

LIBRARIES

AA County Public Library Headquarters 410-222-7371 TTY users, please call via Maryland Relay 7-1-1; www.aacpl.net; Call for specific hours and locations of the 16 branches. Library by Mail is available for the homebound. TTY users, please call via Maryland Relay 7-1-1. More than 1 million, books, movies and other resources including free access to Ancestry.com, Rosetta Stone, eBooks, eNewspapers and eMagazines.

Library by Mail/Glen Burnie Library 410-222-6270 TTY users, please call via Maryland Relay 7-1-1; www.aacpl.net; Personalized library service. 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; mdcourts.gov/lawlib; The Maryland State Law Library serves the needs of Maryland's citizens and government by building and preserving collections of legal information resources, promoting access to these collections, and creating educational opportunities that enhance the understanding of legal information.

MD State Library for the Blind and Print Disabled 410-230-2424 Toll-Free 800-964-9209 TTY 410-333-8679 TTY 800-934-2541; www.lbph.maryland.gov; Provides comprehensive library services to the eligible blind and print disabled. Books on audio cassette, in Braille and large print. Must fill out an application. Services are free.

LOAN CLOSETS

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

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LUNCH SITES

*Lunch sites at residential buildings are only open to residents of those buildings

Annapolis Senior Activity Center/ Nutrition Site 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Arnold Senior Activity Center/Nutrition Site 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Bay Forest Senior Apartments * 410-222-4464; www.aacounty.org/aging; Independent living housing for seniors aged 62+. Nutrition program on-site. Breakfast and hot noontime meals provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Brooklyn Park Senior Activity Center/ Nutrition Site 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Claiborne Place * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

College Parkway Place * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Glen Forest * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Glen Square Senior Housing * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Heritage Crest Senior Housing * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Lula Scott Nutrition Site* 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. Aging and Disabilities.

Morris Blum Apartments * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Morris Hill Community Center * 410-222-4464; 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 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Pasadena Senior Activity Center/ Nutrition Site 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Pascal Senior Activity Center/Nutrition Site 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Pinewood Village I Senior Housing * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Pinewood Village II Senior Housing * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

Pumphrey * 410-222-4464; www.aacounty.org/aging; Breakfast and hot noontime meals. Sponsored by the AA County Dept. of Aging and Disabilities.

South County Senior Activity Center/ Nutrition Site 410-222-4464; www.aacounty.org/aging; Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

MASSAGE THERAPY

Change Your Pace, LLC 410-693-9403; 1511 Ritchie Highway, Suite 101B, Arnold, MD 21012; www.changeyourpace.com; We believe the journey toward health and wellness requires desire, dedication, and knowledgeable partners to help us along on the path. Our highly trained and licensed therapists will partner with you to design a treatment plan that is customized to meet your specific needs. We specialize in correcting soft tissue dysfunction resulting from stress, physical exertion, injury, congenital disease, or surgery. Our aim is to provide a relaxing, rejuvenating experience while reducing our client's experience of pain and increasing functional mobility within the joints. We take pride in educating our clients and encouraging them to take an active part in their treatment plans to ensure the best possible outcome for their health and well-being. Specialized Modalities Include: Swedish Massage, Trigger Point Therapy, Neuro-muscular Therapy, Myofascial Release, Deep Tissue, and Pregnancy Massage. Clients often aren't sure what modality would serve them best. The initial conversation with your therapist at the beginning of the session will dictate what modalities are indicated to best fit your personal needs.

MEDIA AND MARKETING

DK Creative Services **SPG** 300 Linden Shade Court, Millersville, MD 21108; 410-987-2212; www.dkcreativeservices.com

N2 Publishing **SPG** 220 Bowen Court, Annapolis, MD 21401; 301-257-3280; www.N2pub.com

What's Up? Media **SPG** 410-266-6287; 201 Defense Hwy, Ste. 203, Annapolis, MD 21401; whatsupmag.com

Whong Community Media, LLC **SPG** 6801 Oak Hall Lane, #782, Columbia, MD 21045 410-324-2348; <https://whong.media/>

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 no cost.

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 U.S. for new immigrants. English/ Spanish translation available.

State's Attorney's Office/Mediation Center 410-222-2287; www.aacounty.org/departments/sao/Mediation-Center; Provides free mediation services as an alternative to resolving disputes in the court system and the community.

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MEDICAL PRODUCTS & SERVICES

AAurology **ADV** 600 Ridgely Ave., Annapolis, MD 21401; 410-266-8049; www.aurology.com; AAurology is the premier urology group in the Annapolis and surrounding areas. With 5 locations, 2 surgery centers and 30 providers, we provide compassionate urological care to your entire family in your community.

Americle Healthcare, Inc. 410-721-0958; 740A Generals Hwy., Millersville, MD 21108; www.Americleh.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.

HandsFree Health **SPG** 410-446-9733; handsfreehealth.com

Partners In Care/Connect America **SPG** 410-544-4800 Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Helping older adults remain independent in their homes. Partners In Care/Connect America Personal Emergency Response System (PERS) is a waterproof medical alert device 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; www.cms.gov/MedicaidGenInfo; Medical insurance program for low-income persons of all ages. Pays for medical and other health-related services.

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

MEMORY CARE

Charter Senior Living of Annapolis **ADV SPG** 2717 Riva Rd., Annapolis, MD 21401; 410-648-2355; www.charterseniorliving.com; Charter of Annapolis is a beautiful boutique memory care community. It's dedicated to an active, purposeful lifestyle through personalized attention, family feel and flourishing program.

Inspirations Assisted Living and Memory Care of Linthicum 804 S Camp Meade Rd., Linthicum Heights, MD 21090; 833-346-8569; www.inspired-joy.com; Discover the difference Joyful and Purposeful Living can make in the life of your loved one. We work with families to provide the best care. Call for a tour today!

MENTAL HEALTH

AA County Crisis Response System Crisis Warmline: 410-768-5522; www.aamentalhealth.org/pr_warmline.cfm; A service that provides all Anne Arundel County residents in crisis with supportive assistance and linkages to resources within the community. The service to the community is provided through Mobile Crisis Teams, Homeless Outreach Services, Community Education, Crisis Beds, and linkages to Urgent Care Clinics and services for victims of domestic violence.

AA County Dept. of Health 410-222-7095 TTY 711; www.aahealth.org; This is the general number for the AA County Dept. of Health which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

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

Aging Services Management, LLC **ADV SPG** PO Box 267, Annapolis, MD 21012; 301-219-7645 (cell); www.agingervicesmgmt.com; ASM is now offering private Counseling for seniors and their families, as well as Care Management services including, information and referrals, in-home assessments and care 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.

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

National Alliance for the Mentally Ill MD (NAMI) Anne Arundel County Warm Line 443-569-3498; Toll-Free 877-878-2371 MD 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; 132 Holiday Court, Suite 210, Annapolis, MD 21401; On Our Own of Maryland, Inc. Toll-Free 800-704-0262 (Maryland); onourownmd.org; Self-help group that provides support and advocacy for people living with mental illness and substance use disorders. Fellowship, support, and advocacy. Call for times. Provides limited transportation within Annapolis.

Pro Bono Counseling 410-825-1001 - to schedule a phone interview 410-598-0234 - Warm Line 410-816-4221 - Espanol; www.probonocounseling.org; Project is a nonprofit referral source for free mental health counseling for people who are uninsured, underinsured, and/or low income. Serves the entire state of Maryland and works with individuals, couples, and families. All services including referral and counseling are free if clients are within income eligibility limits.

Sheppard Pratt Therapy Referral Services General: 410-938-3000 Care Connect Office : 410-938-5000 Crisis Line: 410-938-5302 Toll-Free 888-938-4207; www.sheppardpratt.org; Mental health agency that provides mental health counseling, addictions counseling, outpatient and inpatient programs. There is a crisis walk-in clinic at Sheppard Pratt locations in Towson and Oakridge. Please see our website for more detail.

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

MOVING RELOCATION SERVICES

Amada Senior Care **ADV** **SPG** 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.

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

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Chessie Senior Movers **ADV** **SPG** 410-575-2000 ; www.ChessieSenior-Movers.com; Serving YOU and our hometown of Annapolis and the entire Mid-Atlantic region. Our understanding team provides guidance on what to bring, while carefully packing, moving and setting up your new, cozy and familiar home in independent, assisted living or memory care. We relocate, donate and dispose of unwanted items. Free estimate!

Graceful Transitions **SPG** 301-799-4321; www.gracefultransitions.org

Labor of Love **SPG** 301-717-1747 1016 Blackwell Rd., Annapolis, MD 21403; www.laboroflove.me

MOR Logistics LLC **ADV** 844-667-8326; www.MORlogisticsllc.com; The MOR team assists caregivers and seniors with everything from transitioning loved ones to a retirement community to emptying a home for sale. It's more than just a move, expect MOR than just a mover!

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

Autumn Lake Healthcare at Crofton **ADV** 2131 Davidsonville Road, Crofton, MD 21114; 410-721-1000x6213; www.autumnlakecrofton.com; Autumn Lake Healthcare at Crofton is a 5-star rated skilled nursing facility offering award winning sub-acute rehabilitation and long-term care. We offer Physical, Occupational, and Speech therapy, as well as on-site dialysis.

Complete Care of Annapolis 410-267-8653; 900 Van Buren Street, Annapolis, MD 21403; ccannapolis.com; Complete Care 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.

FutureCare Chesapeake **ADV** **SPG** 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.

Joint Commission on Accreditation of Healthcare 630-792-5800 Toll-Free 800-994-6610; www.jointcommission.org; Independent, nonprofit organization evaluates and accredits hospitals, nursing homes, managed care organizations, home care organizations, laboratory and ambulatory services. Complaint Hotline: use the toll-free number.

PARKS AND RECREATION

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

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

Arundel Olympic Swim Center

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

Captain Avery Museum, Inc. 410-867-4486; www.captainaverymuseum.org; The Museum offers a diversity of fun and educational events and programs, such as our award-winning Oyster Festival every October. Museum open Sundays 12 p.m.-4 p.m. Memorial Day through Labor Day and for all events. Grounds open daily, dawn to dusk.

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

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

The Preserve at Eisenhower Golf Course 410-222-3400; www.thepreserveateisenhower.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 1-800-825-7275 Toll-Free 877-620-8367 TTY 711; 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. The Universal Disability pass entitles free lifetime entry to state parks to individuals with disabilities. Allows entry to the pass holder and one other person. For application call 410-260-3220.

North Arundel Aquatic Center 410-222-0090; www.aacounty.org/departments/recreation-parks/aquatics; An eight-lane, 25-yard competition pool, a leisure pool, and an indoor water park. Open seven days a week. Discounts for seniors age 60 and older and individuals with disabilities. Military discounts.

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 pick up of stray animals or carcass removal or to report animal abuse.

Pets on Wheels 443-977-9726; www.petsonwheels.org; Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting our pets with people to make a profound positive difference every day.

SPCA (Society for Prevention of Cruelty to Animals) 410-268-4388; www.aacspca.org; Local animal shelter which offers pet adoptions, a low cost spay/neuter clinic, reduced cost vaccine clinic, dog obedience classes, lost pet assistance. Senior for Seniors program matches senior cats and dogs with adults over 55+ for 50% reduction to the adoption rate.

PHARMACIES AND PHARMACY ASSISTANCE PROGRAMS

Annapolis Professional Pharmacy **ADV SPG** 410-263-7440; 703 Giddings Avenue, Suite L1, Annapolis, MD 21401; www.professionalpharmacygroup.com

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

Empire Professional Pharmacy & Durable Medical Equipment **ADV SPG** 410-787-0030; 200 Hospital Drive, #107, Glen Burnie, MD 21061; www.professionalpharmacygroup.com

Northern Pharmacy Special Care & Medical Equipment, Inc. Pharmacy and Special Care: 410-951-1636 Medical Equipment: 410-254-2056 410-370-8183; 6701 Harford Road, Baltimore, MD 21234; northernpharmacy.com

Park Professional Pharmacy **ADV SPG** 580 Ritchie Hwy, Severna Park, MD 21146; 410-544-7275; www.professionalpharmacygroup.com

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Professional Care Pharmacy SPG

410-484-4801; 1514 Reisterstown Road, Pikesville, Maryland 21208; mypcpharmacy.com

ScriptSave Prescription Discount/ REACH Program

410-222-4531; www.scriptsave.com Use Group #586. The AA County Dept. of Health offers this Prescription Discount Program to all residents of AA County. There is no income or asset test. There are no enrollment fees or costs to obtain a card. Savings range from 21% to 50% on generic and brand name drugs. Discounts are at participating pharmacies.

Soleil Pharmacy 443-281-9157; 801 Landmark Drive, Glen Burnie, MD 21061; www.soleilpharmacy.com; As your neighborhood pharmacy, allow us to show you the true meaning of care. We make it easy! Expert advice with a family touch! Free delivery, Immunizations, Compounding, Prescription Cost review, Compression stockings and much more.

PHYSICIANS

AAMC Community Health Center - Forest Drive 410-990-0050; www.aahs.org/about-us/community/community-clinics; 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 available.

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

AA County Dept. of Health: Road to Recovery 410-222-0100- North County 410-222-6001- South County www.aahealth.org/addiction-clinic; Substance abuse counseling, treatment, and referrals.

AA County Dept. of Health/Glen Burnie Health Center 410-222-6633; aahealth.org/clinic-locations; Community health center that offers services related to communicable diseases, immunizations, pregnancy tests, tuberculosis services, and HIV/AIDS testing and counseling.

AA County Dept. of Health/Magothy Health Center 410-222-6180; aahealth.org/clinic-locations; 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. Please call for Breast and cervical cancer program information. 18 years or older may be considered for no cost services, please contact for further details.

AA County Dept. of Health/North County Health Services 410-222-6861-Dental 410-222-6838-School Health Services 410-222-6797-WIC; aahealth.org/clinic-locations; Community health center that offers services related to dental health and the Women, Infants and Children (WIC) nutrition program.

AA County Dept. of Health/Parole Health Center 410-222-7247; aahealth.org/clinic-locations; 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; 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!

Chesapeake Urology ADV 810 Bestgate Road, Suite 235, Annapolis, MD 21401; 7580 Buckingham Blvd, Suite 110, Hanover, MD 21076; 855-405-7100; www.chesapeakeurology.com; Chesapeake Urology is the region's largest urology practice, offering comprehensive urologic care to patients throughout Anne Arundel County in our modern offices and outpatient surgery centers in Annapolis and Hanover, MD.

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

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

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

PODIATRISTS

Loving Hands of Podiatry **SPG** 14202 Lake Run Court, Bowie, MD 20720; 301-323-5652; www.lovinghandspodiatry.com

REAL ESTATE SERVICES

Annapolis Fine Homes Long & Foster Real Estate **SPG** 145 Main Street, Annapolis, MD 21401; 703-508-1242

Ann Englehart - Coldwell Banker **SPG** 443-745-5799; 3 Church Circle, Annapolis, MD 21401; www.homes-buytheshore.com

Berkshire Hathaway HomeServices Homesale Realty **SPG** 91 Main Street, Suite 200 Annapolis, MD 21401 410-505-9700 www.Homesale.com Providing residential and commercial real estate services in Maryland, Virginia, DC, Pennsylvania, and Delaware. We provide specialized services in senior living, waterfront, luxury, international, resort, land, investment, historic, and commercial.

Christy Bishop, Berkshire Hathaway HomeServices PenFed Realty **ADV** 565 Benfield Road, Severna Park, MD 21146; 443-994-3405/410-647-8000; www.CBMoving.com; Christy has almost 3 decades of Real Estate experience with Over 250 Million in Industry sales and is a Maryland native and the daughter of 2 United States Naval Academy Graduates. She lives in Annapolis.

The Christopher Companies **ADV** 10461 White Granite Dr, Suite 250 Oakton, VA 22124; www.christopher-companies.com; Uncompromising dedication to quality homebuilding and homeowner satisfaction have been our standard since 1974. With over 6,000 homeowners and 45 years of experience, we have grown to become one of the largest independent homebuilders in the DMV.

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The Donnelly Group/Keller Williams Flagship of Maryland **SPG** Diane Donnelly 410-320-6551; Diane@TDGMoves.com & Candice Bothun 410-212-8388; Candice@TDGMoves.com; Office: (410) 729-7700; www.TDGMoves.com; Over 20+ years of experience. Both Candice and Diane are Certified Senior Real Estate Specialists and understand the unique needs of the senior community. Their passion comes from experience as they are both primary caregivers to their senior parents. Let us help you navigate your next move!

Fanita Pegues - Keller Williams Preferred Properties **ADV** 1441 McCormick Dr., Upper Marlboro, MD 20774, 301-802-4568 or 240-737-5000; Fanita provides a wealth of knowledge/expertise in helping individuals manage the tasks associated with buying & selling homes. She'll guide you, advise & provide top-quality professional services throughout the entire process. FREE Home Equity Wealth Analysis!

Joan F. Eisenhardt 410-979-2590; Email: jeisen407@aol.com; 8230 Ritchie Highway, Pasadena, MD 21122; www.c21joan.com; Realtor specializing in mature moves. Full service, full time, all the time!

JPAR Maryland Living **SPG** 1460 Ritchie Highway, Suite 110, Arnold, MD 21012; 410-903-0969

Leslie Albertson, REALTOR Coldwell Banker Realty **ADV SPG** 828 Kenilworth Dr., Towson, MD 21204; 410-823-2323; info@LeslietheRealtor.net; Certified Seniors Real Estate Specialist - Leslie focuses on helping seniors and their families when it's time to sell. She'll take care of all the details so her clients can focus on getting settled in their new home.

Lilie Cares, Inc **SPG** 301-442-2188

Long & Foster **ADV SPG** 320 Sixth Street, Annapolis, MD 21403, 410-260-2800; Marie.Simpson@LNF.com; www.longandfoster.com/EMarieSimpson; A 40 year AA County resident, Marie's prior career as a public health nurse assures her clients she is familiar with all of AA Co for their housing options. Call her today for your FREE market analysis of your home, 410-703-3294.

Team Caropreso of Keller Williams Flagship of Maryland **SPG** 7466 New Ridge Road Suite 1, Hanover, MD 21076; www.teamcaropresomd.com

Trusted Home Buyers **SPG** 7424 Baltimore Annapolis Blvd., Glen Burnie, Maryland 21061; 443-622-8709

REFERRAL AND PLANNING SERVICES

Assisted Living Locators **ADV SPG** PO Box 6322; Annapolis, MD 21401; 410-507-4490; www.assistedlivinglocators.com/care-advisor/annapolis; Our advisors provide consultation and guidance as families navigate the many senior living options and services available locally and nationwide. Advisors offer price comparisons, assist with arranging tours and support managing the transition of a loved one to their next home. Communities offer placement fees as compensation to our advisors so that this service is at no additional cost to families.

Care Patrol **SPG** 301-213-1521; PO Box 494, Severn, MD 21144; www.carepatrol.com

REHABILITATION, PHYSICAL THERAPY

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

Division of Rehabilitation Services—Annapolis 410-974-7608 TTY 711 Videophone 410-220-1670; dors.maryland.gov/resources/Pages/locations.aspx; 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; dors.maryland.gov/resources/Pages/locations.aspx; A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, with counseling, evaluation, and vocational training.

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

Fox Rehabilitation **SPG** 301-802-7047; 7 Carnegie Plaza, Cherry Hill, NJ 08003; www.foxrehab.org

Personal Solutions Therapy Services, LLC 443-848-3994; 334 Thomas White Blvd., Chester, MD 21619; personalso-lutionstherapy.net; Private pay, in home services offering Occupational Therapy, Physical Therapy, and Massage Therapy.

Stay Home Safely, LLC **SPG** Annapolis, MD 21401; 443-679-6200; www.stayhomesafely.com; Personalized home safety assessments are performed by licensed physical and occupational therapists who are Certified Aging in Place Specialists (CAPS) to help you safely remain in your home. From minor modifications such as adding ramps, stair lifts, grab bars and elevated commodes to designing a full bathroom or kitchen renovation, we will help you navigate the process of making your home safer.

RESPIRE CARE

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

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

Right at Home **ADV SPG** 801 Compass Way, Ste 4, Annapolis, MD 21401; 410-846-0141; www.RightAtHomeAA.com; Need a break? Caregiving for a loved one can be rewarding, yet taxing. Right at Home assists family caregivers by providing reliable, professional temporary home care – from 2 to 24 hours a day. We also have “Live Ins” available! Let us help navigate the aging journey. Get the Right Care, Right at Home!

RETIREMENT COMMUNITIES

BayWoods of Annapolis **ADV** 7101 Bay Front Drive, Annapolis, MD 21403; 443-837-1208; www.baywoodsofanapolis.com; Senior Living Community, waterfront with 14 acres. Offering continuing care, Co-Op, retirement living, nursing care, short term Rehab, assisted living, and an indoor parking garage. Pet friendly, equity based, voted Best of Annapolis.

Ginger Cove **ADV SPG** 4000 River Crescent Drive, Annapolis, MD 21401; 410-648-2380; www.gingercove.com; Ginger Cove is a Life Plan retirement community where you can explore ways to chart your own course in the company of others who are also looking for something extraordinary.

Tribute at Melford **ADV** 17300 Melford Blvd., Bowie, MD 20715; 301-329-5565; www.cadencesl.com/communities/tribute-at-melford; Tribute at Melford, a senior living community in Bowie, MD, where you'll find a rich tapestry of premier assisted living amenities and engaging holistic programming that will enhance your life.

SENIOR ACTIVITY CENTERS

(See also Lunch Sites)

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



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 www.ameristarassistedliving.com 

AA County Dept. of Aging and Disabilities/Arnold Senior Activity Center 410-222-1922; www.aacounty.org/aging; Educational opportunities, health screenings, recreational activities, and hot nutritious lunches available. Monthly activity schedules available. Age 55 and older. Senior Center Plus program available for more frail seniors.

AA County Dept. of Aging and Disabilities/Brooklyn Park 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/O'Malley Senior Activity Center 410-222-6227 O'Malley ANNEX; 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/Pasadena 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 410-222-6680; www.aacounty.org/aging; Educational opportunities, health screenings, recreational activities, hot nutritious lunches available. Monthly activity schedules available. Age 55 or older. Senior Center Plus program available for more frail seniors.

AA County Dept. of Aging and Disabilities/Senior Center Plus 410-222-4366 Toll-Free 800-492-2499; www.aacounty.org/aging; Provides specialized activities for frail older adults in 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 667-600-3370. Financial assistance available based on income.

Housing Authority of the City of Annapolis 410-267-8000 Toll-Free 800-438-1385; www.hacamd.org; The federally-funded Low-Rent Public Housing Program provides quality, affordable rental housing for families, seniors, and persons with disabilities at developments that are owned and operated by the Housing Authority of the City of Annapolis. The agency owns and manages approximately 1,104 rental units throughout 11 housing developments.

Housing Commission of AA County 410-222-6200; www.hcaac.com; Provides affordable housing and related services to nearly 3,000 low-income families, including senior citizens and persons with disabilities. Programs include Public Housing, Housing Choice Vouchers, and many other specialized programs and services. Communities include Heritage Crest, Meade Village, Pinewood Village, Pinewood East, Free-town Village, Glen Square, Stoney Hill, Oakleaf Villas, and the Thomas Pumphrey House. Housing Choice Vouchers are widely accepted throughout the county. Apply online.

SUPPORT GROUPS

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

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

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- Baltimore Office 800-227-2345; www.cancer.org; Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. Volunteer opportunities.

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

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

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

American Parkinson Disease Association 410-328-3333 800-862-5457 Toll-Free 800-223-2732; 110 S Paca Street, 3rd Floor, Baltimore, MD 21201; www.apdaparkinson.org/community/maryland; The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Call for days and times.

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

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Brain Injury Association of Maryland 800-221-6443; www.biamd.org; The Brain Injury Association of Maryland shall be the voice of those affected by brain injury through advocacy, education, and research. Provides referrals to a wide variety of support groups.

Changing Focus 410-721-0992; www.changingfocus.org; Provides a variety of educational and healing environments for the growth of people in personal crisis. Programs include support groups for marital separation, divorce or death of a spouse or significant other.

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 410-544-4185 (Please leave a message) or marika.bates@gmail.com; Butch Jones 443-306-0252 (Please leave a message) or butcherves@gmail.com; Bill DeLorenzo 301-384-1229 ; myasthenia.org; Myasthenia Gravis Support groups meet twice monthly via Zoom until further notice. The Greater Baltimore Area meets on the 1st Saturday of each month. Call Butch Jones: 443-306-0252 or Marika Bates: 410-544-4185. The Greater D.C.area meets on the 3rd Saturday of each month, Call Alan Sinclair 301-474-7745 or Bill DeLorenzo: 301-384-1229. Patients' families, friends, and caregivers are always welcome.

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 providing support, education, and advocacy.

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

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

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

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

Young Aphasia Communications Club (YACC) Judy Crane 301-520-9044 or jbcrane77@gmail.com; Debra Piccirillo (SLP) 443-425-2255 or dpiccirillo@me.com; YACC is a support group for people who have aphasia from a stroke or brain injury. The support group meets the second Monday every month (except June, July, and August) at 4pm at 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 the website for further information.

Homeowners' Property Tax Credit Program (HOPTC) 410-767-4433 410-767-5900 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.

Renters' Tax Credit Program (RTC)

410-767-4433; 410-767-5915; Toll-Free 800-944-7403; www.dat.state.md.us; The Renters' Tax Credit Program provides property tax credits for renters who are 60 and older with a permanent disability who also meet certain income requirements. Applications also available at AA County Dept. of Aging and Disabilities.

Telephone Tax Exemption Program

410-222-1739; Individuals with Hearing or Speech Impairment: Dial 711; Provides exemption of local telephone tax for citizens 65 or older or receiving benefits for a permanent disability.

TELECOMMUNICATIONS

MD Relay **ADV** 301 W. Preston Street, Suite 1008A, Baltimore, MD 21201; 800-552-7724 (Voice/TTY) 443-453-5970 (VP); www.MDrelay.org; Maryland Relay is a free public service that allows those who are Deaf, hard of hearing, or have difficulty speaking to both make and receive phone calls.

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

Sarah's House 667-600-3550; www.catholiccharities-md.org/sarahs-house; A 24-hour shelter program serving the homeless in AA County; onsite child care for program participants. Serves homeless women, children and men. Must be alcohol and drug free. Provides case management, child-care, transportation and employment services. Eligibility: initial screening through Dept. of Social Services.

TRANSPORTATION

AA County Department of Aging and Disabilities/Taxi Voucher Program 410-222-4257; 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.

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, including dialysis and senior centers. Curb to curb service. Wheelchair accessible vehicles available. Advanced notice is required.



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www.aurology.com | 410-266-8049 | Virtual UTI Clinic 410-295-0626

AA County Dept. of Health/Medical Assistance Transportation 410-222-7152; aahealth.org/medical-assistance-transportation; Transportation is provided for those with Medical Assistance who have no other means of transportation.

Annapolis Transportation Department 410-263-7964; www.annapolis.gov/159/Transportation; Bus transportation for the City of Annapolis. Senior discounts and wheelchair lift buses available. Door-to-door service. Call to schedule special needs service. Photo ID obtained Monday-Friday at 308 Chinquapin 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); mtacallaride.org; www.mta.maryland.gov/content/brochures-publications; MTA Taxi Access II Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

Partners In Care/Mobility Bus **SPG** 410-544-4800 Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; The Mobility Bus provides affordable, wheelchair and scooter accessible, on-demand transportation for members in the community. Caregivers may ride along. Services available only in Anne Arundel County at this time. To schedule a ride, individuals can make a reservation in advance via email at matthewjermann@partnersincare.org or call 410-544-4800 between the hours of 8:30 am to 5:00 pm, Monday-Friday. Weekend service and group rates are also available.

Partners In Care/Ride Partners **SPG** 410-544-4800 Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Partners In Care volunteers use their own vehicles to provide occasional arm-in-arm, door-through-door transportation for adults 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

AA County Mental Health Agency 410-222-7858; 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 6:30 p.m. the last Thursday of the month at the Arundel Center, Room 161, 44 Calvert Street, Annapolis. The meeting is open to the public.

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.

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

Brain Injury Association of Maryland 800-221-6443; www.biamd.org; The Brain Injury Association of Maryland shall be the voice of those affected by brain injury through advocacy, education, and research. Provides referrals to a wide variety of support groups

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

iCommunity Connection Services, Inc. 443-916-8502; www.icommunityconnections.org; info@icommunityconnections.org; iCCS is a nonprofit connecting veterans, people with disabilities, and youth and young adults to needed benefits and resources.

Maryland Department of Veterans Affairs 410-260-3838; 16 Francis Street, 4th Floor, Annapolis, MD 21401; veterans.maryland.gov; <https://www.aacounty.org/boards-and-commissions/veterans-affairs-commission/forms-and-publications/2021-MDVA-Quick-Ref-Guide.pdf>

MD Dept. of Veterans Affairs/Veteran Benefits (Anne Arundel County) 410-424-3039; Motor Vehicle Administration Glen Burnie Service Center Building A, Ground Floor, 6601 Ritchie Highway, Glen Burnie, MD 21062; james.wilkes@maryland.gov; <http://veterans.maryland.gov>; Helps veterans and family members of veterans apply to federal VA benefits. This includes education, pension access, healthcare or otherwise. Serves as liaison between veterans and federal agencies. Appointments made by phone or email from 9 am to 2 pm, M-W-F.

MD Relay **ADV** 301 W. Preston Street, Suite 1008A, Baltimore, MD 21201; 800-552-7724 (Voice/TTY) 443-453-5970 (VP); www.MDrelay.org; Maryland Relay is a free public service that allows those who are Deaf, hard of hearing, or have difficulty speaking to both make and receive phone calls.

MD Veterans Cemetery/Crownsville 410-987-3920; 410-923-6981; 1122 Sunrise Beach Rd; www.veterans.maryland.gov/cemetery-and-memorial-program;

United States Department of Veterans Affairs For VA healthcare and enrollment: Glen Burnie Community Based Outpatient Clinic 410-590-4140; 808 Landmark Drive, Suite 128, Glen Burnie, MD 21061; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

Fort Meade Community Based Outpatient Clinic 410-305-5300; 2749 5th Street, Fort George G Meade, MD 20755; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

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



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

VA Claims Assistance: (by appointment) Maryland Department of Veterans Affairs; James R. Wilkes, Veterans Benefits Specialist II 410-424-3039; Glen Burnie MVA Service Center 6601 Ritchie Highway NE, Ground Floor, Room 30, Glen Burnie, MD 21062

Annapolis Vet Center - Counseling 410-605-7826; 100 Annapolis Street, Annapolis, MD 21401

Anne Arundel County Veterans Services Coordination Center 410-222-3500; One-stop-shop for veterans seeking assistance with county services. Veterans and their families can call.

Veterans Affairs Commission (Anne Arundel County) 410-222-1821 Arundel Center 44 Calvert Street; Second Wednesday each month (except July & August); <https://www.aacounty.org/boards-and-commissions/veterans-affairs-commission>; POC Pete Hill, exhill21@aacounty.org,

American Legion - Post #7 410-573-0004 Guy Carleton Parlett, 1905 Crownsville Rd., Annapolis, MD 21041

American Legion - Post #40 410-761-9869; 500 Fifth Ave, S.E, Glen Burnie, MD 21061

American Legion - Post #141 410-269-1416 Cook-Pinkney; 1707 Forest Dr., Annapolis, MD 21041

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

American Legion - Post #226 410-798-9894 Cummings-Behlke; 830 Mayo Road, Mayo, MD 21106-0066

American Legion - Post #276 410-969-8028 Howard L. Turner; 8068 Quarterfield Road, Severn, MD 21144

American Legion - Post #277 410-360-0880; 7376 Carbide Road, Riviera Beach, MD 21123-0581

Disabled American Veterans (DAV) - Post #3 410-841-9327; 121 Jennifer Road, Annapolis, MD 21401

Disabled American Veterans (DAV) - Post #13, w/ American Legion Post #276; 410-969-8028

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

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

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

USAG Fort George G. Meade Transition Assistance Program (TAP) 301-677-9871; 4550 Parade Field Lane, Suite 303, Fort Meade, MD 20755; usarmy.meade.imcom-atlantic.mbx.soldier-for-life-tap@army.mil

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

Coast Guard Yard 410-789-1600, 2401 Hawkins Point Road; Baltimore, Maryland 21226

VICTIM AND WITNESS ASSISTANCE

Anne Arundel Medical Center's Abuse and Domestic Violence Center 443-481-1209; 410-222-6800 (24-hour hotline); <https://www.aahs.org/Domestic-Violence>; Free, anonymous crisis counseling, personal and legal advocacy, injury documentation, community referrals and community presentations.

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

State's Attorney's Office/Victim & Witness Services 410-222-1740 ext 3811; www.aacounty.org/departments/sao/victim-witness/advocates; 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; 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 8 a.m.- 12:30 p.m. and 12:30 p.m.- 3:30 p.m., 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/Evidence-Based Health Promotion Program 410-222-4257; www.aacounty.org/aging

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

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

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

American Cancer Society Toll Free 1-800-227-2345; www.cancer.org; Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. We are available 7 days a week, 24 hours a day, 365 days a year. Volunteer opportunities are available.

American Red Cross/Greater Chesapeake Region 410-624-2000; 1-800-Redcross for Blood donation; Toll-Free 800-787-0091; www.redcross.org/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.

Anne Arundel Medical Center Volunteer Program 443-481-5050; <https://aaahs.org/Volunteer-Your-Time/> 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/Gloria Dei Lutheran Church 443-808-3875; A volunteer program that offers temporary help for those who are homebound of any age in the Broadneck area only. Services include picking up medicines and transportation to doctor's appointments.

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.

Pets on Wheels 443-977-9726; www.petsonwheels.org; Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting our pets with people to make a profound positive difference every day.

Rebuilding Together AA County 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; <https://www.marylandattorneygeneral.gov>; Provides staff support from general office duties to case research opportunities. Available in all three offices.

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

VOTING

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

ADVERTISER'S INDEX

A Homemade Plan57	Charter Senior Living, LLC Five Star...21	Hospice of the Chesapeake85
Aging Services Management59	Chesapeake Caregivers.....36	Inspirations Memory Care71
Alliance in Aging44	Chesapeake Elder Law, Llc.....20	James Mason, Esq., CPA.....77
Amada Senior Care72	Chesapeake Supportive Care.....89	Lakemont Memorial Gardens.....53
Ameri-Maid.....76	Chesapeake Transitions LLC.....81	Lundberg Builders and 314 Design Studio 13
Ameristar Assisted Living, Inc.....87	Chesapeake Urology Associates 64	Marie Simpson, Long and Foster79
Angel Care Network.....1	Chessie Senior Movers 11	Maryland Relay- Devaney & Associates37
Anne Arundel Urology.....91	Christopher Companies.....33	MOR LOGISTICS63
Arbor Terrace.....75	Christy Bishop, CB Moves, Berkshire Hathaway, PenFed Realty7	Morningside House of Friendship.....83
Arcadia Assisted Living, LLC.....16	Coldwell Banker	ODonnell Vein and Laser..... IFC
Assisted Living Locators64	Consynigy LLC and MD Bathrooms..... 17	Onsite Medical House Calls93
Autumn Lake Healthcare at Crofton...21	Council Baradel44	Pear Tree Assisted Living.....79
Bay Village Assisted Living BC	Edward Jones, Crownsville.....76	Right At Home.....9
BayWoods of Annapolis15	Erickson Senior Living - Charlestown, Oak Crest and Riderwood44	Servants 4 Seniors43
Beall Funeral Home.....33	Fairway, Lori Schramek, Loan Officer...43	Sheridan at Severna Park Assisted Living3
Brightstar Care.....53	Frame & Frame.....51	Sinclair Prosser Gasior60
Brightview South River IBC	Freedom Mobility29	Stavely & Sallitto Elder Law, LLC.....43
Byrd & Byrd, LLC66	Future Care.....30	SYNERGY HomeCare of Anne Arundel County54
CareProvide.....36	Gardens of Annapolis.....20	Tribute at Melford, Cadence Living....37
Caring Transitions of Annapolis.....79	Ginger Cove28	United Healthcare, Kurtis O. Alston ...48
Catholic Charities Senior Communities..28	Griswold Home Care69	Woods Adult Day Care, Inc.29
Charlotte Hall Veterans Home.....30	HeartLands48	



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