
St. Mary's County

Department of Aging & Human Services

Resource Guide for Older Adults



DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You

The St. Mary's County Department of Aging & Human Services does not endorse or recommend any particular provider listed within this handbook. Community resources not listed in this guide may be able to provide the same or similar goods and services. Agencies, businesses and organizations that wish to be considered for entry in future issues of the guide should contact the St. Mary's County Department of Aging & Human Services at 301-475-4200, ext. 1073.

The Department reserves the right to deny a request to be listed if the agency, business or organization does not fit within the scope of the handbook's subject matter.



**Brought to you by
The Commissioners of St. Mary's County**

**The St. Mary's County Department of
Aging & Human Services:
Overview of Services & Programs**

St. Mary's County Department of Aging & Human Services provides a wide variety of programs and services to the county's residents. Activities range from social and recreational programs to the direct support of essential services, such as nutrition, health, home delivered meals, counseling, and in-home services.

The Department of Aging & Human Services is divided into several divisions (listed below). Each service and program we offer below will be explained in more detail throughout the Resource Guide. We encourage you to take a look at our programs, and take advantage of the wonderful resources the St. Mary's County Department of Aging & Human Services has to offer!

**Community Programs
& Outreach**

Annual Health Fair
Law Enforcement Appreciation Day
Veterans Resource Day
New Beginning Newsletter
Road Show Presentations
Timely & Topical Information

**Retired and Senior
Volunteer Program (RSVP)**

Volunteer Opportunities for individuals 55+
Explore rewarding volunteer opportunities in the St. Mary's County community

**Home & Community-Based
Services**

Senior rights and advocacy
Caregiver support and respite
Community Options Waiver
Community First Choice
Aging & Disability Resource Center/
Maryland Access Point (MAP)
Senior Rights & Advocacy –
Ombudsman

Senior Center Operations

Congregate & Home Delivered Meals
Educational Programs
Fitness Programs
Social Programs
Trips & Tours

Human Services

Homeless Prevention
After School Programs
Youth Services Bureau
Teen Court
Christmas Caring
WARM Transportation
Local Management Board
Non-Profit Agency Monitoring

Senior Information & Assistance

Energy Assistance
Housing Assistance
Legal Assistance
Medicare/Medicaid
Prescription Drug Information
Property Tax Credits
Referral Services
State Health Insurance Assistance
Program (SHIP)
Transportation – Senior Rides

Note to Resource Guide Businesses and Organizations:

Many of our community seniors and their family members view the Resource Guide as a valuable tool in locating services and programs. Thus far, the St. Mary's County Department of Aging & Human Services has been able to offer this publication at no charge to the public. To sustain this goal, we are requesting contributions from the businesses and organizations listed in the guide to assist with offsetting the printing charge. Considering the shelf-life and large distribution points of this publication, we hope you view it as a valuable marketing tool as you would any paid advertising venue.

Contact the Community Programs & Outreach Division with the Department of Aging & Human Services at 301-475-4200, ext. 1073, with questions regarding how the Resource Guide is used and the distribution points it reaches.

Make checks payable to:
St. Mary's County Department of Aging & Human Services

Contributions may be mailed to:

St. Mary's County Department of Aging & Human Services
Resource Guide for Older Adults
P.O. Box 653
Leonardtown, MD 20650

Thank you in advance for your recognition of the importance of the Resource Guide.



Table of Contents

Advocacy Services	8
Aging Services.	11
Alcohol/Substance Use	13
Assisted Living	14
Community-Based Services	15
Dental Services	21
Disability Resources.	23
Education.	28
Elder Abuse and Neglect.	29
Emergency.	30
Emergency Shelter	32
Employment	33
Financial Assistance.	34
Food Pantries & Soup Kitchens	39
Health Insurance	43
Health Services & Information.	47
Home Health Services	53
Housing	56
Information and Assistance	60
Legal Services	63
Medical Equipment	66
Mental Health Services	67
Nursing Homes.	70
Nutrition	71
Physical Fitness.	73
Prescription Medication	76

Publications 77
Recreation 78
Reference Services 80
Senior Groups 83
Support Groups 86
Therapies 89
Transportation 92
Veterans Services 95
Vision Services 104
Vital Records 105
Voter Registration 106

Advocacy Services

Commission On Aging

Phone: 301-475-4200, ext. 1050
Fax: 301-475-4503
Address: St. Mary's County Department of Aging & Human Services
41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m. , Monday-Friday, last entry 4 p.m.

Website: www.stmarysmd.com/aging

Service: The purpose of the Commission on Aging is to provide the Commissioners of St. Mary's County with advice and assistance concerning county programs and resources offered for the senior residents of St. Mary's County and how to work with the community to develop awareness and understanding of the problems and concerns of the senior population. Meetings are open to the public and are held the 4th Monday of the month at 1p.m. at the Garvey Senior Activity Center in Leonardtown, unless otherwise noted.

Community Mediation of St. Mary's County

Phone: 301-475-9118
Address: 41620 Courthouse Drive, Rear Entrance
P.O. Box 853
Leonardtown, MD 20650

Hours: 9 a.m. – 5 p.m., Monday-Friday

Email: st.marys.mediation@gmail.com

Website: www.communitymediationsmc.org

Service: Provides free conflict management services through education and empowerment of people to create their own solutions. In mediation, people speak for themselves and make their own decisions.

Garvey Senior Activity Center Council, Inc.

Address: P.O. Box 446, Leonardtown, MD 20650

Email: gsacouncil@gmail.com

Phone: 301-475-4200, ext. 1080

Facebook: www.facebook.com/GarveyCouncil

Service: The Garvey Council is a non-profit entity. The purpose of this Council is to raise funds and volunteer time to augment/support the Programs (today and in the future) designed for the Seniors at the Garvey Senior Activity Center. The Council supports the Garvey Senior Activity Center's Program Manager to ensure our Seniors stay active in mind, body and spirit. As more citizens reach the age of Senior status (50+), the Garvey Council is fully dedicated to assist and work with the Department of Aging & Human Services to achieve these goals.

Maryland Attorney General Health Education Advocacy Unit

Phone: 1-877-261-8807 or 1-888-743-0023
Hotline: 410-528-1840 Spanish Hotline: 410-576-2000
Fax: 410-576-6571
Address: 200 Saint Paul Place, 16th Floor
Baltimore, MD 21202-2021
Hours: 9 a.m. – 4:30 p.m., Monday-Friday
Email: heau@oag.state.md.us
Website: www.oag.state.md.us

Service: The Health Education and Advocacy Unit of the Consumer Protection Division offers mediation services to consumers who have a billing dispute with their healthcare provider or a coverage dispute with their HMO or Health Insurance Company. The Unit also helps consumers who have been denied enrollment in a Qualified Health Plan or denied Advanced Premium Tax Credits or Cost-Sharing Reductions by Maryland Health Connection.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301-884-4498
Fax: 301-884-6099
Address: 38588 Brett Way, Suite 1
Mechanicsville, MD 20659
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Email: info@smcil.org
Website: www.smcil.org

Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community. Other services may include applying for Social Security Disability, home modifications, employment assistance, self-advocacy and mobility services.

Voices for Quality Care, Inc. Long Term Care (LTC)

Phone: 888-600-2375
Address: P.O. Box 9385
Silver Spring, MD 21620
Hours: 24/7
Email: kate@voicesforqualitycare.org
Website: www.voicesforqualitycare.org

Service: Voices for Quality Care (LTC), Inc. is a non-profit, all-volunteer organization of people who need long-term care services, their friends and families, resident and family councils, advocates, and concerned citizens working together to ensure quality care in all long-term care settings. We provide information, support, assistance and referrals; encourage the development and continuation of strong resident and family councils; and advocate for responsible public policy.

Aging Services

St. Mary's County Department of Aging & Human Services

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

Mailing Address: P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry at 4 p.m.

Website: www.stmarysmd.com/aging

Service: The Department of Aging & Human Services provides a wide variety of programs and services to the community.

Programs include Home-Delivered and congregate meal services, Senior Rides, in-home services, ombudsman services and caregiver support, social and recreational programs, and community outreach and volunteer opportunities. The Division of Human Services helps coordinate and support an array of programs and services for adults, families and children. The Human Services Division coordinates homeless prevention efforts, Teen Court, Local Management Board, Community Development, Christmas Caring, and is a partner agency with Project Graduation and WARM.

The Aging and Disability Resource Center/Maryland Access Point (ADRC/MAP) is your link to health and support services. The ADRC/MAP is a free information and referral service open to the public and to individuals of all income levels. The St. Mary's County Department of Aging & Human Services is working to provide older adults, persons experiencing a disability, and caregivers with a single point of entry for services and information.

Locations:

Department of Aging & Human Services
41780 Baldrige Street
Leonardtown, MD 20650

Garvey Senior Activity Center
23630 Hayden Farm Lane
Leonardtown, MD 20650

Loffler Senior Activity Center
21905 Chancellors Run Road
Great Mills, MD 20634

Potomac Building
23115 Leonard Hall Drive
Leonardtown, MD 20650

Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD 20622

Department of Aging & Human Services File of Life

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Sarah.Miller@stmarysmd.com

Website: www.stmarysmd.com

Service: Magnetic “File of Life” packets are placed on the refrigerator and contain a person’s pertinent medical information in the event of an emergency. Included is a sticker to be located near the front entrance to alert emergency personnel and tell them where to locate the information.

Project LifeSaver

Address: 23150 Leonard Hall Drive
Leonardtown, MD 20650

Phone: 301-475-4200, ext. 8097

Service: A tracking device that is worn by persons with cognitive impairments who are receiving consistent supervision by a responsible party. This program is designed to help locate persons who go missing over a defined time period.

Alcohol/Substance Use

Walden

Phone: 301-997-1300 or 24/7 Emergency Line 301-863-6661
Hours: Monday-Thursday - 9 a.m. – 8 p.m., Friday, 8 a.m. – 4 p.m.
Website: www.pyramidwalden.com/
Service: Walden offers services for Mental Health, Substance Abuse Treatment, Crisis Services, Psychiatry, Recovery Support, Family Violence, Sexual Assault Counseling, and Residential Treatment Program.

Locations:

California Office
44863 St Andrew's Church Road
California, MD 20619
301-997-1300, ext. 871

Charlotte Hall
30007 Business Center Drive
Charlotte Hall, MD 20622
301-997-1300, ext. 831

Lexington Park
21770 FDR Boulevard
Lexington Park, MD 20653
301-997-1300, ext. 881

Waldorf
85 Smallwood Village Center
Waldorf, MD 20602
Suite 4
301-997-1300, ext. 819

St. Mary's County Health Department Behavioral Health Division

Phone: 301-475-4330
Fax: 301-475-9434
eFax: 301-363-0312
Address: 21580 Peabody St.
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Email: smchd.lbha@maryland.gov
Website: www.smchd.org/behavioralhealth/

Service: The Local Behavioral Health Authority (LBHA) is part of the St. Mary's County Health Department and serves as the local point of contact in assisting individuals with access to behavioral health services (mental health, substance use treatment, and prevention). The LBHA is responsible for monitoring and improving behavioral health systems to provide better outcomes for St. Mary's County residents.

Assisted Living

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 301-263-7194
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Website: www.charhall.org

Service: Residency is available to eligible Maryland veterans and their spouses. Charlotte Hall's Assisted Living Program is designed to meet the needs of veterans requiring minimal assistance with everyday activities and to help veterans maintain their independence. Assisted Living residents receive primary medical care, transportation to and from the VA Medical Center in Washington, DC (for those who wish to utilize the VA medical system), and a separate activities program tailored to a more active lifestyle. Charlotte Hall Veterans Home also offers skilled nursing, short term rehabilitation, and memory care.

Discovery Commons at Wildewood

Phone: 301-960-3863
Fax: 301-863-3020
Address: 23185 Milestone Way
California, MD 20619
Email: info@wildewoodseniorliving.com
Website: www.discoverycommons.com/

Service: Discovery Commons at Wildewood Assisted Living and Memory Care. We offer experienced staff members, affordable rates, private or shared suites and excellent care to our seniors. Come in and tour our beautiful community.

Taylor Farm Assisted Living

Phone: 301-769-3702
Address: 21748 Oscar Hayden Road
P.O. Box 26
Bushwood, MD 20618
Email: Taylorfarm1@gmail.com
Website: www.taylorfarmassistedliving.com

Service: Taylor Farm Assisted Living home provides the support services that seniors need to live comfortably and safely. Residents may live in senior apartments with support services or in the assisted living facility for seniors requiring a higher level of care in a non-nursing home setting, including Alzheimer's Care and other specialized care services.

Community-Based Services

Aging & Disability Resource Center (ADRC) Maryland Access Point (MAP)

Phone: 301-475-4200, ext. 1057
Fax: 301-475-4415
Address: 23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
Email: Jennette.Beyer@stmarysmd.com
Website: www.stmarysmd.com/aging

Service: The ADRC/MAP is your link to health and support services. We provide access to services offered by the Department of Aging & Human Services and its partner agencies such as the Health Department, the Southern Maryland Center for Independent Living, the Department of Social Services and other community service providers. Access information and provide referrals to resources and services, provide options counseling regarding benefits and long-term care planning, and connect caregivers of older adults and adults with disabilities to services.

Community First Choice Community Personal Care Services

Phone: 301-475-4200, ext. 1069
Fax: 301-475-4503
Address: 41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday, last entry 4:30 p.m.
Email: Jennette.Beyer@stmarysmd.com
Website: <https://www.stmarysmd.com/aging/medicade-waiver.asp>

Service: These programs provide community services and supports, including personal care to enable older adults and people with disabilities to live in their own homes. Participants must have community Medicaid and meet the program's specific level of care based on a medical assessment. There is no age requirement for these programs.

Department of Aging & Human Services

Division of Home & Community-Based Services

Phone: 301-475-4200, ext. 1061

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m. Monday-Friday, last entry 4 p.m.

Email: Rebecca.Kessler@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: The Home and Community-Based Services Division helps individuals and families facing the challenges of caring for a loved one whose ability to provide for themselves has declined. The primary goal is to help these individuals and their families remain as independent as possible in their own homes and communities. Programs and Services are made available to eligible individuals in their home or nearby community facility, thus minimizing or preventing the need for services in more costly health care institutions.

Family Caregiver Support Program

Phone: 301-475-4200, ext. 1069

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Daphne.Bennear@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: Provides grants for respite care and medical supplies and medical equipment; provides caregiver support services; provides caregiver training opportunities. Caregivers receive services that conform to their specific needs.

Family caregivers who are eligible to receive services include:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders;
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18;
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities;
- Family members caring for adults with disabilities 55 and over;
- Grandparents acting as parents; and
- Parents 55 and over caring for an adult child with a disability.

Home & Community-Based Options Wavier

Phone: 301-475-4200, ext. 1069 or ext. 1057

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Jennette.Beyer@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: This program provides community services and supports to enable adults living with disabilities to live in the community. Services can include Assisted Living, Adult Medical Day Care, Personal Assistance Services, Personal Emergency Response Systems, and Environmental Accessibility Adaptations. Individuals must require nursing facility level of care based on medical assessment. Individuals income and assets must meet financial eligibility guidelines. Individuals living at home may register with a state-operated registry. Eligible nursing home residents may apply immediately.

Home-Delivered Meals

Phone: 301-475-4200, ext. 1060

Fax: 301-475-4503

Address: 23630 Hayden Farm Lane

P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: MonikaW@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: A service provided for homebound seniors age 60 and over who show moderate to severe disability that prevents them from shopping or cooking for themselves. Depending on the need, a hot meal may be provided five days a week or a box of five frozen meals can be delivered each week. To be eligible, seniors must be unable to drive, and accessing public transportation for medical appointments only.

Community Pathways Waiver Southern Maryland Regional Office

Phone: 301-362-5100 TTY: 888-207-2479

Fax: 301-362-5130

Address: 312 Marshall Avenue, 7th Floor
Laurel, MD 20707

Email: smro.dda@maryland.gov

Website: www.dda.dhmf.maryland.gov/smro

Service: The Community Pathways Waiver is administered by the Developmental Disabilities Administration and provides services and supports in the community for individuals with developmental disabilities. Waiver participants receive services and supports from provider agencies funded by the Developmental Disabilities Administration. Services provided include family and individual support services, live-in caregiver, rent, medical day care services, respite care, employment discovery and customization, community learning services, environmental accessibility adaptations, personal supports/ community supported living arrangements, and community learning services.

Senior Care Program

Phone: 301-475-4200, ext. 1057

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Daphne.Bennear@stmarysmd.com

Website: <https://www.stmarysmd.com/aging/seniorcare.asp>

Service: Individuals age 65 and over, who meet financial and medical qualifications, may receive case management, emergency response systems, financial assistance for prescriptions, durable medical equipment, nutritional supplements, and incontinence supplies.

911 Phones for Seniors

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Sarah.Miller@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: Free emergency-use only (911) cell phone for seniors.

Cell Phone Recycle Program

Phone: 301-475-4200, ext. 1073
Fax: 301-475-4503
Address: 41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.
Email: Sarah.Miller@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: Donations of used cell phones may be dropped off at any of senior activity centers for recycling.

Patuxent Habitat for Humanity

Phone: 301-863-6227
Address: 21600 Great Mills Road
Lexington Park, MD 20653
Website: www.patuxenthabitat.org
Service: Provides critical home repairs for qualified veterans such as ramps, roofs, and bathroom accessibility.

Safe Return Program

Phone: 800-272-3900
Fax: 301-934-5858
Email: info@patuxenthabitat.org
Address: 511 Charles Street
P.O. Box 1889
LaPlata, MD 20646
Website: www.alz.org/care/dementia-medic-alert-safe-return.asp
Service: Persons who wander and are memory impaired receive a bracelet or necklace, clothing labels and wallet cards to help locate and return them home safely. There is a fee.

United Way of St. Mary's County

Phone: 301-862-5577

Address: 22660 Washington Street
PO Box 1614
Leonardtown, MD 20650

Email: (Susan D. Lloyd) sdlloyd.uwsm@gmail.com

Website: www.unitedwaysmc.org

Service: United Way is a non-profit organization that works with a coalition of charitable organizations to pool efforts in fundraising and support. United Way's focus is to identify and resolve pressing community issues, and to make measurable changes in communities through partnerships with schools, government agencies, businesses, organized labor, financial institutions, community development corporations, and others.

Dental Services

Greater Baden Medical Services

Phone: 301-888-2233 TTY: 800-735-2258
Fax: 301-599-0463
Address: 7450 Albert Road, 1st Floor
Brandywine, MD 20613
Website: www.gbms.org

Service: Dental services are only provided at the Brandywine location, where GBMS has state-of-the-art dental equipment, systems and staff. We are pleased to have received grant funding to cover a limited number of free dental exams, fill-ins and extractions for senior citizens in need of assistance.

Health Partners

Phone: 301-645-3556
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Email: healthpartnersmd@gmail.com
Website: <https://www.healthpartnersinc.org/>

Service: Heath Partners provides dental care for adults and children, including oral exams, x-rays, fillings, extractions, root canals, crowns, cleanings, and dentures. Health Partners accepts Medicaid, Medicare, CareFirst, and United Health Care. For individuals without insurance coverage, fees are based on their ability to pay.

Lexington Park
45870 East Run Drive
Lexington Park, MD 20653

Waldorf	Nanjemoy
3070 Crain Highway Ste. 101	34375 Port Tobacco Road
Waldorf, MD 20601	Nanjemoy, MD 20662

Maryland Foundation of Dentistry, Donated Dental Services

Phone: 410-964-1944
Fax: 410-964-9978
Address: 8901 Herrmann Drive
Columbia, MD 21045
Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday
Website: www.mfdh-dda.org

Service: The Maryland Foundation of Dentistry program's mission is to facilitate pro bono dental care to improve oral health, and maintain dental function for Maryland adults with intellectual, physical, and/or developmental disabilities who are unable to pay for their dental care.

St. Mary's County Health Department

Phone: 301-475-4297 TTY: 301-475-4724

Fax: 301-475-4350

Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: smchd.healthdept@maryland.gov

Website: www.smchd.org

Service: Limited dental services are available to individuals who have an infectious dental emergency and do not have insurance which provides dental coverage.

University of Maryland School of Dentistry

Phone: 410-706-7101

Address: 650 West Baltimore Street
Baltimore, MD 21201

Hours: 9 a.m. – 4 p.m., Monday-Friday

Email: clinicInfo@dental.umaryland.edu

Website: www.dental.umaryland.edu

Service: Offers a complete line of dental services performed by dental students under the supervision of licensed dentists. Fees are 30 – 50% less than normal. Transportation is not provided.

Disability Resources

Arc of Southern Maryland

Phone: 410-535-2413
Address: Breton Market Place, Unit H
25470 Point Lookout Road
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday
Email: info@arcsomd.org
Website: www.arcsomd.org

Service: Promotes community involvement, independence, and personal success for children and adults with intellectual and developmental disabilities. Programs and services offered to include Residential Services, Community Supported Living, Day Support Services, Respite Care and Partners in Business.

Attendant Care Program Maryland Department of Disabilities

Phone: 410-767-6025
Address: 217 East Redwood Street, Suite 1300
Baltimore, MD 21202
Email: Maxine.Morris@maryland.gov
Website: www.mdod.maryland.gov

Service: The Attendant Care Program provides financial reimbursement to individuals with long-term or severe physical disabilities who require attendant services such as in-home assistance with personal care, household chores, and transportation. Eligible adults age 18-64 must meet one of the following criteria: be employed, be actively seeking employment, be enrolled in an institution of post-secondary or higher education, be a nursing facility resident who would be able to reside in the community if attendant care is provided or be at risk of nursing facility placement if not receiving attendant care services in the community.

Bay Community Support Services

Phone: 240-309-4046
Address: 25410 Rosedale Manor Lane
Hollywood, MD 20636
Hours: 8:30 a.m.-4:30 p.m., Monday-Friday
Email: somdprograms@baycss.org
Website: www.baycss.org

Service: Bay Community Support Services is a leader of services to people with disabilities throughout Central and Southern Maryland. Our services enable people with varying abilities, ages, and life situations to live and work successfully in their communities.

ClearCaptions

Phone: 866-868-8695
Email: information@clearcaptions.com
Website: www.clearcaptions.com
Service: ClearCaptions delivers phone captioning services with near-real time text display of what your callers say. The caption phone and captioning are FREE—there's never any cost to you.

Coordination of Community Services

Phone: 301-475-4330 TTY: 301-475-4724
Fax: 301-475-4350
Address: 21580 Peabody Street
 P.O. Box 316
 Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/individuals-with-disabilities
Service: Assists individuals with developmental disabilities to apply for services under the Developmental Disabilities Administration (DDA) and provides advocacy and monitoring services for eligible individuals.

Division of Rehabilitation Services (DORS)

Phone: 301-475-9612
Fax: 301-601-1579
Address: 23110 Leonard Hall Drive
 P.O. Box 1509
 Leonardtown, MD 20650
Email: Leonardtown.dors@maryland.gov
Website: www.dors.maryland.gov
Service: Provides vocational and independent living services to individuals with disabilities. To be eligible for this program, individuals should be at least 16 years of age with a physical, mental or emotional disability.

Literacy Council of St. Mary's County, Inc.

Phone: 301-863-4847
Address: 21677 FDR Boulevard
 Lexington Park, MD 20653
Hours: 12-6 p.m., Tuesday, Wednesday, Thursday
Email: (Susan Brookbank) stmalit@somd.lib.md.us
Website: www.literacysmc.org
Service: Provides basic educational tutoring, including reading and basic life skills, for adolescents, individuals with disabilities and adults. Services are free of charge.

Maryland Americans with Disabilities Act (ADA)

Phone: 301-475-4200, ext.1110
Fax: 301-475-4082
Address: 23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650

Hours: 7:30 a.m. – 4:30 p.m., Monday-Friday
Website: www.stmarysmd.com/american disabilities

Service: It is the policy of the Commissioners of St. Mary's County, Maryland, to ensure that, when viewed in their entirety, St. Mary's County Government services, programs, facilities, and communications are readily accessible and usable by qualified individuals with disabilities to the maximum extent possible. In compliance with the Americans with Disabilities Act (ADA) of 1990, no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of St. Mary's County government, or be subjected to discrimination in the provision of such services.

Maryland Assistive Technology Loan Program

Phone: 800-832-4827 TTY: 866-881-7488
Address: 2301 Argonne Drive, Room T-17
Baltimore, MD 21218
Email: info.mdod@maryland.gov
Website: www.mdod.maryland.gov/mdtap

Service: The Assistive Technology Loan Program helps Maryland residents with disabilities and their families qualify for low-interest loans to buy equipment that will help them live, work and learn more independently. Assistive Technology is any device that helps a person with a disability live more independently and productively such as, home modifications, adapted vehicles, scooters and wheelchairs, braille equipment, hearing and vision aids, augmentative communication devices, environmental control units, computers and adaptive peripherals. All loans have below-market interest rates. The program will look at your income compared with debt, stability in residence/job and credit history. The program's criteria are much less stringent than those of a bank and will enable many people who would be turned down for bank loans to receive funding.

Maryland Relay

Phone: 800-552-7724 TTY: 410-767-6960

Fax: 410-767-4276

Address: 301 West Preston Street, Suite 1008A
Baltimore, MD 21201

Email: moreinfo@mdrelay.org

Website: <https://doit.maryland.gov/mdrelay/Pages/about.aspx>

Service: A free public service that enables individuals, who find it difficult to use a standard phone to both make and receive calls. If you or a loved one, is Deaf, hard of hearing, late-deafened, Deaf-Blind, or has cognitive, mobility or speech difficulty, Maryland Relay offers many free calling options that enable you to make and receive calls.

Southern Maryland Center for Independent Living

Phone: 301-884-4498

Fax: 301-884-6099

Address: 38588 Brett Way, Suite 1
Mechanicsville, MD 20659

Email: lbelyovska@smcil.org

Website: www.smcil.org

Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community. Other services may include applying for Social Security Disability, home or vehicle modifications, employment assistance, self-advocacy and mobility services.

St. Mary's Adult Medical Day Care, Inc.

Phone: 301-373-6515

Fax: 301-373-6517

Address: 24400 Mervell Dean Road
Hollywood, MD 20636

Hours: 7:30 a.m. – 4 p.m., Monday-Friday

Website: stmarysamdc.com

Email: marketing@stmarysamdc.com

Service: St. Mary's Adult Medical Day Care, Inc. is a community-based medically supervised program for adults whose physical or mental condition necessitates medical attention daily. This comprehensive program provides a variety of health, social and related support services in a protective, caring environment. Transportation is provided to and from day care as well as to medical appointments. A daily fee applies.

St. Mary's County Department of Social Services Adult Services

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4 p.m., Monday-Friday
Website: www.dhr.state.md.us

Service: Provides assistance to individuals who may have difficulties arising from aging, chronic illness, physical or mental disabilities, neglect and abuse, or interpersonal relationships. Respite Care is available to eligible individuals with disabilities and their families, which provides caregiver services to help a person with disabilities and to provide relief to family members.

St. Mary's Senior Center Plus

Phone: 301-373-6515
Fax: 301-373-6517
Address: 24400 Mervell Dean Road
Hollywood, MD 20636
Hours: 7:30 a.m. – 4 p.m., Monday-Friday
Website: stmarysamdc.com
Email: programdirector@stmarysamdc.com

Service: A social day program for adults age 50 and over who need assistance with two instrumental activities of daily living. This program serves clients who require too much assistance to safely attend a senior activity center but do not need as much care as provided in medical adult day services. A daily fee applies.

The Center for Life Enrichment

Phone: 301-373-8100
Fax: 301-373-3019
Address: 25089 Three Notch Road
P.O. Box 610
Hollywood, MD 20636
Hours: 8 a.m. – 4 p.m., Monday-Friday
Email: contact@tcle.org
Website: www.tcle.org; <https://www.facebook.com/TCLE.news>

Service: A day program for adult persons with developmental disabilities in vocational and rehabilitative settings, and provide supportive employment and individual support services. Transportation is provided.

Education

AARP Defensive Driving Course

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Website: www.stmarysmd.com/aging

Service: A one day class conducted by AARP focuses on driving skills for persons age 50 and over. Classes are offered regularly at the Garvey, Loffler, and Northern Senior Activity Centers. Pre-Registration is required and a nominal fee applies. Check the New Beginning Newsletter or call your local center to find out when the next class will be offered.

College of Southern Maryland Leonardtown Campus

Phone: 240-725-5300

TTY: 800-735-2258

Fax: 301-539-4791

Address: 22950 Hollywood Road
Leonardtown, MD 20650

Hours: 8:30 a.m. – 7 p.m., Monday-Friday

Email: askme@csmd.edu

Website: www.csmd.edu

Service: Offers a wide variety of college courses to persons age 60 and over, all tuition costs are waived; fees and textbook costs will apply.

University of Maryland Extension

Phone: 301-475-4484

Fax: 301-475-4483

Address: 26737 Radio Station Way, E-2
P.O. Box 663
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday

Email: umestmarys@umd.edu

Website: www.extension.umd.edu/st-marys-county

Service: Provides educational classes on nutrition, food safety, horticulture and home gardening.

Elder Abuse and Neglect

Ombudsman Services Department of Aging & Human Services

Phone: 301-475-4200, ext. 1055

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Stevanne.Ellis@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: Serves as an advocate and mediator on behalf of residents in long-term care and assisted living facilities. Helps resolve complaints made by, or on behalf of, residents of these facilities.

St. Mary's County Department of Social Services Adult Protective Services

Phone: 240-895-7016

Fax: 240-895-7099

Address: 23110 Leonard Hall Drive

P.O. Box 509

Leonardtown, MD 20650

Hours: 8:30 a.m. – 4 p.m., Monday-Friday

Website: www.dhr.state.md.us/stmarys

Service: Anyone can confidentially report a situation of suspected abuse, neglect, self-neglect, and financial exploitation of a vulnerable adult to the St. Mary's County Department of Human Services. The situation will be assessed and/or investigated and case management will be provided if necessary and desired.

Emergency

911 Emergency Communications

Phone: 9-1-1
Address: P.O. Box 653
Leonardtown, MD 20650
Hours: 24/7
Email: ema@stmarysmd.com
Website: www.stmarysmd.com/es/communications.asp
Service: The Division of Emergency Communications is responsible for daily operations of the county's 911 Center and Public Safety radio system. Our 24/7 operations provide emergency and routine communications for Fire, EMS, Sheriff, MSP, and many other critical county services.

Code Red Weather Warning Notification

Phone: 301-475-4200, option 6, option 3
P.O. Box 653
Leonardtown, MD 20650
Hours: 7 a.m. – 4:30 p.m.
Email: ema@stmarysmd.com
Website: www.stmarysmd.com/emergencycodederred.asp
Service: Sign up to be notified by your local emergency response team in the event of emergency situations or critical community alerts. You can also sign up for severe weather related alerts.

Department of Emergency Services

Phone: 301-475-4200, ext. 1013 or 301-475-4911
Address: P.O. Box 653
Leonardtown, MD 20650
Hours: 7 a.m. – 4:30 p.m.
Website: www.stmarysmd.com/es/
Service: A multifaceted agency that provides 9-1-1 call taking and dispatching through the Emergency Communications Division; disaster preparedness, mitigation, response, and recovery through the Emergency Management Division; enforcement of animal regulations through Animal Control Division; assistance and liaison with volunteer agencies through Emergency Services Division; and computer, networking, and telecommunications support through the Information Technology Division. The department works with county, state and federal public agencies, volunteer entities, boards and committees to enhance the quality of life in St. Mary's County.

St. Mary's County Sheriff's Department

Phone: 301-475-8008 (non-emergency)

Address: 23150 Leonard Hall Drive
Leonardtown, MD 20650

Website: www.firstsheriff.com

Service: St. Mary's County Sheriff's Department is dedicated to enhancing public safety and reducing the fear and the incidence of crime. They work in partnership with our communities and do their best, within the law, to solve community problems that effect public safety. They value the great diversity of people in both our residential and business communities and serve all with equal dedication. The Sheriff's Department is divided into six divisions: the Administrative, Patrol, Corrections, Bureau of Criminal Investigations (BCI), Special Operations, and Vice/Narcotics. The Sheriff's Department also has two highly trained emergency teams: Emergency Services Team (EST- composed of sworn deputy sheriffs) and the Emergency Response Team (ERT- composed of correctional officers).

Emergency Shelter

Three Oaks Center

Phone: 301-863-9535 x103

Address: 46905 Lei Drive

P.O. Box 776

Lexington Park, MD 20653

Hours: 8 a.m. – 4 p.m., Monday-Friday

Email: threeoaks@threeoakscenter.org

Website: www.threeoakscenter.org

Service: Three Oaks Center offers programs that provide the homeless in St. Mary's County with housing, stabilization, assessment, and referral to appropriate resources so they may return to living productive, self-sufficient lives in our community.

Wrapping Arms 'Round Many (WARM)

Phone: 240-725-5700

Address: P.O. Box 1174

Lexington Park, MD 20653

Hours: November-March

Website: <https://dhs.maryland.gov/local-offices/st-marys-county/>

Service: WARM is an interfaith non-profit organization. Churches of all backgrounds open their doors each winter to help the homeless. All WARM guests are given a warm, safe place to sleep, a delicious dinner and hot breakfast. Contact Social Services for intake into the program at the number listed. WARM hosts Council meetings the 2nd Thursday of every month, at 5 p.m., at Lexington Park United Methodist Church, 21760 Great Mills Road, Lexington Park, MD 20653.

Project ECHO

Phone: 410-535-0044

Address: P.O. Box 2764

Prince Frederick, Md 20678

Hours: 24/7

Email: projectecho@comcast.net

Website: www.projectecho.net/contact-us/

Service: Project ECHO house can accommodate 40-plus men, women, and children. More than just beds and meals, they provide a clean, safe, family-friendly environment to those who need it most. Our unique 90 day program gives each resident the opportunity to stabilize his or her life and offers many supplemental programs that encourage personal growth and independence.

Employment

Helmets to Hardhats

Phone: 866-741-6210
Address: 5715 16th St NW
Washington, DC 20011
Email: Marketingadmin@helmetstohardhats.org
Website: www.helmetstohardhats.org

Service: Helmets to Hardhats is a national, nonprofit program that connects National Guard, Reserve, retired and transitioning active-duty military service members with skilled training and quality career opportunities in the construction industry. The program is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry.

Senior Community Services Employment Program (SCSEP)

Phone: 31-877-872-5627
Address: 175 Post Office Road
Waldorf, MD 20602
Hours: 8 a.m. – 4:30 p.m. Monday-Friday
Email: eta.webportal@dol.gov
Website: www.doleta.gov/seniors/

Service: The Senior Community Services Employment Program is available to people ages 55 years and older, who are unemployed, meet established low-income guidelines and desire an opportunity for training and employment.

Southern Maryland JobSource

Phone: 301-844-6404
Fax: 240-237-8384
Address: 21795 North Shangri La Drive
Lexington Park, MD 20653
Hours: 8 a.m. – 4p.m., Monday-Friday
Email: stmarysajc@tccsmd.org
Website: <http://www.dllr.state.md.us/county/smd/>

Service: Southern Maryland JobSource is a partnership with local workforce development agencies providing employment and training services to job seekers and businesses. Southern Maryland JobSource strives to provide customer driven workforce services for all job-seeking customers; providing a variety of employment and support resources to assist individuals in achieving their employment goals and encourage lifelong learning.

Financial Assistance

Extra Help Program for Medicare Part D

Phone: 301-475-4200, ext. 1064

Address: 23630 Hayden Farm Lane
Leonardtown, MD 20650

Hours: 8 a.m. – 4 p.m., Monday-Friday, last entry 4 p.m.

Website: www.ssa.gov

Service: This program provides a federal subsidy toward the premium deductible, and co-payments for eligible persons enrolled in the Medicare Part D program. Applications are available online and at the Garvey, Loffler, and Northern Senior Activity Centers.

Helpers Overcoming Problems Effectively H.O.P.E

Phone: 301-737-2870

Fax: 301-863-7973

Address: The Episcopal Church of the Ascension
21641 Great Mills Road
Lexington Park, MD 20653

Hours: 9 a.m. – 12 p.m., Monday-Thursday

Email: h.o.p.e.somd@gmail.com

Website: hopesomd.org/about_us.aspx

Service: H.O.P.E. assists community residents with utility and fuel payments, one time only rental assistance and assistance for paying for medications. Persons can self-refer, be referred by their churches, or by the St. Mary's County Department of Human Services. In conjunction with the church housing the H.O.P.E. office, volunteers man a food bank four mornings a week.

Homeowners' Property Tax Credit

Phone: 410-767-1184 TTY: 800-735-2258

Fax: 410-333-7097

Address: 301 West Preston Street, Room 900
Baltimore, MD 21201

Email: sdat.411@maryland.gov

Website: www.dat.state.md.us

Service: The State of Maryland offers a program which allows credits against the homeowner's property tax bill if the property taxes exceed a fixed percentage of the person's gross income. This program is available to all homeowners regardless of their age. Persons age 60 and over may apply at the Garvey, Loffler, and Northern Senior Activity Centers, appointments can be made by calling 301-475-4200, ext. 1050.

Housing Authority of St. Mary's County

Phone: 301-866-6590
Fax: 301-737-7929
Address: 21155 Lexwood Drive, Suite C
Lexington Park, MD 20653
Email: rsmith@stmaryshousing.org
Website: www.stmaryshousing.org
Service: Provides rental assistance to eligible individuals, home-ownership opportunities, community improvements, and housing rehabilitation for all citizens in need and for the benefit of the county's economy.

LifeStyles, Inc.

Address: 21815-D Three Notch Road
Lexington Park, MD 20653
Phone: 240-237-8236
Fax: 240-237-8254
Website: lifestylesofmd.org
Service: Provides emergency financial assistance by appointment on Tuesday, Wednesday and Thursday from 9:30 am – 5 p.m. Food pantry is available once a month.

Maryland Energy Assistance Program (MEAP)

Phone: 301-274-4474
Address: 8383 Leonardtown Road
Hughesville, MD 20637
Hours: 9 a.m. – 3 p.m., Monday-Friday
Website: www.smtccac.org
Service: The Maryland Energy Assistance Program provides grants to assist with home heating and electric bills. Payments are made to fuel suppliers and utility companies on behalf of the customer. MEAP is available to all income eligible Maryland heating customers. MEAP also offers the UTILITY Service Protection Program (USPP). This program provides MEAP eligible households access to an even monthly payment program and protection from turnoffs. Applicants 60 and over can apply at the Garvey, Loffler, and Northern Senior Activity Centers, appointments can be made by calling 301-475-4200, ext. 1064.

Qualified Medicare Beneficiary Specified Low-Income Medicare Beneficiary (QMB/SLMB)

Phone: 301-475-4200, ext. 1050
Fax: 301-475-4503
Address: 23630 Hayden Farm Lane
P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Website: www.stmarysmd.com/aging

Service: Medicare beneficiaries who meet both income and asset guidelines can receive assistance paying their Medicare Part B premium and in some cases their deductibles and co-insurance. Applications can also be taken at the St. Mary's County Department of Aging & Human Services.

Renter's Tax Credit Program

Phone: 410-767-1184 TTY: 800-735-2258

Fax: 410-333-7097

Address: 301 West Preston Street, Room 900
Baltimore, MD 21201

Email: sdat.homestead@maryland.gov

Website: www.dat.state.md.us

Service: Provides renter's tax credits to persons who meet eligibility requirements. Persons age 60 and over or 100% disabled, under age 60 with dependent children, may qualify for small rebates on rent paid for low-income eligible persons. Eligibility is based on income, amount of rent paid, and length of residency. Applications are available at the Garvey, Loffler, and Northern Senior Activity Centers.

Saint Vincent DePaul of Immaculate Heart of Mary Church

Phone: 301-863-8144

Address: 22375 Three Notch Road
Lexington Park, MD 20653

Hours: 8:45 a.m. – 11:30 a.m., Monday, Wednesday, and Friday

Service: Assists Great Mills and Lexington Park residents with rent, electric, heating, food pantry, and prescription expenses.

St. Mary's County 65-10 Property Tax Credit

Phone: 301-475-4200, ext. 3300
Fax: 301-475-4946
Address: 23150 Leonard Hall Drive
P.O. Box 642
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Email: Christy.Kelly@stmarysmd.com
Website: www.stmarysmd.com/countytreasurer
Service: Provides a 10 percent reduction of the St. Mary's County portion of the tax bill for persons who are 65 years of age or older who have lived on their property for 40 years and/or are retired military and meet financial and home value guidelines.

St. Mary's County Senior Property Tax Credit

Phone: 301-475-4200, ext. 3300
Fax: 301-475-4946
Address: 23150 Leonard Hall Drive
P.O. Box 642
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Email: Christy.Kelly@stmarysmd.com
Website: www.stmarysmd.com/countytreasurer
Service: Persons age 70 and over who meet income guidelines may be eligible to receive a credit on their primary residence property tax.

Supplemental Security Income Social Security Administration

Phone: 800-772-1213 TTY: 800-325-0778
Address: 30071 Business Center Drive
Charlotte Hall, MD 20622
Hours: 9 a.m. – 4 p.m., Monday-Friday, closes at 12 p.m. on Weds.
Website: www.ssa.gov
Service: Individuals who are determined to be disabled by the Social Security Administration and/or persons age 65 and over who meet financial and asset guidelines may qualify to receive an additional monetary benefit from Social Security. Persons found eligible to receive SSI will also receive Maryland Medicaid benefits.

Washington Area Fuel Fund

Phone: 301-638-9532

Address: 11690 Doolittle Drive
Waldorf, MD 20602

Website: www.washingtonareafuelfund.org

Service: Washington Area Fuel Fund (WAFF), started more than 30 years ago, when Washington Gas and The Salvation Army partnered to establish WAFF and help local residents in need. During winter WAFF pays for all types of fuel to heat the homes of people in financial need. Applications are accepted January 1 through May 31. To apply for help from WAFF, you must go to The Salvation Army office in the county or city in which you live.

The Salvation Army Office for Calvert, Charles & St. Mary's Counties

Phone: 301-638-9532

Address: 1690 Doolittle Drive
Waldorf, MD 20602

Email: christopher.pachik@uss.salvationarmy.org

Website: www.salvationarmyusa.org

Service: The Southern Maryland Salvation Army office offers utility assistance, rent/mortgage assistance, prescription assistance. The office also operates a food pantry on a limited basis and coordinates Thanksgiving Baskets and Christmas toy assistance programs such as the Angel Tree and Christmas Connection.

Food Pantries & Soup Kitchens

First Saints Church

Phone: 301-475-7200
Address: 25550 Point Lookout Road
Leonardtown, MD 20650
Website: www.firstsaints.org
Email: office@firstsaints.org
Service: First Saints Church (St. Paul's) Leonardtown location provides a soup kitchen each Tuesday from 11 a.m. – 12:30 p.m. Food pantry is also open on Tuesdays from 11 a.m. - 12:30 p.m.

Good Samaritan Lutheran Church

Phone: 301-863-4740
Address: 20850 Langley Road
Lexington Park, MD 20653
Email: foodpantry@goodsamlutheran.com
Website: www.goodsam.community/serve/
Service: Our Daily Bread Food Pantry is open 10:00 am to 12:00pm on Wednesdays & Fridays each week. Closed on holidays that might fall on those dates. The pantry is located in the basement of the middle building on the campus of Good Samaritan Lutheran Church.

St. Mary's Helping Hands Food Pantry

Address: 28291 Old Village Road
Mechanicsville, MD 20659
Website: [Facebook.com/st.marys.helping.hands](https://www.facebook.com/st.marys.helping.hands)
Service: Helping Hands food pantry is open Fridays from 10 a.m. – 1 p.m.
Donations of food and money accepted.

The Mission Food Pantry & Donation Center

Address: God's House of Refuge
46694 Midway Drive
Lexington Park, Maryland 20653
Website: <https://seekingshelter.com/>
Service: The Mission pantry is open for donations Monday-Thursday from 10 a.m. – 1 p.m. Currently only open to receive donations of warm clothing, blankets, winter shoes, food and bottled water.

Helpers Overcoming Problems Effectively H.O.P.E

Phone: 301-737-2870
Fax: 301-863-7973
Address: The Episcopal Church of the Ascension
21641 Great Mills Road
Lexington Park, MD 20653
Email: h.o.p.e.somd@gmail.com
Website: hopesomd.org/about_us.aspx

Service: The food pantry is available for people with emergency food needs in the Lexington Park area. The food pantry is located in the Church undercroft and is open Monday and Thursday from 9 a.m. – 12 p.m. Drive-thru ONLY. Donations of food and money accepted.

Immaculate Heart of Mary Church

Phone: 301-863-8193
Address: 22375 Three Notch Road
Lexington Park, MD 20653
Website: www.ihmrcc.org

Service: Handled by St. Vincent de Paul Immaculate Heart of Mary, the food pantry is open Monday, Wednesday, & Friday from 8:30 a.m. – 11:30 a.m. BY APPOINTMENT ONLY. Financial assistance is also available at that time.

Lexington Baptist Church

Phone: 301-862-2552
Address: 46855 S. Shangri-La Drive
Lexington Park, MD 20653
Email: office@lpbconline.org
Website: www.lpbconline.org

Service: Lexington Park Baptist Church provides food pantry assistance each Wednesday, 1 p.m.- 3 p.m. Donations of food and money accepted. Please enter the food pantry from Willows Road parking lot.

LifeStyles Of Southern Maryland

Address: 21815-D Three Notch Road
Lexington Park, MD 20653
Phone: 301-609-9900 ext. 205
Email: jball@lifestylesofmd.org (Jakia Ball)
Website: lifestylesofmd.org

Service: Provides emergency financial assistance by appointment on Tuesday, Wednesday and Thursday from 9:30 am – 5 p.m. Food pantry is available once a month.

Mt. Zion United Methodist Church

Hungry Team

Phone: 301-884-4132
Fax: 301-884-4010
Address: 27108 Mt. Zion Church Road
Mechanicsville, MD 20659
Email: admin-mtzion@md.metrocast.net
Website: www.mtzionmech.org
Service: The Hungry Team provides a food pantry every other Friday from 8 a.m. -11 a.m.

Our Lady of the Wayside Church

Phone: 301-884-2502
Address: 37575 Chaptico Road
Chaptico, MD 20621
Website: www.olwrcc.org
Email: pantry@olwrcc.org
Service: The Mary Lou Gough Food Pantry is open in the Loretto Hall the second and fourth Thursday of the month from 10 a.m. – 12 p.m.

SHARE Food Network

Phone: 202-772-4300
Address: 924 G Street, NW
Washington, DC 20001
Email: communications@catholiccharitiesdc.org
Website: www.catholiccharitiesdc.org/share
Service: The SHARE Food Network provides monthly value packages of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items, and 8-9 pounds of fresh produce that cost \$21 and are worth \$40-\$50.

Locations:

Immaculate Heart of Mary
22375 Three Notch Road
Lexington Park, MD 20653
301-863-8490

Restoration Free Gospel Church
19895 Three Notch Road
Lexington Park, MD 20653
301-863-4506

Mt. Zion Church
27108 Mt. Zion Church Road
Mechanicsville, MD 20659
240-682-4692

St. Cecilia's Catholic Church

Phone: 301-862-4600
Address: 47950 Mattapany Road
St. Mary's City, MD 20686
Website: www.stceciliarcc.com
Service: St. Cecilia's Food Pantry is open on Mondays from 9:00 a.m. to 12:00 p.m. They are pre-bagging food and handing it out to those who come by.

St. Mark's UAME Church

Phone: 301-994-2090
Address: 45685 Happyland Road
Valley Lee, MD 20692
Website: www.smuame.org
Email: St.MarkBOLFoodPantry@gmail.com
Service: St. Mark's UAME Bread of Life food pantry provides food to local residents in need. Open every Monday from 12 p.m. – 2:30 p.m.

St. Mary's Caring Soup Kitchen

Phone: 301-863-5700
Address: 20850 Langley Road
Lexington Park, MD 20653
Website: www.stmaryscaring.org
Service: St. Mary's Caring soup kitchen provides breakfast and lunch, Monday – Saturday, free of charge to those in need. Lunch will be handed out, 1 per person, between 11:30 a.m. and 1 p.m., Monday-Saturday and Breakfast will be handed out, 1 per person, Saturday between 8:30 a.m. and 10 a.m.

Trinity Lutheran Church

Phone: 301-863-9512
Address: 46707 S. Shangri-La Drive
Lexington Park, MD 20653
Email: office@trinitylutheranlp.org
Website: www.trinitylutheranlp.org
Service: The mission of the Trinity Care Pantry is to share the love of Christ with members of the community by distributing food to those who would otherwise go without. The Trinity Care Pantry is open every Tuesday evening from 6:00 p.m. until 7:30 p.m.

Health Insurance

Employed Individuals With Disabilities

Address: 6 St. Paul Street 4th Floor
Baltimore, MD 21202

Phone: 410-767-7090

Website: mmcp.health.maryland.gov/eid

Service: Provides Maryland Medicaid benefits to persons under age 65 who have been determined by the Social Security Administration to be disabled and who can provide verification of active employment. Enrollees must also meet financial eligibility guidelines.

Health Share of St. Mary's County

Phone: 240-895-7000

Fax: 240-895-7099

Address: PO Box 1208
Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: healthshareofstmarys@gmail.com

Website: www.healthshareofstmarys.com/

Service: Health Share provides access to primary care physicians, co-pays on generic drugs and limited outpatient services at MedStar St. Mary's Hospital for adults whose income is less than 200% of the federal poverty guidelines. In some cases, emergency dental care is available. In-kind support for Health Share is provided through a partnership between the St. Mary's County Department of Social Services, St. Mary's County Health Department, and MedStar St. Mary's Hospital. Financial support for Health Share comes from donations from individuals and community organizations in St. Mary's County. Health Share is a proud member of the United Way of St. Mary's County

Kidney Disease Program

Phone: 410-767-5000

Address: 201 West Preston Street, Room SS-3
Baltimore, MD 21201

Website: mmcp.health.maryland.gov/familyplanning/Pages/kidneydisease.aspx

Service: The Kidney Disease Program of Maryland serves as a payer of last resort for dialysis treatment related to end stage renal disease. Eligibility is based on income; however, some enrollees will be responsible for a monthly participation fee. Program includes coverage of some prescription drugs.

Livanta

Phone: 888-396-4646 TTY: 888-985-2660
Address: 10820 Guilford Road, Suite 202
Annapolis Junction, MD 20701
Hours: 9 a.m. – 5 p.m., Monday-Friday
Email: Communications@Livanta.com
Website: www.livantaqio.com

Service: Livanta is a Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO). BFCC-QIOs are responsible for medical case review, which supports the rights of people on Medicare. These rights include protecting you when you get health care and making sure you get the health care services the law says you can get. BFCC-QIOs can help you if you have a concern about the care you have been receiving or if you want to request a review (appeal) of your discharge from a health care facility.

Maryland Insurance Administration

Phone: 410-468-2000
Address: 200 St. Paul Place, Suite 2700
Baltimore, MD 21202
Website: www.insurance.maryland.gov

Service: The Maryland Insurance Administration responsibilities are to protect Maryland consumers by regulating the state's insurance companies and producers. They investigate complaints consumers have about their insurance coverage, including but not limited to, life, health, automobile, and homeowners; license insurance companies and producers operating in Maryland; conduct financial examinations of insurance companies to ensure solvency; conduct market examinations to ensure compliance with Maryland's insurance laws; investigate acts of insurance fraud; and review and approve rates and contract forms.

MedStar St. Mary's Hospital: AccessHealth

Phone: 301-475-6019
Address: East Run Center
21165 Great Mills Road
Lexington Park, MD 20653
Website: www.medstarstmarys.org

Service: Access Health is a program offered by MedStar St. Mary's Hospital that aims to provide assistance to hospital patients that face barriers to receiving the health care they need. AccessHealth is available to all St. Mary's County residents who have one of the following chronic diseases: asthma, diabetes, hypertension/high blood pressure, congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD) or behavioral health issues.

Medicaid

Phone: 301-475-4330
Address: 21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Website: www.smchd.org

Service: Representatives assist persons who do not receive Medicare benefits to apply for community Medicaid benefits. Medicaid provides comprehensive health insurance to those that financially qualify.

Medicare

Phone: 1-800-633-4227
Website: www.medicare.gov

Service: Health insurance for persons age 65 and over or who receive Social Security Disability. Medicare helps to pay for inpatient hospital care, outpatient services, home health care, durable medical equipment, and skilled nursing care. Applications are made through the Social Security Administration in-person, by phone, or on-line at www.ssa.gov.

Seedco

Phone: 855-339-3007
Address: 22330 Chancellors Run Road, Unit E
Great Mills, MD 20634
Website: www.seedco.org/affordable-health-care-maryland

Service: Delivers in-person assistance, outreach, education, and enrollment in both qualified health plans and state insurance options, at no cost. They help compare health insurance plans and shop confidently for quality health coverage that meets the needs and budget of you and your family. Application must be completed to determine eligibility for financial assistance in a qualified health plan or Medicaid.

St. Mary's Breast & Cervical Cancer Program

Phone: 301-475-4330
Address: 21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/cancer/

Service: The Breast & Cervical Cancer Screening Program helps eligible women receive screening services for breast and cervical cancer, such as regular breast exams, mammograms, Pap tests, and associated diagnostic services at no cost.

State Health Insurance Assistance Program (SHIP)
St. Mary's County
Department of Aging & Human Services

Phone: 301-475-4200, ext. 1064

Fax: 301-475-4503

Address: 23630 Hayden Farm Lane

P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Debbie.Barker@stmarysmd.com

Website: www.stmarysmd.com

Service: Free counseling services are available to all Medicare beneficiaries.

Assistance is available with Medicare, Medigap, Medicaid, prescription drug plans (Part D), etc. at the Garvey, Loffler and Northern Senior Activity Centers.

Health Services & Information

Alzheimer's Association Southern Maryland Regional Office

Phone: 240-518-8496
Helpline: 800-272-3900 (24/7)
Fax: 301-934-5858
Address: 10665 Stanhaven Place Suite 3115
White Plains, MD 20695
Email: ncacomm@alz.org
Website: www.alz.org/nca
Service: Provides education, information, support services and 24-hour helpline.

American Cancer Society

Phone: 301-982-2161, option 3 TTY: 866-228-4327
Helpline: 800-227-2345 (24/7)
Address: 7 7500 Greenway Center Drive, Suite 300
Greenbelt, MD 20770
Website: www.cancer.org
Service: Provides resource information, educational materials, drug therapy studies, and support groups. Transportation to chemotherapy appointments may also be provided.

American Diabetes Association of Maryland

Phone: 410-265-0075
Fax: 410-235-4048
Address: 2002 Clipper Park Road, Suite 110
Baltimore, MD 21211
Email: ADAMD@diabetes.org
Website: www.diabetes.org
Service: Provides education and assistance to individuals with diabetes. Provides support to families on how to cope with this disease.

American Heart Association Southern Maryland Division

Phone: 410-685-7074
Address: 217 E. Redwood Street, 11th Floor
Baltimore, MD 21201
Email: Review.personal.info@heart.org
Website: www.heart.org
Service: Stroke club, CPR courses, educational material, medical research and educational resources to combat effects of cardiovascular disease and stroke.

American Lung Association of Maryland

Phone: 302-565-2073
Address: 211 East Lombard Street, Suite 260
Baltimore, MD 21202
Email: Dina.Gordon@lung.org
Website: www.lung.org
Service: Provides lung disease support services and newsletter.

American Red Cross Southern Maryland Chapter

Phone: 410-624-2000
Address: 7480 Baltimore Annapolis Blvd.
Glen Burnie, MD 21061
Website: www.redcross.org/somd
Service: Provides assistance to persons with emergency needs in times of disaster including house fires. Provides training in family caregiving, CPR, First Aid, and other safety classes.

Diabetes Self-Management

Phone: 301-475-6019
Fax: 240-434-7499
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Website: www.medstarstmarys.org
Service: As a supplement to one-on-one diabetes education program, our diabetes educators offer group education opportunities for diabetics and their families. Call for dates and times.

Fresenius Kidney Care

Phone: 301-870-2174 or 301-737-6094
Locations: Leonardtown and California, MD
Website: www.freseniuskidneycare.com/
Service: Provides kidney dialysis.

Locations:

40865 Merchants Lane
Leonardtown, MD 20650
Open Monday-Saturday

Kidney dialysis is available in the medical center and in-home.

44930 Worth Avenue
California, MD 20619

Open Monday, Wednesday, and Friday
Kidney dialysis is available in the medical center only.

Health Connections

Phone: 301-475-6019
Fax: 240-434-7499
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday

Website: www.medstarstmarys.org

Service: Each month MedStar St. Mary's offers free or low-cost informative, supportive and educational health and wellness programming for young and old alike. Call for a list of monthly events and classes.

Living Well with Chronic Conditions MedStar St. Mary's Hospital

Phone: 301-475-6019
Fax: 240-434-7499
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday

Email: communityhealth@medstar.net

Website: www.medstarstmarys.org

Service: A six week, 2 ½ hour workshop series for anyone with a chronic condition or caregiver of someone with a chronic condition. This program is appropriate for anyone wishing to have a better quality of life while dealing with chronic conditions. Call for dates and times.

Living Well with Chronic Conditions

Department of Aging & Human Services

Phone: 301-475-4200, ext. 1063

Fax: 301-475-4503

Address: 3630 Hayden Farm Lane
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry at 4 p.m.

Website: www.stmarysmd.com/aging

Service: A 6-week workshop series for anyone living with or caring for an individual with a chronic condition. Classes offered at the Northern, Garvey, and Loffler Senior Activity Centers. Call for dates and times.

Living Well with Diabetes

Department of Aging & Human Services

Phone: 301-475-4200, ext. 1063

Fax: 301-475-4503

Address: 3630 Hayden Farm Lane
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry at 4 p.m.

Website: www.stmarysmd.com/aging

Service: Do you or a loved one struggle with controlling diabetes? Have you been recently diagnosed with diabetes and you want to know how to live a healthy lifestyle? This series is for you. Living Well with Diabetes is a 6-week workshop that teaches participants to manage the symptoms of Diabetes by taking control of their health. This workshop is free of charge and attendance at all 6 sessions is highly recommended for best results. Classes offered at the Northern, Garvey, and Loffler Senior Activity Centers. Call for dates and times.

MedExpress Urgent Care

Phone: 301-862-1807

Address: 45325 Abell House Lane
California, MD 20619

Website: www.medexpress.com

Service: Walk-in care for minor illnesses and injuries.

MedStar PromptCare

Phone: 301-290-1499
Address: 37767 Market Drive
Charlotte Hall, MD 20622
Website: www.medstarstmarys.org

Service: Our urgent care center cares for people of all ages. We have on-site X-ray and laboratory for faster diagnosis and treatment, and our providers communicate with your primary care physician so your care is seamless. If you need follow-up, we connect you to a specialist and help schedule the appointment.

MedStar St. Mary's Hospital

Phone: 301-475-8981
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Website: www.medstarstmarys.org

Service: A full-service acute care facility, fully licensed and Joint Commission accredited with over 250 physicians in all major specialties and many sub-specialties. A directory of physicians and services is published annually.

Quit Tobacco Classes

Phone: 301-475-4330
Address: 21580 Peabody Street
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/tobacco/

Service: St. Mary's County Health Department is scheduling Quit Tobacco Classes. Free quit smoking classes are offered one hour per week for eight weeks along with free medication to help you quit. Classes provide group support and understanding, and are important in the quitting process. You will gain knowledge about your smoking habit along with behavior modifications, stress management and quit smoking techniques.

Righttime Medical Urgent Care

Phone: 888-808-6483
Address: 44980 St Andrews Church Rd
California, MD 20619
Website: www.myrighttime.com/california
Service: Walk-in care for minor illnesses and injuries.

St. Mary's Colorectal Cancer Screening Program

Phone: 301-475-4330

Address: 21580 Peabody Street
Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: smchd.healthdept@maryland.gov

Website: smchd.org/colorectal-cancer-screening-diagnosis-and-treatment/

Service: The Colorectal Cancer Screening Program helps eligible residents receive recommended screening services at no cost. Limited funds may also be available to help with treatment costs for colorectal cancer.

Women's Wellness of St. Mary's

Phone: 301-475-4391 TTY: 301-475-4724

Fax: 301-475-4345

Address: 21580 Peabody Street
Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: smchd.healthdept@maryland.gov

Website: www.smchd.org/womens-health/

Service: Provides mammograms, clinical breast exams, and Pap smears every other year for women age 40 and over who meet financial eligibility.

Home Health Services

Adventist Healthcare

Phone: 301-592-4400

Address: 820 West Diamond Ave, #600
Gaithersburg, MD 20878

Website: www.AdventistHomeCare.com

Service: Provides nursing, physical, occupational, speech therapy, home health aides, and medical social work. All services require a doctor's order, with the exception of the home health aides. Adventist Healthcare services the St. Mary's County area.

Chesapeake-Potomac Home Health Agency

Phone: 301-274-9000, ext. 117

Fax: 301-274-9009

Address: 7627 Leonardtown Road
Hughesville, MD 20637

Website: www.cphha.org

Service: Provides skilled nursing; physical; occupational; speech therapy; home health aides and medical social work. All services require a doctor's order. The agency offers in-home medication management and private duty phlebotomy services. Certified wound enterostomal specialist on staff. Agency accepts private insurance, Medicare and Medicaid.

Family & Friends Health Care, Inc.

Phone: 301-909-0143

Fax: 208-475-7917

Address: 9642 Marlboro Pike
Upper Marlboro, MD 20772

Website: www.familyandfriendshc.com

Service: Provides home healthcare, personal care services, DME supplies, and respite services in the St. Mary's County area.

Freedom Home Care

Phone: 443-364-4663

Address: 2525 Riva Road
Annapolis, MD 21401

Email: clientresponse@freedomhomecaremd.com

Website: www.freedomhomecaremd.com

Service: Provides skilled and non-skilled home health services, qualified to provide Alzheimer's and dementia care, recuperative care after surgery, illness, injury; management of medical and hospice assistance, and companionship services.

Hospice of St. Mary's

Phone: 301-994-3023
Address: Physical: 44724 Hospice Lane
Callaway, MD 20620
Mailing: PO Box 625
Leonardtwn, MD 20650

Website: www.hospiceofstmarys.org/

Service: Medicare certified, hospice offers nursing facility care, in-home care and counseling to terminally ill patients and their families. Bereavement and grief counseling are available.

MedStar Health Visiting Nurse Association

Phone: 240-965-2900
Address: 4061 Powder Mill Road, Suite 210
Calverton, MD 20705

Email: info@medstarhealthvna.org

Website: www.medstarhealthvna.org

Service: MedStar Visiting Nurse Association (VNA) brings the services, technologies and therapies of a medical center into the comfort and privacy of patients' homes. We provide physician-prescribed home health care services for homebound patients and those who are disabled or living with a chronic condition.

Options for Senior America

Phone: 301-392-1387
Address: 1 Oak Avenue
LaPlata, MD 20646

Email: Laplata@optionscorp.com

Website: www.optionscorp.com/find_branch

Service: Options for Seniors America provides Companionship, Personal Care, Skilled Nursing Care, Live-in, Hospice Care, Special Needs Care, and Respite Care in the St. Mary's County area. Services are paid for by long-term care insurance or private pay; Medicare and Medicaid are not accepted.

Response Senior Care

Phone: 410-571-2744
Address: 31 Old Solomons Island Rd Suite B,
Annapolis, MD 21401

Email: info@response-seniorcare.com

Website: www.response-seniorcare.com

Service: Licensed by the State of Maryland Department of Health as a residential Services Agency and recognized by the Maryland Department of Aging as a quality care provider. Response Senior Care offers Care Management with Response Senior Care's AdviCare Program, Home Care Services, Respite and Interim Care, Personal Care, and Companionship and Socialization.

Step By Step In Home Care, LLC

Phone: 301-690-9003
Address: 22330 Chancellors Run Road, Unit C
Great Mills, MD 20634
Email: info@stepbystepinhomecare.com
Website: www.stepbystepinhomecare.com

Service: Step By Step Assisted Living provides multi-dimensional range of Home Care services whether the senior still lives in their own home or are currently living in an assisted living facility. Specialized care services include personal grooming, post surgery or procedure care, companion care, meal preparation and medication reminders and medicine administration.

Visiting Angels

Phone: 301-396-8400
Address: 50 Post Office Road, Suite 201
Waldorf, MD 20602
Website: www.visitingangels.com

Service: Provides non-medical, in-home care services to include personal care, transportation, light housekeeping, and meal preparation.

Housing

Accessible Homes for Seniors

Phone: 301-475-4200, ext. 1064
Fax: 301-475-4503
Address: 23630 Hayden Farm Lane
P.O. Box 653
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Debbie.Barker@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: Provides a 0% interest home improvement loan to eligible persons age 55 and over who wish to make accessibility improvements to their home such as wheelchair ramps, bathroom modifications, widening of doorways, etc. Loans are provided through the Maryland Department of Housing and Community Development.

Cedar Lane Senior Living Community

Phone: 301-475-8966
Address: 22680 Cedar Lane Court
Leonardtown, MD 20650

Email: info@cedar-lane.org

Website: www.cedar-lane.org

Service: Offering senior living at market rate and HUD subsidized rates. Available are studio, one bedroom, and two bedrooms, all with private bath and kitchen area. Individuals with disabilities also are welcome to apply. All apartments are private. On site amenities include: dining room (with a lunch plan available), convenience/gift shop, beauty/barber shop, exercise room, two lounges, library, daily social and recreational activities, free grocery delivery, free pharmacy delivery, a wireless emergency call system plus an emergency pendant program. 24/7 monitored front entrance, and handicapped accessible parking.

Christmas In April

Phone: 301-884-2905
Address: 28231 Three Notch Road
Mechanicsville, MD 20659

Email: darenek@christmasinaprilsmc.org

Website: www.christmasinaprilsmc.org

Service: Christmas In April provides free home repairs to individuals based on need, finances, and disability. Applications are accepted May-October for repairs that will be made in April the following year. Applications are available at the Garvey, Loffler and Northern Senior Activity Centers.

Home Repair Loan Programs

Phone: 301-866-6590, ext. 1433 TTY: 800-735-2258

Fax: 301-737-7929

Address: 21155 Lexwood Drive, Suite C
Lexington Park, MD 20653

Email: rsmith@stmaryshousing.org

Website: www.stmaryshousing.org

Service: Provides home repair loan programs to help citizens who meet the program requirements, make necessary repairs to their homes such as, public sewer connections, replacement or installation of wells, septic systems, roofs, windows, doors, electric service, and accessibility concerns. Loan funds are also available to property owners who rent to income eligible tenants. Interest rates vary from 0-7% and monthly payments and terms vary based on income and affordability. Applicants must be credit worthy. There is no minimum income limit.

Housing Authority of St. Mary's County

Phone: 301-866-6590

Address: 21155 Lexwood Drive, Suite C
Lexington Park, MD 20653

Hours: 8 a.m. – 5 p.m., Monday-Friday

Website: www.stmaryshousing.org

Service: Provides rental and homeownership opportunities to eligible individuals, community improvements, and housing rehabilitation for all citizens of need and for the benefit of the county's economy.

Joe Baker Village

Phone: 301-862-9177

Address: 21260 Joe Baker Court
Lexington Park, MD 20653

Service: Equal Housing Opportunity, complex for the elderly and people with disabilities. The Village is set up for moderate-income families.

Lexington Park Adult Community

Phone: 240-725-0111
Address: 21895 Pegg Road
Lexington Park, MD 20653
Website: <https://www.facebook.com/Lexington-Park-Adult-Community-189860787744291/>
Email: lexingtonpark@intermarkmgt.com
Service: A senior independent living community for persons age 55 and older. One and two bedroom unfurnished apartments, utilities included in rent and a lot of amenities. Housing vouchers accepted.

New Towne Village

Phone: 301-475-3161
Fax: 301-475-0097
Address: 22810 Dorsey Street
Leonardtown, MD 20650
Email: 0945@nationalchurchresidence.org
Website: www.nationalchurchresidences.org/communities/new-towne-village/
Service: A 35 unit, independent living building for seniors age 62 and over; 10% of which is set aside for residents with disabilities.

Discovery Commons at Wildewood

Phone: 301-960-3863
Fax: 301-863-3020
Address: 23185 Milestone Way
California, MD 20619
Email: info@wildewoodseniorliving.com
Website: www.discoverycommons.com/
Service: Discovery Commons at Wildewood Assisted Living and Memory Care. We offer experienced staff members, affordable rates, private or shared suites and excellent care to our seniors. Come in and tour our beautiful community.

Tri-County Community Action Committee, Inc.

Phone: 301-274-4474 or 301-870-3770
Address: 8377 Old Leonardtown Road
P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Assist qualified individuals with home ownership.

United States Department of Agriculture Rural Development Program

Phone: 301-934-9588, ext. 108

Fax: 855-401-6645

Address: 101 Catalpa Drive, Suite 106A
LaPlata, MD 20646

Website: www.rd.usda.gov/

Service: Provides home repair grants and/or loans to rural homeowners' who meet qualifications.

Victory Woods Apartments

Phone: 301-866-9191

Address: 22611 FDR Boulevard
Lexington Park, MD 20653

Email: victorywoods@habitatamerica.com

Website: www.habitatamerica.com/communities/victory-woods/

Service: Senior Living Community for ages 62 and over. Income limits apply.

Information and Assistance

Department of Aging & Human Services Senior Information & Assistance

Phone: 301-475-4200, ext. 1064
Fax: 301-475-4503
Email: medicarequestions@stmarysmd.com
Website: www.stmarysmd.com/aging

Service: Senior Information and Assistance provides seniors and their families with guidance and referrals to Department of Aging & Human Services programs, public and private community sources, and information regarding assistance programs. Service coordination is available to seniors who require assistance in accessing services, applying for various programs, or simply need help or information about a variety of issues.

Garvey Senior Activity Center
23630 Hayden Farm Lane
Leonardtown, MD 20650
301-475-4200, ext. 1064

Loffler Senior Activity Center
21905 Chancellors Run Road
Great Mills, MD 20634
301-475-4200, ext. 1654

Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD 20622
301-475-4200, ext. 3104

Division of Rehabilitation Services (DORS)

Phone: 301-475-9612
Address: 23110 Leonard Hall Drive
Leonardtown, MD 20650
Email: Leonardtown.dors@maryland.gov
Website: www.dors.maryland.gov

Service: Offers programs and services that help people with disabilities go to work, or stay independent in homes.

Maryland 2-1-1

Phone: 2-1-1 or 301-864-7161
Address: 1800 Washington Boulevard, Suite 340
Baltimore MD 21230
Email: info@211MD.org
Website: www.211md.org

Service: 2-1-1 Maryland is partnership of four agencies working together to provide simple access to health and human services information. Every hour of every day, people need essential human services. They are looking for help finding affordable housing, food, employment training, utility payment assistance, services for their children or aging parents, and many other issues. Whether you are an individual looking for help for yourself, a friend or a family member, we are here to help you find resources to help solve your problem. Our specially trained call specialists answer calls 24 hours every day of the year.

Maryland State Library for the Blind and Physically Handicapped

Phone: 800-964-9209 or 410-230-2424
TTY: 800-934-2541 or 410-333-8679
Address: 415 Park Avenue
Baltimore, MD 21201
Email: Reference.desk@maryland.gov
Website: www.lbph.lib.md.us

Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

St. Mary's County Libraries

Charlotte Hall Library

Phone: 301-884-2211
Address: 37600 New Market Road
Charlotte Hall, MD 20622

Garvey Senior Activity Center & Leonardtown Library

Phone: 301-475-2846
Address: 23630 Hayden Farm Lane
Leonardtown, MD 20650

Lexington Park Library

Phone: 301-863-8188
Address: 21677 FDR Boulevard
Lexington Park, MD 20653

Website: www.stmalib.org

Service: A library card is free to all residents of Maryland. The library maintains a wide collection of books, including large print editions, audio books, DVDs, musical recordings, magazines, newspapers and downloadable audio books and eBooks, eReaders, computers, Internet access, including wireless, copiers, scanners and fax are available for public use. Staff is available to provide customer service and assistance with reference. The library offers programs throughout the year including free computer classes at all three branches with eReader instruction.

With a library card, library service is available 24/7 through the library's website (www.stmalib.org). Library card holders can manage their accounts, search for books, research using the free online databases, download free ebooks and audio books and obtain reading suggestions.

Legal Services

Attorney General, State of Maryland Consumer Protection Division

Phone: 301-274-4620 or 866-366-8343

Address: 15045 Burnt Store Road
Hughesville, MD 20637

Email: consumer@oag.state.md.state

Website: www.oag.state.md.us/consumer

Service: The Consumer Protection Division provides mediation services to consumers to help resolve complaints against businesses and health insurance carriers. The Division can also provide information about complaints that have been filed against businesses and provide publications to help you make good decisions in the market place.

Legal Aid Bureau, Inc. Southern Maryland Office

Phone: 301-932-6661 or 877-310-1810

Fax: 301-274-4172

Address: 15045 Burnt Store Rd., 3rd fl
Hughesville, MD 20637

Hours: 9 a.m. – 5 p.m., Monday-Friday

Website: www.mdlab.org

Service: Legal Aid Bureau handles civil (non-criminal) cases, involving a wide range of issues, including custody, housing, public benefits, and consumer law. We also represent senior citizens. Nursing home and assisted living residents also receive specialized representation. Maryland Legal Aid's mission is to provide high quality legal services to the state's poor through a mix of services and to bring about changes poor people want in the system that affect them.

Maryland Volunteer Lawyer Service

Phone: 410-547-6537 or (410) 539-6800

Fax: 443-451-4081

Address: 201 North Charles Street, Suite 1400
Baltimore, MD 21201

Hours: 9 a.m. – 12 p.m., Monday-Thursday

Email: info@mvslaw.org

Website: www.mvslaw.org

Service: Volunteer lawyers provide their services free of charge to eligible clients. Types of cases handled include: simple divorce, tax problems, bankruptcy, adult guardianship, deed change, wills, powers of attorney, etc. Criminal and fee generating cases are not accepted.

People's Law Library

Phone: 410-260-1392
Website: www.peoples-law.org
Service: A legal information and self-help website tailored to Maryland residents. Direct users through legal proceedings, and refers to free legal services providers.

Senior Legal Hotline

Phone: 410-539-5340 or 800-999-8904 (Maryland)
Address: 350 Fifth Avenue, Suite 4310
New York, NY 10118
Website: www.seniorlaw.com/senior-legal-hotlines
Service: The hotlines are for ages 60 and over; hotlines are staffed with attorney's who give legal advice on the phone. The attorney's admitted to the bar of your state so that all professional standards apply. The hotlines carry malpractice insurance. The service is limited to phone advice although some of the hotlines will do brief services such as review a document or write a letter for the client's signature. They can also make referrals to more full service type services in appropriate circumstances.

Sixty Plus Legal Program

Phone: 410-685-7878 or 800-999-8904, ext. 7760
Fax: 410-685-1016
Address: 520 West Fayette Street
Baltimore, MD 21201
Website: www.msba.org/sections/elder/publicservice.aspx
Service: Persons age 60 and over with limited incomes may receive assistance with wills, deeds, small estate administration (probate), living wills and power of attorney in their area for a small fee.

Southern Maryland Center for Family Advocacy

Phone: 301-373-4141
Fax: 301-373-4147
Address: 23918 Mervell Dean Road
P.O. Box 760
Hollywood, MD 20636
Email: smcfaoffice1979@gmail.com
Website: www.smcfa.net
Service: Southern Maryland Center for Family Advocacy is a non-profit agency whose function is to provide advocacy, legal assistance and information/referral to victims of domestic violence in the Southern Maryland region.

St. Mary's County Department of Social Services

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4 p.m., Monday-Friday
Website: <https://dhs.maryland.gov/local-offices/st-marys-county/>
Service: Serves as a guardian of person for individuals under 65 who are determined legally incompetent and are without a support system.

Medical Equipment

A Community That Shares, Inc. (A.C.T.S.)

Phone: 301-769-4199

Address: 21808 Colton's Point Road
Avenue, Maryland 20609

Email: Actsmail1@Gmail.com

Website: www.acts-smc.org

Service: A.C.T.S. is a non-profit community service organization provides the temporary use of in-home convalescent equipment, such as hospital beds, wheelchairs, and walkers, at no charge to residents of St. Mary's County. adaptations.

Fran's Nu Image Mastectomy and Wig Salon

Phone: 301-843-9282

Address: 11705 Berry Road, Suite 303, Barley Professional Bldg
Waldorf, MD 20603

Hours: By appointment: 10 a.m. – 4 p.m., Monday-Friday,

Email: fransnuimage@comcast.net

Website: www.fransnuimage.com

Service: Fran's Nu Image is an ABC Accredited Facility that provides the latest in post-mastectomy technology. We offer a wide array of external breast prostheses and bras to suit the client's specific individualized needs. The Wig Boutique features top of the line hair, scarves, sleep caps and hats. Swimwear, compression garments, and other specialty items are available as well. Certified experienced fitters are on staff.

Home Health Products Express

Phone: 301-884-2944 or 240-298-7329

Address: Hughesville, MD 20637

Email: mariquade@aol.com

Service: Certified Fitter of Compression Garments. We provide quality medical equipment and supplies for home, office and institutional use.

Mental Health Services

MedStar St. Mary's Hospital

Phone: 301-475-6232
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Website: www.medstarstmarys.org
Service: Provides 24-hour emergency psychiatric evaluations, day treatments and inpatient programs.

Pastoral Counseling Center of St. Mary's, Inc.

Phone: 301-863-9333
Address: 21641 Great Mills Road
P.O. Box 914
Lexington Park, MD 20653
Email: info@pccstmary.org
Website: www.pfccsomd.org
Service: Provides marriage, individual, and family counseling services to individuals regardless of their ability to pay. Specialty services offered include therapy for depression and anxiety, counseling for couples, families and grief, parenting support, work and career issues, stress management, addiction and recovery, and conflict resolution.

Pathways, Inc.

Phone: 301-375-3065, ext. 225
Address: 44101 Airport View Drive
P.O. Box 129
Hollywood, MD 20636
Hours: 8:30 a.m. – 4:30 p.m., Monday-Thursday
8 a.m. – 4 p.m. Fri.
Email: info@pathwaysinc.org
Website: www.pathwaysinc.org
Service: Pathways specializes in a range of services including psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with mental illness, and vocational support for persons with a mental illness and/or brain injury.

Pro Bono Counseling Project

Phone: 410-825-1001

Fax: 410-825-1388

Address: 5900 Metro Drive
Baltimore, MD 21215

Hours: 9 a.m. – 5 p.m.

Website: www.probonocounseling.org

Service: Provides free mental health services for men and women over age 55 to prevent victimization from abuse, neglect and financial exploitation. This program links victim and/or family member to a licensed mental health professional who will provide care at no cost.

Southern Maryland Community Network

Phone: 301-475-9315

Fax: 301-475-9317

Address: 41900 Fenwick Street, Suite 5
Leonardtown, MD 20650

Website: <http://smcni.org/>

Service: Southern Maryland Community Network, Inc., is a private, non-profit mental health agency serving individuals in the Tri-County area that have been diagnosed with severe and persistent mental illnesses.

St. Mary's County Health Department Behavioral Health

Phone: 301-475-4330

Fax: 301-475-9434

Address: 21580 Peabody St.
Leonardtown, MD 20650

Email: smchd.lbha@maryland.gov

Website: www.smchd.org/behavioralhealth

Service: The Local Behavioral Health Authority (LBHA) is part of the St. Mary's County Health Department and serves as the local point of contact in assisting individuals with access to behavioral health services (mental health, substance use treatment, and prevention). The LBHA is responsible for monitoring and improving behavioral health systems to provide better outcomes for St. Mary's County residents.

Walden

Phone: 301-719-5743 or 24/7 Emergency Line 301-863-6661
Fax: 301-866-9189
Address: 30007 Business Center Drive
Charlotte Hall, MD 20622
Hours: Monday-Thursday, 9 a.m. – 8 p.m., Friday, 8 a.m. – 4 p.m.
Website: www.pyramidwalden.com
Service: Walden offers services for Mental Health, Substance Abuse Treatment, Crisis Services, Psychiatry, Recovery Support, Family Violence, Sexual Assault Counseling, and Residential Treatment Program.

Locations:

California Office
44871 St. Andrew's Church Road
California, MD 20619
301-997-1300, ext. 871

Charlotte Hall
30007 Business Center Drive
Charlotte Hall, MD 20622
301-997-1300, ext. 831

Lexington Park
21770 FDR Boulevard
Lexington Park, MD 20653
301-997-1300, ext. 881

Waldorf
85 High Street
Waldorf, MD 20602
301-997-1300, ext. 819

Nursing Homes

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 301-263-7194
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Email: smurphy@charhall.org
Website: www.charhall.org

Service: Charlotte Hall Veterans Home has proudly been “Serving Those Who Served” since 1985. The home is situated on 126 beautiful acres in St. Mary’s County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units.

Chesapeake Shores

Phone: 301-863-7244
Fax: 301-863-8550
Address: 21412 Great Mills Road
Lexington Park, MD 20653
Email: admin.bayside@signaturehealthcarellc.com
Website: www.chesapeakeshorescares.com

Service: Chesapeake Shores skilled nursing and rehabilitation center, offers 117 beds, comprehensive care, short-term respite care to long-term care, recreation and other healthcare services.

St. Mary’s Nursing & Rehabilitation Center

Phone: 301-475-8000
Fax: 301-475-3085
Address: 21585 Peabody Street
Leonardtown, MD 20650
Email: kwoodington@smnci.org
Website: www.smnci.org

Service: St. Mary’s Nursing & Rehabilitation Center offers one hundred sixty beds providing long-term care, short-term rehabilitation, respite services, and the therapy department offers physical, speech and occupational therapy to the residents under the supervision of their attending physician and the facility’s medical review care team.

Nutrition

Department of Aging & Human Services Congregate Meals Program

Fax: 301-475-4503
Address: Northern, Garvey, and Loffler Senior Activity Centers
Website: www.stmarysmd.com/aging
Service: The congregate meal program is a lunch time meal program available to seniors. Meals are served Monday through Friday at the Garvey, Loffler, and Northern Senior Activity Centers. The cost of the meal is \$6 for those under 60 and by donation for ages 60 and over. Reservations must be made at least 24 hours in advance by calling your local Senior Activity Center.

Garvey Senior Activity Center
23630 Hayden Farm Lane
Leonardtown, MD 20650
301-475-4200, ext. 1080

Loffler Senior Activity Center
21905 Chancellors Run Road
Great Mills, MD 20634
301-475-4200, ext. 1658

Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD 20622
301-475-4200, ext. 3101

Department of Aging & Human Services Home-Delivered Meals

Phone: 301-475-4200, ext. 1060
Fax: 301-475-4503
Address: 23630 Hayden Farm Lane
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.
Email: Monika.Williams@stmarysmd.com
Website: www.stmarysmd.com/aging
Service: A service provided for homebound seniors age 60 and over who show moderate to severe disability that prevents them from shopping or cooking for themselves. Depending on the need, a hot meal may be provided five days a week or a box of five frozen meals can be delivered each week. To be eligible, seniors must be unable to drive, and accessing public transportation for medical appointments only.

St. Mary's County Department of Social Services Supplemental Nutritional Assistance Program (SNAP)

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650 (Leonardtown Office)
21775 Great Mills Road
Lexington Park, MD 20653 (Lexington Park Office)
Hours: 8:30 a.m. – 12 p.m., Monday, Wednesday, and Friday
Website: www.dhr.maryland.gov/food-supplement-program
Service: Provides monthly financial assistance to eligible individuals for the purchase of food. This program was formally known as Foodstamps.

Physical Fitness

Department of Aging & Human Services

Physical Fitness Programs

Phone: 301-475-4200, ext. 1050

Address: 23630 Hayden Farm Lane
Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Website: www.stmarysmd.com/aging

Service: Fitness is important to everyone, young and old alike. The Department of Aging & Human Services offers a variety of fitness classes for those 50 years of age and older which are described below. Some classes require a fee as the Department contracts with certified fitness instructors in order to provide high quality, safe fitness programs. Fitness Cards can be purchased at each of the senior activity centers and are \$30 for 10 classes. Fitness cards may be used at any center for any class that is on the card.

Arthritis Foundation Exercise Program

Help relieve arthritis pain by choosing the number one treatment - exercise. Instructors certified by the Arthritis Foundation lead classes specifically designed to improve joint range of motion, flexibility, endurance, and strength. Classes are offered at all senior activity centers. No fee.

EnhanceFitness

This evidence-based group exercise class improves balance, flexibility, bone density, endurance, coordination, strength and decreases your risk of falling. The class includes a 20 minute cardiovascular workout of a low to moderate impact followed by strengthening, balance and flexibility exercises. Classes are offered at all senior activity centers. Fitness Card required.

Exercise Equipment

Exercise equipment is available for use by people 50 years of age and over at all senior activity centers. Receive an orientation to the equipment by staff, sign a physical activity waiver and use at your own risk. Equipment is available during Department hours. No fee.

Line Dance Classes

Dancing is great exercise! Learn fundamentals and advance steps while enjoying the latest dances all while having a wonderfully physical workout at the same time. Classes are held at all senior activity centers. No fee.

Strength Training

It has been shown that strength training is the most effective way to slow and possibly reverse the loss of muscle tissue, bone density, and strength that occurs as one ages. Strong muscles help utilize oxygen and nutrients from the blood. They help absorb blood sugar so the body stays sensitive to insulin, helping to prevent or control Type 2 Diabetes. Strong muscles promote weight control by increasing your metabolism. Balance, flexibility, and bone density are also improved by strengthening muscles. Arthritis pain is often reduced and self-confidence is improved. It is recommended that you participate in two to three sessions/week with at least one day in between to allow your muscles to recover. Classes are held at all senior activity centers. A class for men is available at the Garvey Senior Activity Center. Fitness Card required.

Tai Chi for Arthritis

Tai Chi for Arthritis consists of movements from the Sun style Tai Chi. This style is particularly effective for those with arthritis, and the movements have higher stances, which makes it easier to learn. Classes are available at the Loffler Senior Activity Center No fee.

Walking Clubs

Walk at a pace and distance, that's comfortable for you. Walking is a wonderful aerobic and bone building physical activity. Don't forget... about 2100 steps equal a mile! No fee.

Yoga

This calm and tranquil experience offers benefits for inner awareness as well as physical balance and flexibility. Improve muscle strength and tone while learning ways to reduce stress and relax. Classes are offered at all senior activity centers. Fitness Card required.

Zumba Gold

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant.

Check the senior activity center of your choice for other fitness classes that may be occasionally offered.

Great Mills Swimming Pool

Phone: 301-866-6560

Fax: 301-866-6561

Address: 21100 Great Mills Road
Great Mills, MD 20634

Hours: 10 a.m. – 8 p.m., Monday-Saturday
12 p.m. – 6 p.m. Sunday

Website: <https://www.stmarysmd.com/recreate/aquatics/>

Service: Provides opportunities for water aerobics, recreational, therapeutic, instructional and competitive swimming for all ages. The 25x25 meter pool includes 6 lanes and has a “zero depth” entry for maximum accessibility. The pool is covered with an air-inflated “bubble” from September – May to allow year-round usage. The facility’s bathhouse includes showers, lockers and restrooms, and is located next to Great Mills High School.

Prescription Medication

NACo Prescription Card

Phone: 877-321-2652

Website: www.nacorx.org

Service: Prescription discount cards, no enrollment or membership fee, one card and immediate use. This is a joint effort of local county government and the National Association of Counties (NACo).

The Maryland Senior Prescription Drug Assistance Program

Phone: 800-551-5995 TTY: 800-877-5156

Fax: 800-847-8217

Address: Maryland – SPDAP c/o International Software Systems Inc.
PO Box 749

Greenbelt, Maryland 20768

Hours: 8 a.m. – 5 p.m., Monday-Friday

Website: www.marylandspdap.com

Service: This program provides a subsidy to eligible individuals who are enrolled in the Medicare Part D Prescription Drug Program and do not qualify for extra help under Social Security Administration. Applications are available at the Garvey, Loffler, and Northern Senior Activity Centers.

Publications

New Beginning Newsletter Department of Aging & Human Services

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Sarah.Miller@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: A free bi-monthly newsletter that communicates Department of Aging & Human Services programs, events and services. Newsletter is available online at www.stmarysmd.com/aging and in audio format.

Recreation

Department of Aging & Human Services

Garvey Senior Activity Center 301-475-4200, ext. 1080
Loffler Senior Activity Center 301-475-4200, ext. 1658
Northern Senior Activity Center 301-475-4200, ext. 3101
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.
Website: www.stmarysmd.com/aging
Service: Provides a variety of classes and activities to the senior community to encourage active, involved healthy aging.

Department of Recreation and Parks

Phone: 301-475-4200, ext. 1800
Address: 23150 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Email: webtrac@stmarysmd.com
Website: www.stmarysmd.com/recreate
Service: Offers adult sports, fitness, aquatics, Paralympics, and special interest programs as well as youth sports, fitness, crafts, dance, gymnastics, aquatics, therapeutic, child care and camp programs available year round.

Maryland Department of Natural Resources (DNR)

Phone: 410-260-8367 or 866-344-8889
Fax: 410-260-3281
Address: 580 Taylor Avenue, Tawes State Office Building
Annapolis, MD 21401
Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday
Email: customerservice.dnr@maryland.gov
Website: www.dnr.maryland.gov
Service: DNR offers individuals with disabilities free lifetime blind fishing license; must have proof of disability. DNR also offers Disable American Veterans (DAV) and Former Prisoner of War (POW) free lifetime fishing and hunting licenses. DAV must provide letter of disability or letter of certification from Veterans Administration required, documentation must read “100% service-connected”. POW must provide Veterans Administration evidence of status as former POW required.

National Park Service

Phone: 202-513-7156 or 202-208-3100

Address: 1849 C Street, NW
Washington, DC 20240

Website: www.nps.gov/findapark/passes.htm

Service: Persons age 62, blind, or permanently disabled can receive a discounted entrance into most national parks, monuments, historic sites, recreation areas and national wildlife refuges to qualified individuals. Passes can be obtained for a one-time fee of \$10 at any federal site that charges an entrance fee. Proof of age or disability is required.

Reference Services

1-800-DOCTORS

Phone: 800-362-8677
Fax: 732-321-6858
Address: 186 Wood Avenue South, Suite 102
Iselin, NJ 08830
Email: info@1800doctors.com
Website: www.1800doctors.com
Service: A free web-based service which links individuals with medical professionals in their area.

Administration for Community Living

Phone: 202-401-4634
Address: 330 C Street SW
Washington, DC 20201
Email: aclinfo@acl.hhs.gov
Website: www.acl.gov
Service: A public service of the Administration on Aging, U.S. Department of Health and Human Services is a nationwide service that connects older Americans and their caregivers with information on senior services.

American Association of Retired Persons (AARP)

Phone: 888-687-2277 TTY: 877-434-7598
Address: 601 E. Street NW
Washington, DC 20049
Hours: 7 a.m. – 11 p.m., Monday-Friday
Email: member@aarp.org
Website: www.aarp.org
Service: Offers information and products of interest to the senior population.

Assisted Living Research Institute

Phone: 855-221-9611

Address: PO Box 45829
Seattle, WA 98145

Website: www.assistedliving.org/maryland

Service: Assisted Living Research Institute is an industry-leading research organization dedicated to enhancing the lives of older adults by compiling comprehensive research, the latest studies, and real-world insight from experts, caregivers, and seniors into easy-to-understand, actionable guides and resources.

Benefits Checkup National Council on Aging

Phone: 571-527-3900

Address: 251 18th Street South, Suite 500
Arlington, VA 22202

Email: membership@ncoa.org

Website: www.BenefitsCheckUp.org

Service: A free web-based service which lists hundreds of assistance programs available to seniors.

Elder Care Locator

Phone: 800-677-1116 TTY: 800-667-1116

Address: 330 C Street SW
Washington, DC 20201

Hours: 9 a.m. – 8 p.m., Monday-Friday

Email: eldercarelocator@n4a.org

Website: eldercare.acl.gov/Public/Index.aspx

Service: A free web-based service which links older adults and their caregivers with services throughout the United States that can enhance the well-being of older citizens and those who care for them.

Maryland Department of Aging

Phone: 410-767-1100 or 800-243-3425

Fax: 410-333-7943

Address: 301 West Preston Street, Suite 1007
Baltimore, MD 21201

Hours: 8:30 a.m. – 5 p.m., Monday-Friday

Website: www.aging.maryland.gov

Service: This department is responsible for funding and overseeing programs at all Maryland area Agencies on Aging.

Maryland Department of Health

Phone: 410-767-6500 or 877-463-3464
Address: 201 West Preston Street
Baltimore, MD 21201
Hours: 8 a.m. – 5 p.m., Monday-Friday
Email: dhmh.healthmd@maryland.gov
Website: www.health.maryland.gov
Service: Responsible for overseeing the Medical Adult Day Services, Medicaid Waiver and Medicaid programs.

Maryland Department of Human Services

Phone: 800-332-6347
Address: 311 West Saratoga Street
Baltimore, MD 21201
Hours: 8 a.m. – 5 p.m., Monday-Friday
Website: www.dhr.maryland.gov
Service: The Maryland Department of Human Services is the state's human services provider. They help vulnerable Marylanders buy healthy foods, pay energy bills, and obtain medical assistance. They also provide stable environments for at-risk children and adults.

SeniorLiving.Org

Phone: 954-691-9500
Address: 501 E. Las Olas Blvd
Ft. Lauderdale, FL 33301
Email: help@seniorliving.org
Website: www.seniorliving.org
Service: SeniorLiving.org has a comprehensive directory of senior living options. From senior housing to health & care, safety, money management, and more — our mission is to help seniors age with ease. Our articles and guides are written by senior care experts. Many of our articles reference government sites and senior care studies, with real facts and figures to back up our advice and recommendations.

Senior Groups

Learning is ForEver

(L.I.F.E.)

Phone: 301-475-4200, ext. 1063

Fax: 301-475-4503

Address: 23630 Hayden Farm Lane
P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m.-4:30 p.m., Monday-Friday, last entry 4 p.m.

Website: www.stmarysmd.com/aging

Service: This program offers stimulating educational and enrichment opportunities for adults who share in the enjoyment of continued learning for growth and fulfillment.

Department of Aging & Human Services

Retired and Senior Volunteer Program

(RSVP)

Phone: 301-737-5670, ext. 1653

Fax: 240-237-8132

Address: 21905 Chancellors Run Rd
P.O. Box 653

Great Mills, MD 20634

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Norine.Rowe@stmarysmd.com

Website: <https://www.stmarysmd.com/aging/rsvp-overview.asp>

Service: Citizens 55 years of age and above are invited to participate in this exciting senior volunteer program. A wide range of community service opportunities are available at multiple partnership sites within our region, including county agencies and local non-profit organizations. Volunteers with diverse skills and backgrounds are needed to fill a variety of interesting and fulfilling volunteer service opportunities. Our community needs you, your time, and your talents. So become an active participant in the life of our community and let RSVP match you with a rewarding volunteer position.

Gold Card Club

Phone: 301-475-6019
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Website: medstarstmarys.org/our-hospital/community-involvement/
Service: Sponsors a monthly luncheon for seniors at St. Mary's Hospital. While members enjoy a heart healthy lunch, they are treated to educational programs on topics of interest to seniors.

National Active & Retired Federal Employees Association (NARFE)

Phone: 301-884-5112
Address: NARFE Chapter #969
21866 Cedar Point Road
Lexington Park, MD
Website: www.narfe.org/site/chapter969/index.cfm
Service: NARFE is the only association dedicated to protecting the earned retirement benefits of federal employees, retirees, and their spouses by sponsoring and supporting members on issues such as legislation, COLA's, taxation and retirement income. Chapter 969 also contributes to the well-being of the local community through volunteer service. Luncheon meetings are held the 3rd Friday of each month (except February & July) at Olde Breton Inn, Leonardtown. Chapter 969 operates two NARFE service centers where trained, capable and qualified federal government retiree volunteers are available to assist in obtaining benefits for employees of the U.S. and D.C. governments. The center is located at the old Frank Knox School location in Lexington Park from 9 a.m. – 12 p.m. Tuesday, Wednesday, and Thursday. An appointment is recommended by calling the Frank Knox School at 301-757-4121.

St. Mary's County Public Schools Retirees Association

Phone: 301-872-5805
Address: P.O. Box 1037
Leonardtown, MD 20650
Email: trips@smcpsra.org
Website: <https://smcpsra.wixsite.com/smcpsra>
Service: Raises funds for scholarships, lobbies for retired teacher benefits, and assists teachers who are ready to retire. The organization also provides services to community organizations and nursing centers. If interested in joining, call the phone number above and leave a message.

St. Mary's County Triad/SALT (Seniors and Law Enforcement Together)

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street
P.O. Box 653

Leonardtown, MD 20650

Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.

Email: Sarah.Miller@stmarysmd.com

Website: www.stmarysmd.com/aging

Service: Triad/SALT is a joint effort between St. Mary's County Sheriff's Office, Department of Aging & Human Services, local clergy, senior housing representatives, community organizations and senior volunteers coming together to identify and provide information, programs, and education seminars for the senior community.

Veterans of Foreign Wars (VFW) Post #2632

Phone: 301-862-3247

Address: 23282 Three Notch Road
P.O. Box 86

California, MD 20619

Hours: 3 p.m. – 9 p.m., Monday-Thursday

12 p.m. – 10 p.m. Fri. & Sat.

12 p.m. – 6 p.m. Sun.

Meetings: 7 p.m. – 2nd Tues. every month

Service: Must have DD.214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community.

Support Groups

Alzheimer's Caregivers Support Group

Phone: 301-475-8000
Address: 21585 Peabody Street
Leonardtown, MD 20650
Meetings: 6:30 p.m. – 2nd Monday every month
Website: www.smnci.org
Service: Meetings held for caregivers and families of a person diagnosed with Alzheimer's and anyone caring for a person with Alzheimer's disease.

Alzheimer's Support Group

Phone: 301-475-6019
Address: Discovery Commons at Wildewood
23185 Milestone Way
California, MD 20619
Email: rachel.m.lytle@medstar.net
Website: www.medstarhealth.org/event/alzheimers-support-group/all/
Meetings: 6:30 p.m. – 4th Tuesday every month
Service: Meetings held for caregivers and families of a person diagnosed with Alzheimer's and anyone caring for a person with Alzheimer's disease.

Cancer Support Group

Phone: 301-475-6070 or 240-434-7241
Fax: 301-475-6473
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Meetings: 7 p.m. – 1st and 3rd Wednesday every month
Website: www.medstarhealth.org
Service: Provides support to cancer patients and their families. Meetings are held at the MedStar St. Mary's Hospital Pavilion, Outpatient Infusion Center, first floor.

Columbia Light House for the Blind (CLB)

Phone: 202-454-6400
Fax: 202-454-6401
Address: 1825 K Street NW, Suite 1103
Washington, DC 20006
Website: www.clb.org

Service: CLB is a mission driven community resource for the blind and visually impaired. With vision screenings, independent living skills training, and employment services, CLB provides customized services for improving the well-being and independence of the community it serves.

Disabled Veterans Support Group

Phone: 301-884-4498
Address: 38588 Brett Way
Mechanicsville, MD
Meetings: 5-7 p.m. – Monthly, 2nd Friday of the month
Website: www.smcil.org

Service: An opportunity for veterans to share their experiences with their peers in a safe and supportive environment.

On Our Own of St. Mary's Wellness and Recovery Center

Phone: 301-997-1066
Fax: 301-997-1065
Address: 41665 Fenwick Street
P.O. Box 1245
Leonardtown, MD 20650
Hours: 10 a.m. – 5 p.m., Monday-Friday
Email: oooincmc@verizon.net

Service: This wellness and recovery center is open to adults who have lived through experiences with mental health and/or substance use issues.

Stroke Survivors

Phone: 301-475-6019
Fax: 240-434-7499
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday
Website: www.medstarstmarys.org

Service: Support program for stroke survivors and their families offered every month at Health Connections. Held the third Tuesday or every month.

Southern Maryland Ostomy Support Group

Phone: 301-274-9000

Address: 7627 Leonardtown Road
Hughesville, MD 20637

Meeting: Call ahead for meeting time and date

Email: rforsee@cphha.org

Website: www.cphha.org/community

Service: Chesapeake Potomac Home Health Care Agency offers an Ostomy support group to the Tri-County area to continually improve the health of our community, to help our patients and others.

Widow and Widower Support Group

Phone: 301-863-8500

Address: 21760 Great Mills Road
Lexington Park, MD 20653

Email: lpumcwwgroup@aol.com

Service: Gain support for yourself through a difficult loss, gain valuable and practical information from others who have been through the experience or offer your support and experiences to others. Group meetings are the 3rd Thursday of the month. Call ahead for time.

Therapies

Freedom Therapy Solutions

Phone: 301-290-5090
Fax: 301-290-5091
Address: 28105 Three Notch Road
Mechanicsville, MD 20659
Hours: 7 a.m. – 6p.m., Monday-Wednesday
7 a.m. – 5:30 p.m., Thursday; 7 a.m. - 5 p.m., Friday
Email: Michael@freedomtherapysolutions.com
Website: www.freedomtherapysolutions.com
Service: Physical therapy commonly uses therapeutic exercise, modalities and manual therapy to address your physical condition and limitation.

Gateau Physical Therapy

Phone: 301-862-5177
Fax: 301-862-4959
Address: 23123 Camden Way
California, MD 20619
Email: gateaupt@gmail.com
Website: www.gateaupt.com
Service: Provide patients and clients with the most effective and efficient care to assist with their return to their maximum level of function.

Henry Chiropractic

Phone: 301-737-0662
Fax: 301-737-0675
Address: 22780 Three Notch Road
Lexington Park, MD 20653
Website: www.henrychiropractic.com
Service: Provides the most current and efficient treatment possible through advances in alternative healthcare and the highest quality of chiropractic care.

Koth Therapy & Fitness

Phone: 301-884-0331
Address: 30387 Three Notch Road
Charlotte Hall, MD 20622
Hours: 7 a.m. – 7 p.m. Monday-Thursday
7 a.m. – 12 p.m. Friday
Email: https://drkoth.com/
Service: Provides physical therapy and fitness.

MedStar St. Mary's Rehabilitation Medicine

Phone: 301-475-6062
Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtown, MD 20650
Website: www.medstarstmarys.org
Service: Provides physical, speech, occupational therapy, pulmonary and cardiac rehabilitation for inpatients and outpatients.

NovaCare Rehabilitation

Phone: 301-475-5830
Fax: 301-475-6507
Address: 23000 Moakley Street, Suite 101
Leonardtown, MD 20650
Hours: 7 a.m. – 6:30 p.m. Monday-Thursday
7 a.m. – 3:30 p.m. Friday
Website: www.novacare.com
Service: Our high-qualified clinical team provides preventative and rehabilitative services that maximize functionality and promote well-being. Our staff will develop individualized treatment plans to help achieve patients' goals.

NRH Rehabilitation Network

Phone: 240-808-8981
Address: 24035 Three Notch Road
Hollywood, MD 20636
Hours: 7 a.m. – 7 p.m. Monday- Thursday
7 a.m. – 4 p.m. Friday
Website: www.medstarnrh.org
Service: Provides multiple outpatient services, specialty services, and day treatment services. Please view website for services or call.

Personalized Therapy, LLC

Phone: 301-862-2505
Fax: 301-862-2548
Address: 22593 Three Notch Road
California, MD 20619
Email: personalizedtherapy@md.metrocast.net
Website: www.personalizedtherapyllc.com
Service: Personalized Therapy is the leading Orthopedic Rehabilitation and Behavioral Health Center in Maryland. Personalized therapy provides occupational, physical, speech, and ABA therapy, and Clinical Psychology services to adults and children.

Proflex Physical Therapy

Website: www.proflexpt.com/

Service: Every patient receives an evaluation prior to beginning treatment. At the conclusion of the evaluation, we develop an individualized plan of care that is shared with the patient, and a copy of this plan is sent to the patient's physician. ProFlex works with each patient, designing exercises and using modalities tailored to their particular needs to help them regain or improve their quality of life.

Leonardtown	Contact
22715 Washington Street	Phone: 301-997-0172
Suite 102	Fax: 301-997-0175
Leonardtown, MD 20650	Email: leonardtown@proflexpt.com

Lexington Park	Contact
22738 Maple Road	Phone: 301-363-0539
Suite 102	Fax: 301-363-4794
Lexington Park, MD 20653	Email: lexingtonpark@proflexpt.com

Waldorf	Contact
3320 Crain Highway	Phone: 301-870-7366
Waldorf, MD 20603	Fax: 301-870-6717
	Email: waldorf@proflexpt.com

Ultimate Therapy

Phone: 301-997-1155
Fax: 301-997-1199
Address: 40900 Merchants Lane, Suite 202
Leonardtown, MD 20650
Website: www.ultimate-therapy.com

Service: Our practice provides one-to-one quality therapy designed to reduce your pain, improve your strength, range of motion, and functional mobility. Massage services available by appointment.

Winters Chiropractic and Physical Therapy

Phone: 301-884-3423 (Charlotte Hall);
301-475-7165 (Leonardtown)
Address: 29770 Three Notch Road, Charlotte Hall, MD, 20622
40900 Merchants Lane, Leonardtown, MD, 20650
Hours: 10 a.m. - 7 p.m. Monday-Thursday
9:30 a.m. - 5 p.m. Friday
Website: www.docwinters.com
Email: info@docwinters.com

Service: Offers many services such as chiropractic adjustments, physical therapy, disability certifications, and more.

Transportation

Department of Aging & Human Services

Senior Rides Program

Phone: 301-475-4200, ext. 1066
Fax: 301-475-4503
Address: 23630 Hayden Farm Lane
Leonardtown, MD 20650
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.
Website: www.stmarysmd.com/aging/seniorrides.asp
Service: Volunteer drivers provide door to door transportation for seniors unable to access other forms of public transportation and lack other reliable transportation options. Donations accepted. Fees may apply.

AAA Transportation

Phone: 301-933-4357 or 1-800-577-1050
Address: 1315 Marlboro Road
Lothian, MD 20711
Email: info@aaatransport.net
Website: www.aaatransport.net
Service: Provides medical transportation services within Southern Maryland to include transfers from facility to hospital, inter-facility transports, and wheelchair transportation services. All major insurances accepted.

LifeStyles, Inc.

Address: 21815-D Three Notch Road
Lexington Park, MD 20653
Phone: 301-609-9900 ext. 201
Email: ctellechea@lifestylesofmd.org
Website: www.lifestylesofmd.org
Service: Provides transportation within and outside of St. Mary's County to persons who meet eligibility guidelines. May also provide gas cards to those who qualify.

MASS, Inc.
(Martin Shuttle Service)

Phone: 301-373-4407 or 240-309-0045

Address: 42572 Anne Court
Hollywood, MD 20636

Email: gomassinc@aol.com

Service: Provides door-to-door service to local errands and appointments. Transportation is also provided to Washington DC, Baltimore, and Northern VA. Service also provided to airport, train and bus terminals, errands and medical appointments.

Maryland Transit Administration

Phone: 800-743-3682 or 410-539-5000

Address: 6 St. Paul Street
Baltimore, MD 21202

Website: www.mta.maryland.gov

Service: People with disabilities, seniors age 65 and older, and Medicare cardholders can present Maryland issued identification that can provide them with a reduced fare on bus, light rail, Metro, and MARC service. Service is available from California and Charlotte Hall to Washington DC, Monday – Friday.

Smart Ride, Inc.

Phone: 410-535-6932

Fax: 410-414-5085

Address: 120 Dares Beach Road
P.O. Box 1846
Prince Frederick, MD 20678

Email: info@smartrideinc.com

Website: www.transportationsouthernmd.com

Service: Smart Ride is a full service transportation company that provides airport shuttle, train stations, bus stations, medical transportation, and group trips. Fares vary with trip, advanced reservation required, 10% Senior Discount. They also offer after hours pick up between 10 p.m. – 5 a.m. at an additional fee. Please call for prices.

St. Mary's County Health Department Medical Transportation

Phone: 301-475-4296
Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/medical-transportation

Service: This program is strictly for medical appointments and is a last resort service. You must have a valid Medical Assistance card to qualify. Please call at least two days prior to appointments in St. Mary's County and at least three days for appointments outside of the county to arrange for transportation. For appointments outside of the county, transportation is only available for medical services that are unavailable in St. Mary's County.

St. Mary's County Transit System (STS)

Phone: 301-475-4200, ext. 1120/1121
Address: 44829 St. Andrews Church Road
P.O. Box 409
California, MD 20619
Hours: 5:30 a.m. – 11 p.m., Monday-Friday
Email: sts.dispatcher@stmarysmd.com
Website: www.stmarysmd.com/dpw/

Service: Public transportation is available for everyone. Door to door transportation is available for senior citizens and adults with disabilities for medical appointments and visits upon approval of application.

Veterans Services

Annapolis Vet Center

Phone: 410-605-7826
Address: 100 Annapolis Street
Annapolis, MD 21401
Website: www.va.gov

Service: Readjustment counseling is a wide range of psycho social services offered to eligible Veterans, Service members, and their families in the effort to make a successful transition from military to civilian life. They include: individual and group counseling for Veterans, Service members, and their families, family counseling for military related issues, bereavement counseling for families who experience an active duty death, military sexual trauma counseling and referral, outreach and education including PDHRA, community events, etc., substance abuse referral, employment referral, VBA benefits explanation and referral, and screening or referral for medical issues.

BB&T Bank – Veterans Administration Loans

Website: www.bbt.com/lending/mortgage/veterans-administration-loan.html
Service: Veterans Administration (VA) loans are available to qualified veterans, active duty, reserves and National Guard personnel. Loans are residential mortgages, allowing for the purchase or refinance of an owner-occupied home.

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 301-263-7194
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Website: www.charhall.org

Service: Charlotte Hall Veterans Home has proudly been “Serving Those Who Served” since 1985. The home is situated on 126 beautiful acres in St. Mary’s County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units.

College of Southern Maryland Veterans & Military Support Services

Phone: 240-725-5421
Address: 22950 Hollywood Road
Building B, Room 217
Leonardtown, MD 20650
Email: veteransbenefits@csm.edu
Website: www.csm.edu/student-services

Services: College of Southern Maryland is approved by the Department of Veteran Affairs and the Maryland Higher Education Commission, so that eligible veterans, servicepersons, and certain dependents of veterans can receive VA educational benefits. We provide you with the appropriate paperwork to apply to the VA for benefits.

Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

Phone: 800-733-8387
Fax: 303-331-7808
Address: P.O. Box 469063
Denver, CO 80246-9063
Website: www.va.gov

Service: CHAMPVA is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

Maryland Department of Natural Resources (DNR)

Phone: 410-260-3220
Address: 580 Taylor Avenue
Annapolis, MD 21401
Email: customerservice.dnr@maryland.gov
Website: www.dnr.maryland.gov/service

Service: The Department of Natural Resources has several offers for Maryland's DAV-POW veterans. The pass permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests. In order to obtain the UDP you must download the application. You and your healthcare provider must complete the application.

Department of Veterans Affairs Tax Exemptions and Credits St. Mary's County Office

Phone: 301-880-2900
Fax: 301-475-4856
Address: 23110 Leonard Hall Drive
P.O. Box 1509
Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: sdat.stm@maryland.gov

Website: www.veterans.maryland.gov/maryland-tax-benefits/

Service: The State of Maryland offers a number of tax exemptions and credits to veterans, active duty military personnel and surviving spouses. For veterans with service connected disabilities rated at 100% “permanent and total”, property tax exemptions are available. In addition, there are deductions for military retirement pay, as well as tax credits and exemptions for vehicle and vessel registration.

Disabled American Veterans (DAV)

Phone: 301-997-1036
Address: P.O. Box 788
Hollywood, MD 20636

Website: www.dav.org

Service: DAV is the most long-lasting veterans' advocacy and assistance group in this country. DAV is dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity. DAV accomplishes this by ensuring that veterans and their families can access the full range of benefits available to them; and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life.

Helmets to Hardhats

Phone: 866-741-6210
Address: 5715 16th St, NW
Washington, DC 20011

Email: marketingadmin@helmetstohardhats.org

Website: <https://helmetstohardhats.org/>

Service: Helmets to Hardhats is a national, nonprofit program that connects National Guard, Reserve, retired and transitioning active-duty military service members with skilled training and quality career opportunities in the construction industry. The program is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry.

Naval Health Clinic Patuxent River Case Management

Phone: 301-995-3851

Address: 47149 Buse Road, Bldg 1370
Patuxent River, MD 20670

Email: NHCPRweb@med.navy.mil

Website: www.med.navy.mil/sites/paxriver/pages/cm.html

Service: The Case Management staff at NHCPR are a team of health care professionals working with patients and their families to develop a plan that will help them gain control of their illness, injury, or situation as soon as possible. Qualifying conditions may be medical, social, or mental health.

Navy-Marine Corps Relief Society

Phone: 301-342-4739

Address: 22187 Arnold Circle, Building 401
Patuxent River, MD 20670

Hours: 8 a.m. – 2 p.m., Monday-Thursday

Email: PatuxentRiver@nmcrs.org

Website: www.nmcrs.org

Service: Nonprofit, volunteer service organization, for active-duty and retired Sailors and Marines, their eligible family members and survivors that uses both financial and non-financial resources to identify solutions to meet emerging needs.

Maryland Department of Veterans Affairs

Phone: 301-884-8171, ext. 7155

Address: 29640 Charlotte Hall Road
Charlotte Hall, MD 20622

Hours: 8 a.m. – 5 p.m., Monday-Friday

Website: www.veterans.maryland.gov/about-mdva/

Service: The Maryland Department of Veterans Affairs is an executive agency with the mission of assisting veterans, active duty service members, their families and dependents, in securing benefits earned through military service. Under the Department of Veterans Affairs are five major programs: The Service and Benefits Program, The Charlotte Hall Veterans Home, The Cemetery and Memorial Program, The Outreach & Advocacy Program and The Maryland Veterans Trust.

Maryland Department of Veterans Affairs Programs

The Service and Benefits Program

Provides assistance to the men and women who served in the Uniformed Services of the United States, their dependents, and survivor in obtaining benefits from the U.S. Department of Veteran Affairs, Department of Defense, State of Maryland and other programs for veterans and their families. Contact Shawn Kersh, Veterans Benefits Specialist, 240-577-7083.

The Charlotte Hall Veterans Home

Charlotte Hall Veterans Home has been proudly “Serving Those Who Served” since 1985. The home is situated on 126 beautiful acres in St. Mary’s County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units. Contact Sharon Murphy, Director 301-884-8171, ext. 409 or email admissions@charhall.org.

The Cemetery and Memorial Program

The cemetery program is the largest of its kind in the nation. The State of Maryland and the Maryland Department of Veterans Affairs are honored to offer our veterans cemeteries located throughout Maryland. In addition, the Department of Veterans Affairs manages a memorial program. Them Maryland World War II Memorial, the Vietnam War, Korean War and the War Memorial Building. Contact Russell Ware, Director, at 410-923-6981.

The Outreach & Advocacy Program

The Outreach & Advocacy Program’s mission is to develop innovative ways to seek out and inform Maryland’s veterans about benefits and services that are available from federal, state, and local organizations as well as solicit feedback from veterans regarding their requests and needs for additional services. Contact Dana Burl, Director, 410-260-3842 or email dana.burl@maryland.gov.

The Maryland Veterans Trust

The Maryland Veterans Trust receives donations, and then makes grants and loans to veterans and their family members who are in dire financial situations, or to private organizations that help veterans. Contact Mark Hendricks, Grant Administrator 410-230-4444, ext. 6460, or email mark.hendricks@maryland.gov

Maryland State Careers for Veterans

Phone: 800-705-3493
Address: 45 Calvert Street

Annapolis, MD 21401

Website: dbm.maryland.gov/jobseekers/Pages/VeteransJobs.aspx

Service: Maryland State Government appreciates the value of the experience you gained while serving our country. This page contains resources Maryland provides to returning veterans - employment opportunities, veteran services, upcoming events and more.

Patuxent Habitat for Humanity

Phone: 301-863-6227
Address: 21600 Great Mills Road
Lexington Park, MD 20653

Email: info@patuxenthabitat.org

Website: www.patuxenthabitat.org

Service: Provides critical home repairs for qualified veterans such as ramps, roofs, and bathroom accessibility.

Southern Maryland Veterans Outpatient Clinic

Hours: 8 a.m. – 4:30 p.m., Monday-Friday

Website: www.va.gov

Service: Provides basic medical care, preventive care, and health education to Veterans living in Southern Maryland. Veterans may call the Patient Service Center 202-745-8577 to schedule appointments. Appointments are required. If you have questions regarding your healthcare you can call the Medical Advice Line 202-745-8247 and a nurse will speak with you.

Charlotte Hall
29640 Three Notch Road
Charlotte Hall, Maryland
301-884-7102

Lexington Park
45870 East Run Drive, Suite 300
Lexington Park, MD
240-237-1625

Three Oaks Center Veteran's Resource Center

Phone: 301-863-9535, ext. 103

Address: 46905 Lei Drive
Lexington Park, MD 20653

Website: www.threeoakscenter.org

Service: Provides supportive services to veterans families, employment and education assistance, counseling and support groups, and more.

TRICARE for Life

Phone: 866-773-0404

Address: P.O. Box 7032
Camden, SC 29021-7032

Hours: 8 a.m. – 6 p.m., Monday-Friday

Website: www.tricare4u.com

Service: Tricare for Life (TFL) is a Medicare wraparound coverage for Tricare beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or place of residence. You are eligible for TFL on the date that you have both Medicare Part A and Medicare Part B.

U.S. Department of Veterans Affairs

Phone: 800-827-1000

Address: 810 Vermont Avenue, NW
Washington, DC 20420

Hours: 8:30 a.m. – 4 p.m., Monday-Friday

Website: www.va.gov

Service: The United States has the most comprehensive system of assistance for Veterans of any nation in the world, with roots that can be traced back to 1636. There are three component agencies that became bureaus within the Veterans Administration.

1) Veterans Benefits Administration (VBA) provides a variety of benefits to Service members, Veterans, and their families. Website: www.benefits.va.gov/benefits/

2) Veterans Health Administration (VHA) is home to the United States largest integrated healthcare system. VHA wants to provide helpful information to our Veterans and their caregivers. Website: www.va.gov/health/

3) National Cemetery Administration (NCA) Our vision is to provide leadership, expertise, and advice in the development, acquisition, expansion and preservation of VA National Cemeteries to create national cemeteries as lasting memories which invoke a sense of honor and dignity for our Nation's Veterans.

U.S. Department of Veterans Affairs Regional Benefits Office

Phone: 301-757-2250
Address: 47149 Buse Road, NASFS
Building 1370
NAS Patuxent River, MD 20670

Service: The US Department of Veterans Affairs provides patient care and federal benefits to veterans and their dependents.

Veterans Crisis Line

Phone: 800-273-8255, press 1 TTY: 800-799-4889
Text: 838255
Hours: 24/7
Website: www.veteranscrisisline.net

Service: The Veterans Crisis Line connects Veterans and their families and friends with qualified caring responders from the Department of Veterans Affairs through a confidential toll-free hotline, on-line chat, or text. Veterans and their loved ones receive confidential support 24/7.

Veterans Affairs Dental Insurance (VADIP)

Phone: 1-877-222-8387
Website: www.va.gov/healthbenefits/vadip/

Service: The Veterans Affairs had implemented a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and CHAMPVA beneficiaries the opportunity to purchase dental insurance through Delta Dental or MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans' eligibility for VA dental services and treatment.

Veterans of Foreign Wars (VFW) Post #2632

Phone: 301-862-3247
Address: 23282 Three Notch Road
P.O. Box 86
California, MD 20619
Email: commander@vfw2632.com

Service: Must have DD-214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community. Meetings are held the 2nd Tuesday of the month at 7 p.m.

Women Veterans

The Women Veterans Call Center

Phone: 855-829-6636

Website: www.womenshealth.va.gov

Service: Provides an incoming call center that receives and responds to questions from women veterans, their families and caregivers across the nation about available VA services and resources. Agents are also trained to respond to crisis situations such as suicide behavior, homelessness, sexual trauma, and domestic violence.

Vision Services

Eye Care America

Phone: 877-887-6327
Fax: 415-561-8567
Address: 655 Beach Street
P.O. Box 429098
San Francisco, CA 94142

Email: eyecareamerica@ao.org
Website: www.ao.org/eyecare-america

Service: Provides free dilated, medical eye examinations and treatment for any diagnosed disease. To qualify, individuals must be a US citizen, 65 or older, not belong to an HMO or VA, and have not seen an ophthalmologist in three or more years. Eyeglasses, prescription drugs, hospital services, and other medical professional fees are not provided.

Maryland State Library for the Blind and Physically Handicapped

Phone: 410-230-2424 or 1-800-964-9209 TTY: 800-934-2541
Fax: 410-333-2095
Address: 415 Park Avenue
Baltimore, MD 21201

Email: Reference.desk@maryland.gov
Website: www.marylandlibraries.org

Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

National Federation of the Blind

Phone: 410-659-9314
Address: 200 East Wells Street
Baltimore, MD 21230

Email: nfb@nfb.org
Website: www.nfb.org

Service: Serves as a resource center for services, assistive services, and educational materials for persons who are blind. Free phone service is available to transmit same day newspaper articles via phone.

Vital Records

Division of Vital Records

Phone: 410-764-3038
Address: 6764-B Reisterstown Road
Baltimore, Maryland 21215
Website: www.dhmf.maryland.gov/vsa/Pages/Home.aspx
Service: Provides records of birth, death, and marriage.

St. Mary's County Health Department Vital Records Division

Phone: 301-475-4330
Address: 21580 Peabody Street
P.O. Box 316
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4:15 p.m., Monday-Friday
Email: smchd.healthdept@maryland.gov
Website: www.smchd.org/birth-certificates/
Services: St. Mary's County residents born after 1940 can fill out an application, bring it to the health department with photo ID, and a birth certificate is issued. The fee for each certificate is \$25. If you were born before 1939, the information must be processed through the Maryland State Division of Vital Records.

Voter Registration

St. Mary's County Board of Elections

Phone: 301-475-4200, ext. 71625

Fax: 301-475-4077

Address: 23250 Hollywood Road
Leonardtown, MD 20650
P.O. Box 197

Email: wendy.adkins@stmarysmd.com

Hours: 8 a.m. – 4:30 p.m., Monday-Friday

Website: www.stmarysmd.com/supervisorofelections

Service: Voter registration and absentee ballots; provides voter information and assistance.

Notes

Notes

Notes

Index

Symbols

1-800-DOCTORS.....	80
911 Emergency Communications	30

A

AAA Transportation	92
AARP	80
AARP Defensive Driving Course.....	28
Access Health	44
Accessible Homes for Seniors.....	56
A Community That Shares, Inc.....	66
A.C.T.S.	66
ADA	25
Administration for Community Living.....	80
Adult Protective Services.....	29
Adult Services	27
Adventist Healthcare	53
Advocacy Services	8
Aging & Disability Resource Center (ADRC)	15
Aging Services.....	11
Alcohol/Substance Abuse	13
Alzheimer's Association	47
Alzheimer's Caregivers Support Group.....	86
Alzheimer's Support Group	86
American Association of Retired Persons.....	80, 81
American Cancer Society	47
American Diabetes Association of Maryland.....	47
American Heart Association	48
American Lung Association of Maryland.....	48
American Red Cross	48
Annapolis Vet Center.....	95
Arc of Southern Maryland	23
Arthritis Foundation Exercise Program	73
Assisted Living	14
Assistive Technology	25
Attendant Care Program.....	23
Attorney General	63

B

Bay Community Support Services.....	23
-------------------------------------	----

Behavioral Health	13, 68
Benefits Checkup	81
Breast & Cervical Cancer	45

C

Cancer Support Group	86
Case Management	98
Cedar Lane Senior Living Community	56
Cell Phone Recycle Program	19
Cell Phones for Seniors	18
Cemetery and Memorial Program	99
Cervical Cancer	45
CHAMPVA	96
Charlotte Hall Veterans Home	14, 70, 95, 99
Chesapeake-Potomac Home Health Agency	53
Chesapeake Shores	70
Christmas In April	56
Civilian Health and Medical Program	96
ClearCaptions	24
Code Red Weather Warning Notification	30
College of Southern Maryland	28, 95
Colorectal Cancer	52
Columbia Light House for the Blind	86
Commission On Aging	8
Community-Based Services	15
Community First Choice	15
Community Mediation of St. Mary’s County	8
Community Pathways Waiver	18
Community Personal Care Services	15
Community Programs & Outreach	4
Congregate Meal Program	71
Consumer Protection Division	63

D

Dental Services	21
Department of Aging & Human Services	4, 5, 11, 71, 73, 78, 83, 92
Department of Emergency Services	30
Department of Human Services	65
Department of Natural Resources	96
Department of Recreation and Parks	78
Diabetes Self-Management	48
Disability Resources	23
Disabled American Veterans (DAV)	97
Disabled Veterans Support Group	87

Division of Home & Community-Based Services	16
Division of Rehabilitation Services (DORS)	24, 60
Division of Vital Records	105
DNR	78, 96

E

Education	28
Elder Abuse and Neglect	29
Elder Care Locator	81
Emergency	30
Emergency Shelter	32
Employed Individuals With Disabilities	43
Employment	33
Extra Help Program for Medicare Part D	34
Eye Care America	104

F

Family Caregiver Support Program	16
Family & Friends Health Care, Inc.	53
File of Life	12
Financial Assistance	34
First Saints Church	39
Food Pantries	39
Foodstamps	72
Fran’s Nu Image Mastectomy and Wig Salon	66
Freedom In-Home Care	53
Freedom Therapy Solutions	89
Fresenius Medical Care	49

G

Garvey Senior Activity Center Council, Inc.	8
Gold Card Club	84
Good Samaritan Lutheran Church	39
Greater Baden Medical Services	21
Great Mills Swimming Pool	75

H

Health Connections	49
Health Insurance	43
Health Services	47
Health Share of St. Mary’s County	43
Helmets to Hardhats	33, 97
Helpers Overcoming Problems Effectively	34, 40
Helping Hands	39

Home & Community-Based Options Wavier	17
Home & Community-Based Services	4, 16
Home-Delivered Meals	17, 71
Home Health Products Express	66
Home Health Services	53
Homeowners' Property Tax Credit	34
Home Repair Loan Programs	57
H.O.P.E.	34, 40
Hospice of St. Mary's	54
Housing Authority of St. Mary's County	35, 57
Human Services	4

I

Immaculate Heart of Mary Church	40
Information and Assistance	60

J

Joe Baker Village	57
-------------------	----

K

Kidney Disease Program	43
Koth Therapy & Fitness	89

L

Learning is ForEver	83
Legal Aid Bureau, Inc.	63
Legal Services	63
Lexington Baptist Church	40
Lexington Park Adult Community	58
L.I.F.E.	83
LifeSaver	12
LifeStyles, Inc.	35, 40, 92
Literacy Council of St. Mary's County, Inc.	24
Living Well with Chronic Conditions	49
Living Well with Diabetes	50
Long Term Care	10

M

Martin Shuttle Service	93
Maryland 2-1-1	60
Maryland Access Point (MAP)	15
Maryland Assistive Technology Loan Program	25
Maryland Attorney General Health Education Advocacy Unit	9
Maryland Attorney General Mediation Unit	9

Maryland Department of Aging. 81

Maryland Department of Disabilities 23

Maryland Department of Health 81

Maryland Department of Human Services. 82

Maryland Department of Natural Resources. 78, 96

Maryland Department of Veterans Affairs 98

Maryland Foundation of Dentistry for the Handicapped 21

Maryland Insurance Administration. 44

Maryland Relay. 26

Maryland State Library for the Blind and Physically Handicapped . . 61, 104

Maryland Transit Administration 93

Maryland Veterans Trust. 99

Maryland Volunteer Lawyer Service 63

MASS, Inc.. 92

MEAP 35

MedExpress. 50

Medical Equipment 66

Medical Transportation 94

Medicare 45

MedStar Health Visiting Nurse Association. 54

MedStar PromptCare. 51

MedStar St. Mary's Hospital 44, 49, 51, 67

MedStar St. Mary's Rehabilitation Medicine 90

Mental Health 67

N

NACo Prescription Card. 76

NARFE. 84

National Active & Retired Federal Employees Association 84

National Council on Aging. 81

National Federation of the Blind 104

National Park Service. 79

Naval Health Clinic Patuxent River 98

Navy-Marine Corps Relief Society. 98

New Beginning Newsletter 77

New Towne Village. 58

NovaCare Rehabilitation 90

NRH Rehabilitation Network. 90

Nursing Homes. 70

Nutrition 71

O

Ombudsman Services 29

Options for Senior America 54

Our Lady of the Wayside Church	41
Outreach & Advocacy Program	99

P

Pastoral Counseling Center of St. Mary’s	67
Pathways, Inc.	67
Patuxent Habitat for Humanity	19
People’s Law Library	64
Personalized Therapy, LLC	90
Physical Fitness	73
Prescription Medication	76
Pro Bono Counseling Project	68
Project ECHO	32
Property Tax Credit	37
Publications	77

Q

Qualified Medicare Beneficiary	36
Quit Tobacco Classes	51

R

Recreation	78
Reference Services	80
Rehabilitation	90
Rehabilitation Services	24
Renter’s Tax Credit Program	36
Respite Care	27
Response Senior Care	54
Retired and Senior Volunteer Program	4, 83
RSVP	4, 83
Rural Development Program	59

S

Safe Return Program	19
Saint Vincent DePaul of Immaculate Heart of Mary Church	36
Salvation Army	38
Seedco	45
Senior Care Program	18
Senior Community Services Employment Program	33
Senior Groups	83
Senior Information & Assistance	4, 60
Senior Legal Hotline	64
Senior Prescription Drug Assistance Program	76
Senior Property Tax Credit	37

Senior Rides Program	92
Seniors and Law Enforcement Together	85
Service and Benefits Program.	99
SHARE Food Network.	41
SHIP	46
Sixty Plus Legal Program.	64
Smart Ride, Inc.	93
SNAP	72
Social Security Administration	37
Southern Maryland Center for Family Advocacy	64
Southern Maryland Center for Independent Living.	9, 26
Southern Maryland Community Network.	68
Southern Maryland JobSource.	33
Southern Maryland Ostomy Support Group	88
Southern Maryland Veterans Outpatient Clinic	100
Specified Low-Income Medicare Beneficiary.	36
Spring Village at Wildewood	14, 58
St. Cecilia's Catholic Church.	42
Step By Step In Home Care, LLC	55
St. Mary's Breast & Cervical Cancer Program	45
St. Mary's Caring	42
St. Mary's Colorectal Cancer Screening Program	51
St. Mary's County 65-10 Property Tax Credit	37
St. Mary's County Board of Elections	106
St. Mary's County Department of Aging & Human Services.	11
St. Mary's County Department of Social Services	27, 29, 65, 72
St. Mary's County Health Department	22, 68
St. Mary's County Public Schools Retirees Association	84
St. Mary's County Sheriff's Department	31
St. Mary's County Transit System.	94
St. Mary's Nursing & Rehabilitation Center	70
St. Mary's Senior Center Plus	27
Stroke Survivors	87
STS	94
Supplemental Nutritional Assistance Program	72
Supplemental Security Income.	37
Support Groups	86

T

Tax Exemptions and Credits	97
The Center for Life Enrichment.	27
Therapies	89
Three Oaks Center	32, 100
Transportation	92
Triad/SALT	85

TRICARE for Life	101
Tri-County Community Action Committee	58
Trinity Lutheran Church	42

U

Ultimate Therapy	91
United States Department of Agriculture	58
University of Maryland Extension	28
University of Maryland School of Dentistry	22
U.S. Department of Veterans Affairs	101

V

VADIP	102
Veterans	87
Veterans Affairs Transportation	94
Veterans Crisis Line	102
Veterans Education	96
Veterans & Military Support Services	96
Veterans of Foreign Wars	85, 102
Veterans Services	95
VFW	85, 102
Victory Woods Apartments	59
Vision Services	104
Visiting Angels	55
Vital Records	105
Voices for Quality Care, Inc.	9
Volunteer Opportunities	4
Voter Registration	106

W

Walden Sierra, Inc.	13
Washington Area Fuel Fund	37
Wellness and Recovery Center	87
Widow and Widower Support Group	88
Winters Chiropractic and Physical Therapy	91
Women’s Wellness of St. Mary’s	52
Women Veterans Call Center	103
Wrapping Arms ‘Round Many (WARM)	32

St. Mary's County Department of Aging & Human Services

Locations:

Department of Aging & Human Services

41780 Baldrige Street
PO Box 653
Leonardtown, MD
301-475-4200, ext. 1050



Garvey Senior Activity Center



23630 Hayden Farm Lane
Leonardtown, MD
301-475-4200, ext. 1080

Loffler Senior Activity Center

21905 Chancellors Run Road
Great Mills, MD 20634
301-475-4200, ext. 1658



Northern Senior Activity Center



29655 Charlotte Hall Road
Charlotte Hall, MD 20622
301-475-4200, ext. 3101

Division of Human Services/Maryland Access Point

Potomac Building
29115 Leonard Hall Drive
Leonardtown, MD 20650
301-475-4200, ext. 1680

