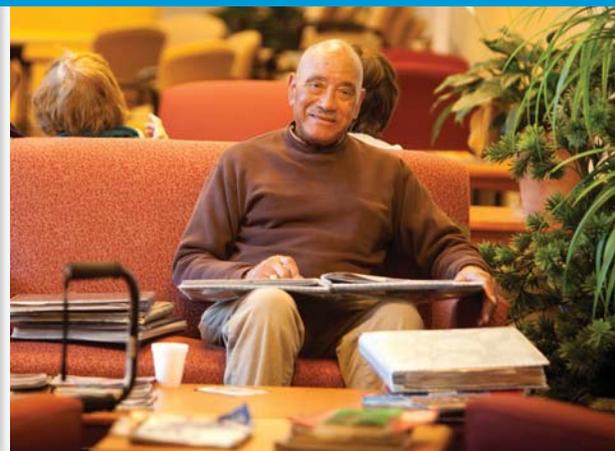


COMPLIMENTARY



PHOTO BY CHRISTINE EDWARDS



Services for Seniors, Adults with Disabilities, and Caregivers 2012-2013



410-222-4464



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



2012-2013 Services for Seniors, Adults with Disabilities, and Caregivers

in Anne Arundel County, Maryland
410-222-4464



Table of Contents

Introductory Letters	6
Anne Arundel Senior Services Provider Group, Inc.	8
Friends of Arundel Seniors	10
Maryland Access Point	12
Important Telephone Numbers.....	12
Storm Related Numbers	14
Anne Arundel County Commission on Disability Issues	14
MAP/I&A Programs of the Department of Aging and Disabilities.....	16
Applying for Housing and Rental Assistance	19
Need Care	20
Partnership/Sponsorship Opportunities	21
Applying for Benefits from Department of Social Services	21
Caring for Anne Arundel County Caregivers	22
Anne Arundel County Resources	24
County Map and Senior Center/Nutrition Site Locations	40, 41
What Services Are Available	76
Who Can Help	77



For easy access to our website,
scan this with your smartphone.



Categories of Anne Arundel County Resources

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

Active Adult Community	24	Hospice Care	59
Adult Day Care	24	Hospitals	59
Advocacy	24	Housecleaning	60
Assisted Living	25	Housing, Counseling	60
Assistive Telephones	29	Income Assistance	60
Bereavement Services	29	Information and Assistance	61
Case Management	29	Insurance Services	62
Cemeteries	30	Interior Design	62
Complaints and Information	30	Lawn Care / Maintenance	62
Congregate Housing	30	Libraries	62
Consumer Credit	31	Loan Closets	63
Consumer Services	31	Lunch Sites	63
Continuing Care Retirement Communities	31	Media and Marketing	64
Dentists	31	Mediation	64
Disability Services	31	Medical Products and Services	64
Discounts	34	Medicare, Medicaid	64
Discrimination	34	Mental Health	65
Education	34	Moving / Relocation Services	65
Elder Abuse	35	Nursing Care Facilities	66
Elder Law	36	Parks and Recreation	66
Emergency Information	39	Pets and Pet Care Services	67
Emergency Response	42	Pharmacies and Pharmacy Assistance Programs	67
Employment and Job Counseling	43	Physicians	68
Errand Services	43	Real Estate Services	68
Estate Sale Services	43	Rehabilitation, Physical Therapy	69
Exercise, Biking, Walking	43	Respite Care	69
Eye Care	44	Senior Activity Centers	69
Financial Services and Programs	44	Subsidized Housing	70
Food and Nutrition	45	Support Groups	70
Funeral Homes	46	Tax Information and Assistance	72
Furniture	46	Temporary Shelter	72
Health Organizations	46	Transportation	72
Hearing Aids	52	Treatment Centers	73
Home Care, Medical	52	Veterans	73
Home Care, Non-Medical	52	Victim and Witness Assistance	74
Home Health Care	53	Vital Records	74
Home Improvement, Design, Repairs and Maintenance	58	Volunteer Assistance and Opportunities	74
Home Organization	59	Voting	75



Department of Aging and Disabilities

2666 Riva Road, Suite 400, Annapolis, MD 21401
 410-222-4464—Fax 410-222-4360/410-222-4346
www.aacounty.org/aging

Toll Free 800-492-2499—TTY users, please call via Maryland Relay 711.

Inclusion in this directory does not constitute endorsement by the Anne Arundel County Department of Aging and Disabilities or any other county agency, the Friends of Arundel Seniors, Inc., or the Anne Arundel Senior Services Provider Group, Inc.

The County Executive



We welcome Pamela A. Jordan as the new director of the Anne Arundel County Department of Aging and Disabilities. Ms. Jordan has 30 years of experience with county government and is well qualified to lead the department. The county continues to face economic challenges this year, while trying to maintain the services needed by senior citizens and for the Baby Boomers who are reaching their retirement years.

We are using limited funds as wisely as possible so that older residents and individuals with disabilities can age in place in their communities, if they so desire, and can live with independence and dignity. Our county has more than 80,000 residents age 60 and older, with projections that the percentage of seniors will comprise one-fourth of the state's population in the next 20 years.

The county seeks to provide a supportive environment for the frail, the homebound, and the dependent, as well as for the active senior. *Services for Seniors, Adults with Disabilities, and Caregivers*, both in printed form and online, is a resource to help you locate various service providers throughout the area, and to inform you about the numerous programs offered by the Department of Aging and Disabilities.

John R. Leopold
County Executive

The Director



Welcome to the 2012-2013 edition of *Services for Seniors, Adults with Disabilities, and Caregivers*.

The Anne Arundel County Department of Aging and Disabilities is pleased to publish this year's new directory with updated information and web sites

of organizations that provide assistance to those in need. We have new information to help answer many of the questions we hear almost every day at our offices—topics such as caregiving for parents or spouses, applying for benefits to keep families intact and financially viable, and finding additional resources in the region.

We publish this directory annually to meet our Department's mission of "Making Life Better." You will find resources on the variety of services and programs operated not just by the Department but by other groups in the community. In addition to distributing 50,000 copies

of the directory, we also post this information on our website at www.aacounty.org/aging so that it is available from anywhere in the world. We also post information on various programs and activities at the Department on Facebook at www.facebook.com/arundelseniors.

The directory is a partnership led by the Friends of Arundel Seniors with the Anne Arundel County Department of Aging and Disabilities, Anne Arundel Senior Services Provider Group, and What's Up? Media Group. Now 27 years old, the Friends of Arundel Seniors is an all-volunteer organization that receives a portion of the advertising proceeds from the directory, courtesy of What's Up. The group uses the funds to purchase and install safety equipment in the homes of those in need (see page 10).

We hope you will enjoy the directory, and ask that you please share it and our contact information with others. We ask that you contact the Department of Aging and Disabilities with your concerns at 410-222-4464. We are here "Making Life Better."

Sincerely,

Pamela A. Jordan
Director

Editors: Sandy Berkeley, MAP/Senior Information and Assistance Director, and Mary P. Felter, Public Information Officer, Anne Arundel County Department of Aging and Disabilities. Produced by Sarah Hagerty, Health and Special Projects Editor, and designed by Linda Laing, Art Director, What's Up? Media. Additional photography by Tony Lewis, Jr.

Published annually through a partnership with Friends of Arundel Seniors, Inc.; the Anne Arundel County Department of Aging and Disabilities; the Anne Arundel Senior Services Provider Group, Inc.; and What's Up? Media.

The acceptance of advertising does not constitute endorsement by the Friends of Arundel Seniors or the Anne Arundel County Department of Aging and Disabilities of products and services. The publisher reserves the right to reject any advertisement or listing that is not in keeping with the standards of this publication.

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For advertising information, contact Kris Granata, Account Executive, What's Up? Media, 929 West St., Suite 208A, Annapolis, MD 21401, 410-267-9390, Ext. 113, 410-490-2099, kgranata@whatsupmag.com.

The Anne Arundel Senior Services Provider Group, Inc. (SPG)

Dear Seniors, Families, Caregivers and other Senior professionals,

Welcome to the 2012-2013 *Services for Seniors Directory*. On behalf of the Anne Arundel Senior Services Provider Group, Inc. (SPG), we invite you to read through this booklet, make note of the many offerings included, and refer back to it over and over as needed throughout the year. SPG is pleased to present such a valuable resource to the community in collaboration with the Anne Arundel County Department of Aging and Disabilities and Friends of Arundel Seniors.

SPG is a nonprofit membership organization comprised of businesses and individuals who provide services to older adults, their caregivers and families. We hold monthly community meetings that offer networking opportunities amidst a forum of professional presentations that educate and enlighten audiences on issues that are important to the senior population.

Our primary mission is completed with the annual awarding of grants to area nonprofits. These grants assist with their supportive work with the elderly and are especially important in these hard economic times in Maryland and across the nation. SPG believes it is vital to help these nonprofit organizations who rely on funding to continue their services to seniors in Anne Arundel County.

Members of the SPG who are committed to providing

high quality services to seniors and those around them are listed throughout the Directory and can easily be identified by the "SPG" next to their business description. We thank you for thinking of us as you search for assistance. The "SPG" designation is our way of indicating a member that is taking an active interest in better serving their senior clients.

If you are interested in attending our SPG meetings to take advantage of the educational and networking opportunities, please join us on the second Tuesday of every month, at 8:30 a.m. from September through June. We meet at Woods Memorial Presbyterian Church in Severna Park. A light breakfast is provided. We cordially invite you to attend and look forward to greeting and working with you. For more information about SPG, please visit our website at www.SeniorProviderGroup.org.

Warmly,



Denise Muncie, Chairman of the Board



Melissa Pittman, President



Chairman of the Board:

Denise Muncie, Cypress Creek Therapy

President/ Membership:

Melissa Pittman, Regent Healthcare

Vice President/ Directory:

Randi Florentine, Morningside House of Friendship

Membership:

Sue Weber, Von Paris Moving and Storage

Secretary:

Sharon Kinder, Roberts Home Medical

Treasurer:

Renee Kremm, New York Life Insurance

Community Education:

Leigh Watson, Regency Park Assisted Living

Grant Committee:

Pamela Urnowey, Home Instead Senior Care

Programs/Education:

Melissa Thomas, Right at Home

Ambassador/Legislation:

Theresa Barrett, Hospice of the Chesapeake

Website/Public

Relations/Newsletter:
Mike Flores, Cypress Creek Therapy

Liaison: Sandra Berkeley, AA County Department of Aging and Disabilities

Directory: Kim Monaco, Sunrise of Severna Park

Board Member:

Peg Overton, Senior Accounts

Friends of Arundel Seniors: Lending a Helping Hand

Friends of Arundel Seniors

assists Anne Arundel County residents who are age 55 and older and disabled adults of any age. The purpose of this private, tax-exempt, and all volunteer organization is to provide a safety net for the well being of seniors and those with disabilities in the county.

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

FOAS procures, distributes, and oversees the installation of home safety equipment such as:

- bathtub safety grips.
- tub mats.
- bathtub benches.
- smoke detectors.
- elevated toilet seats.
- toilet safety frames.
- hand-held shower heads.
- highly visible house numbers.
- jar vises.

The Friends of Arundel Seniors works closely with the county Department of Aging and Disabilities for referrals and for screening applicant requests. Actual installations are performed by volunteer members of **Partners in Care**, a community non-profit serving older adults, and by volunteers in the local **Kiwanis Clubs** in Annapolis and Anne Arundel County.

Items are installed at no or low cost depending on the ability of the individual to afford the needed equipment. Therefore, FOAS depends on community support—funding comes



PHOTOS BY TONY LEWIS, JR.



Ken Dunshee, a frequent and much-appreciated volunteer, installs some safety equipment in a home in Pasadena.

from county grants and from gifts donated by local groups and individuals. It also receives funding from the publication of this annual directory, *Services for Seniors, Adults with Disabilities, and Caregivers*. This free directory is a joint effort of FOAS, the Senior Services Provider Group, the county Department of Aging and Disabilities, and What's Up? Media

Group, which makes a donation to FOAS from the profits from advertising in this resource guide.

For information, or to make a donation, call Sandy Berkeley at the Anne Arundel County Department of Aging and Disabilities, at 410-222-4257. FOAS can also be reached at Friends of Arundel Seniors, P.O. Box 6248, Annapolis, MD 21401-0248.



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

Your “Map” to Services in Anne Arundel County

410-222-4257

What is MAP or Maryland Access Point?

Anne Arundel County Department of Aging and Disabilities is proud to be a Maryland Access Point (MAP) for Anne Arundel County. Our MAP program provides a single point of entry for:

- Information on resources and services.
- Assistance with benefits counseling, referral, and long-term planning.
- Services that can help assist you or your caregiver in maintaining a lifestyle that allows you to remain in the community, if possible.
- One stop, user-friendly access to services provided by the Department of Aging and Disabilities and other county and state departments such as Social Services, Health, and private and public support services.
- Tips on relevant issues and help seminars.

Who is eligible for the MAP service?

- Individuals over the age of 50.
- Individuals over 18 years of age with a disability.
- Caregivers for seniors and adults with a disability.

How does this program differ from the program known as I&A?

Information and Assistance Program Specialists will receive your calls as usual. They are the point of entry for MAP.

These MAP staff will be able to assist you with interaction with other agencies.

Access to MAP information will be available in a variety of places throughout Anne Arundel County. Both hospitals will carry MAP information at their service desks. Your local public



library and many public and private agencies that work with the senior population will be able to help you access MAP, too.

What is the MAP goal?

The goal of MAP is to enable persons, regardless of income, to call or come into the MAP office and access all the programs and services for which they are eligible without having to go from agency to agency. MAP staff will assist with entitlement program applications such as Energy Assistance, Homeowner’s Property Tax Credits, Renter’s Tax Credits, and Medicare and Medicaid programs. MAP staff also can assist with determining those programs and services that would meet a person’s needs. Help is only a telephone call away! (410-222-4257). The Department of Aging and Disabilities’ website, www.aacounty.org/aging, is also a valuable tool for accessing information to get you started with the process of planning for present and future needs.

Important Anne Arundel County Telephone Numbers

AA Co. Board of Elections	410-222-6600
AA Co. County Council.....	410-222-1401
AA Co. County Executive.....	410-222-1821
AA Co. Dept. of Aging and Disabilities	410-222-4464
AA Co. Department of Health.....	410-222-7095
AA Co. Emergency Management.....	410-222-0600
AA Co. Government	410-222-7000
AA Co. Police (non-emergency)	410-222-8050
and 410-222-8610	
AA Co. Police (Northern District).....	410-222-6135
AA Co. Police (Eastern District).....	410-222-6145

AA Co. Police (Southern District).....	410-222-1961
AA Co. Police (Western District).....	410-222-6155
AA Mobile Crisis Response (Mental Health)	410-768-5522
Adult Protective Services.....	410-421-8400
Animal Control	410-222-8900
BGE Emergency	800-685-0123
Bulk Item Pickup.....	410-222-6100
Community Cleanup.....	410-222-6104
District Court for AA County (Annapolis).....	410-260-1370
800-944-2688 (in MD)	
TTY800-735-2258	
District Court for AA County (Glen Burnie)	410-260-1800
800-944-2688 (in MD)	
TTY800-735-2258	

Domestic Violence Hotline	410-222-6800
Eldercare Locator	800-677-1116
Water/Sewer Emergency.....	410-222-8400

Additional Important Telephone Numbers

Governor’s Office.....	410-974-3901
Maryland Attorney General.....	410-576-6300
Poison Control Center.....	800-222-1222
Federal Do-Not-Call Registry.....	888-382-1222
City of Annapolis/Mayor’s Office.....	410-263-7997

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Assisted Living



Memory Care

What's Bright Living at Brightview? It's everything. The people, the place, the personalized care. The potential to make the most of every day. For assisted living or memory care, come see how we bring it all together for you.

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Anne Arundel County

Storm-Related Numbers

Police/Fire

Life threatening emergencies, call 9-1-1.

AA County Emergency Operations

Storm related emergencies only, call 410-222-0600.

AA County Roads

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

Trees across roads, flooding of county roads, call

South County410-222-1933

Central County410-222-7940

North County.....410-222-6120

AA County Water and Wastewater

Sewer Emergency Services, call 410-222-8400. (not storm related – faucet water)

FEMA (Federal Emergency Management Agency)

Call 800-621-3362.

American Red Cross

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

BGE

To report power loss, call 877-778-2222.

AA County Inspections and Permits

Damaged buildings, call 410-222-7790.

AA County Landfill Operations

Trash collection, curb, bulk, and recycling, call 410-222-6102.

Debris clean-up, call:

South County410-222-1933

Central County410-222-7940

North County.....410-222-6120

AA County Health Department – Wells

Inspections for flooded private wells, call 410-222-7189.

Anne Arundel County Commission on Disability Issues

The Anne Arundel County Commission on Disability Issues welcomes you to the 2012-2013 edition of *Services for Seniors, Adults with Disabilities, and Caregivers*. Members of the Commission invite you to use this directory to find services and resources that will enhance your life and the lives of friends and family members.

The Commission on Disability Issues was established in 1995. Since that time, the Commission has proudly served the community by promoting disability awareness, advising the County Executive and County Council on disability policy and legislation, and working to enhance the lives of individuals with disabilities. Each year the Commission sponsors the **disAbility Awareness Day** and honors individuals, businesses and others for their accomplishments and contributions in the field. This year's event will be held on October 27th at Westfield Annapolis Mall.

The Commission is composed of 21 voting members and more than 15 County and State agency representatives who are involved in some way in disability issues—in many cases, providing services that impact the lives of disabled individuals. Commissioners meet monthly to craft policy and legislative recommendations on disability issues. Within these pages you will find an array of services and resources that come directly from program and agency representatives that are seated at the Commission table and share in a commitment to serving county residents.

**For information, call the County's Americans with Disabilities Act Office, 410-222-4464
TTY users, please call via Maryland Relay 711**



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Nursing and Rehabilitation Center

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"I WOULD COME HERE AGAIN."

"ALL LEVELS OF STAFF TREATED MY MOM WITH PATIENCE AND RESPECT."

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CROWNSVILLE, MD 21032**

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**MID-ATLANTIC
HEALTH CARE, LLC**

MAP/Senior Information & Assistance



MAP offers “one-stop shopping” to senior citizens and adults with disabilities of Anne Arundel County and those concerned with their needs, welfare, and questions. Senior I&A Specialists are the single source of reliable, current information, assistance, and follow-up. This is the confidential gateway to support services for seniors and adults with disabilities. Senior I&A helps define problem areas and determines eligibility for needed services. It also acts as an advocate for the senior and educates the public about senior issues and available resources.

410-222-4257

Adult Evaluation and Review Service

Provides comprehensive nursing and psychosocial evaluation. Develops client care plans, identifies needs, and makes referrals to appropriate services to help individuals function as independently as possible. Page 29.

Adult Public Guardianship

Provides court-ordered guardianship services for some incompetent individuals 65 and older who have no family or friends to assume responsibility for medical care and decisions. Program staff members provide education and information about alternatives to public and private guardianship and health care powers of attorney. Page 61.

Americans with Disabilities Act Office

Coordinates and serves as a resource for Anne Arundel County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Serves as a resource for other private sector ADA and Federal Fair Housing issues. ADA office staff support and participate in the Anne Arundel County Commission on Disability Issues. Page 31.

Community Care Partnership

In Home Aide Services

A Department of Social Services program, IHAS is managed by the Department of Aging and Disabilities. It provides personal care, chore, and respite services for frail elderly adults and clients ages 18 and older who have disabilities. Page 53.

Medical Assistance Personal Care Services Program

A federally-funded program that supports residents of Anne Arundel County who have Medical Assistance and are elderly, have disabilities, and/or are chronically ill through assistance with activities of daily living and advocacy for services that promote choice and safeguard their dignity as they age in place. Page 55.

Senior Care

Provides in-home services and case management for frail elderly age 65 or older and individuals with disabilities so that they may continue living in their own homes. Financial and medical criteria must be met. Special programs include the Congregational Liaison and the Diabetic programs. Page 30.

Senior Center Plus

Provides specialized activities for frail older adults in four of the county’s seven senior centers. Special staff is available to a

small group of seniors who may have impairments, but do not require medical intervention, to help them maneuver the busy center environment. This is a fee-for-service program. Page 69.

FEAST (Senior Nutrition Program)

Operates many nutrition sites in the county. The acronym stands for “Friends Eating and Socializing Together.” Page 45.

Foster Grandparent Program

Is an intergenerational volunteer program that engages income-eligible persons 55 and older to mentor children with exceptional needs. Volunteers give back to the community by helping to guide and support children by serving 20-40 hours at Head Start centers, family support centers, public schools and other youth facilities. Eligible volunteers receive a tax-free stipend. Page 74.

Friendly Visitors

Provides weekly friendly volunteer visitors to isolated homebound residents of the county who are 55 or older or adults with disabilities. No hands-on care is given. Volunteers are recruited, trained and supported. Pages 52 and 74.

**DO YOU SPECIALIZE IN SENIOR CARE?
ARE YOU NETWORKING WITH THE COUNTY'S BEST?
JOIN THE LARGEST NETWORK OF
SENIOR CARE PROVIDERS IN
ANNE ARUNDEL COUNTY TODAY!**



Anne Arundel

SENIOR PROVIDER GROUP

The Anne Arundel Senior Provider Group (SPG) is a non-profit membership organization comprised of businesses and individuals who provide services to older adults, their caregivers & families.

Our Mission

Our primary mission is to award grants to local area non-profits. These grants assist the non-profits with their supportive work with the elderly, and are especially important in these hard economic times. SPG believes it is vital to help these non-profit organizations who rely on funding to continue their services to seniors in Anne Arundel County.

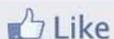
Membership

Members of the SPG are committed to providing services to seniors, their caregivers and families. These providers are listed throughout the Services for Seniors Directory. They can be easily identified by the "SPG" next to their business description. The "SPG" designation is our way of indicating an organization taking active interest in better serving their senior clients.

Meetings

Meetings are held at 8:30AM on the second Tuesday of every month from September through June at Woods Memorial Presbyterian Church in Severna Park.

For more information visit our website at www.seniorprovidergroup.org or Like us on Facebook!



DENISE MUNCIE *Chairman*



MELISSA PITTMAN *President*

Health Insurance Counseling (SHIP, Senior Health Insurance Assistance Program)

Provides health insurance assistance and information to Medicare-eligible persons and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options, and Medicare Part D options. Provides guidance with making an informed decision regarding long-term care insurance. Available for group presentations. Pages 25, 61, and 74.

Home Delivered Meals

One hot and one cold meal are delivered each weekday by Meals on Wheels of Central Maryland to homebound persons including seniors who are unable to shop or cook for themselves. Fees are on a sliding scale. Pages 45 and 75.

Housing Assistance

Regulates and offers technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally eligible residents residing in these ALFs. Helps coordinate quality assurance at Congregate Housing services sites. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for seniors and those with disabilities. Works collaboratively with Adult Protective Services and the Long Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings. Pages 25, 60, and 61.

Legal Assistance

Provides services to eligible seniors via a contract with the Legal Aid Bureau. Page 38.

Life Enrichment Program

Provides weekly visits to residents of nursing homes and assisted living sites. Volunteers of all ages share time each week to enrich older persons' lives. Pets on Wheels and Mom and Me are complementary visitation approaches that operate under the same program. Pages 66, 67, and 74.

Medicaid Waiver Program

A state-wide program, it provides services to eligible individuals 50 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial, and technical qualifications must be met. Pages 26, 53, and 64.

National Family Caregiver Support Program

Provides services and support to caregivers caring for loved ones 60 years of age or older or grandparents and relative caregivers age 55 and older who have responsibility for children up to age 18. Services include information, assistance, caregiver training, family counseling, support groups, respite for caregivers, and supplemental services. Educational workshops and support groups also are available to caregivers regardless of the age of the care recipient. Pages 69 and 70.

Ombudsman Program

Receives and resolves complaints made by or for residents of long term care facilities. Advocates for residents' rights and quality care. Educates public on long term care facilities and services. Protects identity of residents and individuals who make complaints. Promotes volunteer opportunities. Pages 25, 26, 35, and 66.

Respite Care Referral Program

Maintains a registry of screened and trained self-employed home care workers. Workers are available during day, evening, and nighttime hours to provide assistance to the elderly, ill, frail, or those with disabilities in their homes. Services provided are determined by the family's need and may include personal care as well as light housekeeping. There is no charge for the referral service. This is a self-pay program; clients and workers negotiate the fee. Pages 55 and 69.

Retired and Senior Volunteer Program (RSVP)

Part of a national network of senior volunteers, cooperates with county schools, libraries, museums,

departments of aging, state and county police, local hospitals, environmental projects, and other agencies to develop meaningful, satisfying volunteer opportunities for seniors. Page 74.

Senior Centers and Nutrition Sites

Offer a wide range of educational programs, recreational activities, health screenings, nutritious noontime meals, and access to information and services for county residents age 55 and older. They are open weekdays except holidays and county furlough days. Days and times of operation vary at the many nutrition sites. They provide nutritionally balanced lunches, activities and socialization at friendly community sites throughout the county. Pages 63 and 69.

Senior Medicare Patrol

A grant-funded project to combat fraud and abuse in Medicare and Medicaid, program provides public education to increase senior awareness of health care fraud issues. One-on-one assistance is available in reporting suspected Medicare/Medicaid fraud and abuse. Available for group presentations. Pages 25, 61, and 65.

Taxi Voucher Service

Provides coupons for discounted taxicab service within the county to persons 55 years and older and people 18 or older with disabilities who meet the income guidelines. Pages 34 and 72.

Telephone Reassurance

Provides daily telephone calls to seniors who may be frail, isolated, or living alone. Volunteers check in with senior clients 365 days a year, and clients may call ahead to a 24-hour message line to inform volunteers of schedule changes. In case of emergencies, all clients authorize volunteers to confirm their well being by consulting neighbors, family, or county police. Pages 42, 55, and 74.

Transportation

Provides rides to seniors age 55 and over and adults with disabilities age 18 and over to senior centers, nutrition sites, medical appointments, and for other purposes. Wheelchair vans are available. Page 72.

Rental Housing for Independent Seniors and Adults with Disabilities

Rental housing for independent living in Anne Arundel County can be divided into two major types—privately owned and subsidized buildings. The Department of Aging and Disabilities (DoAD) does not own or manage any complexes, but does provide information and counseling about the types of housing available for the population it serves. DoAD maintains a list called Housing Options for Seniors and Adults with Disabilities. This listing is available from the Annapolis or Glen Burnie offices, online at the website, www.aacounty.org/aging, and by mail upon request.

There are several kinds of subsidized housing for residents who meet income eligibility requirements. Almost all the housing units available from the Housing Commission of Anne Arundel County (www.hcaac.org) and the City

of Annapolis (www.hacamd.org) are for residents over the age of 18 who meet their requirements. Residents must be willing to follow lease requirements and abide by housing regulations. If a resident violates the regulations, he or she cannot rent from these properties again. The rental cost is one third of an applicant's adjusted gross income. All residents re-certify every year by meeting the required income and maintenance standards. Both agencies have a wait list.

The Annapolis area is also the location of three HUD Section 8 complexes that are subsidized and available to seniors 62 and older or to persons 18 and older who receive Social Security Disability and meet eligibility requirements. These complexes are Claiborne Place, Timothy House, and

College Parkway Place. Each building requires a separate application form and usually has a wait list.

All the other subsidized or partially subsidized rental buildings in the county are accessible only to seniors 62 and older.

Non-denominational fully subsidized complexes are Arundel Woods, Friendship Village, and Friendship Station, all managed by Catholic Charities. One application form allows an applicant to select any of these locations. All these locations have wait lists.

The partially subsidized buildings for seniors 62 and older charge rents that are usually less than privately owned units in the area and were financed by joint funding from government and private business. Each building has its own application and there are usually wait lists for all locations. They currently do not accept applications until an individual or the oldest spouse has passed their 62nd birthday.

Affordable rental housing in Anne Arundel County is in high demand. Anyone interested in these buildings has to plan ahead and complete an application to be placed on a wait list. There is usually no emergency housing available at these locations. Assistance to obtain emergency shelter is obtained through the Department of Social Services at 251 West St., Annapolis, or on the first floor of the District Courthouse, 7500 Ritchie Highway, Glen Burnie.

Please call Maryland Access Point Information and Assistance at 410-222-4257 for more information.



How to Apply for Housing and Rental Assistance Programs and Services

Call the Housing Commission of Anne Arundel County at 410-222-6200, Ext. 171, and request an application for Senior Housing, the Section 8 (Housing Choice Voucher) Program, the Moderate Rehabilitation Program, or the Rental Allowance Program. In addition, you can apply online for most of these programs

at the Housing Commission's website, www.hcaac.com. Eligible applicants having the greatest need for housing receive offers of available assistance first.

After filing an application, you will be placed on a waiting list. Applicants remain on the waiting list until funding is available for assistance. An orientation is

held to process files for approval. You are responsible for informing the Housing Commission of Anne Arundel County of changes in family circumstances, including income and address, and are responsible for responding to requests from HCAAC to update information.

Needing Care



What are the services available for seniors and persons with disabilities when they are in need of assistance with the everyday tasks such as bathing, preparing meals, and managing their bills? These kinds of activities are commonly called “activities of daily living” or ADLs. How these services are provided and paid for depends upon several factors including need, income and eligibility, and preference.

Once a person begins to have difficulty with their ADLs, it could be time to look into the reason for the changes and perhaps to consider what assistance is appropriate and available. This is a stage of life that many people are reluctant to acknowledge as it could mean relinquishing independence and relying on others for a variety of supports, temporarily or full time.

Families and friends stepping in to identify the supports they have available is the first step to keeping a person independent in their own home. Additional services can be considered and added as needed, from the lowest to the highest level of care in one of the following ways:

- In the recipient’s home
- In the home of family and friends
- At an adult day care center
- In a congregate setting or an assisted living home
- In a nursing home.

Payment or assistance to pay for these services will depend upon each person’s individual needs, personal wishes, family supports, personal income, financial assets, long-term care insurance, and eligibility for assistance programs. Following is a brief summary of most of the resources available for each of these levels of care:

- **In Home Custodial Care** is not generally paid for by health insurance or Medicare except in very specific circumstances. The Department of Aging and Disabilities has a registry of self-employed aides called the Respite Care Referral Program Registry. The respite care workers undergo a stringent application process and have all attended the program’s training classes. This Department also has a listing of the many available home health agencies that provide services in Anne Arundel County. For more detailed information about the registry or to obtain names of workers to employ, call 410-222-4464, Ext. 3094 or 3045.
- **Adult Day Care Centers** are private pay and offer full or part-time day care, especially for persons wanting some socialization time. Three centers are available in the county. They offer transportation services and are listed under the Adult Day Care heading in this directory. A further option is the Senior Center Plus Program, available in four senior activity centers, for seniors who need some guidance and support in a senior center setting and who have been screened as appropriate. There is a fee for this program which is currently offered one day per week at the Arnold, O’Malley, Annapolis and Pascal senior centers. More information is available by calling 410-222-4464, Ext. 3040.

The previous options are all considerations suitable for those seniors who are living in their own homes, or in the home of a family member or perhaps a friend. If this care is not available, then there are two other options to consider.

- **Congregate Housing** is often referred to as a step between independent living and assisted living. The locations are limited and are offered in only five buildings in this county, and are for seniors 62 years of age and older who are screened as income eligible and have an appropriate need. Residents participate in congregate meals, receive housekeeping and personal care assistance, and are monitored as needed. Call 410-222-4257 for further information, or see the listing under Housing Options for Seniors.
- **Assisted Living facilities** provide care for people who can no longer live independently, but who do not need nursing home care. The Department of Aging and Disabilities has a list of facilities and a checklist for use in determining an appropriate facility; both are available by mail, or from our website at www.aacounty.org/aging. Care in an assisted living facility is mostly paid with personal private funds but there are two programs, the Maryland State Subsidy and the Medicaid Waiver, both with wait lists, for some persons who are income and need eligible. Call 410-222-4257 or 410-222-4464 for a mailing or to request more information.
- When skilled rehabilitation or long-term skilled care is required, a **Nursing Home facility** can provide this level of care. Payment is from insurance, private funds, and frequently Medical Assistance. General information about the facilities in the county and how to pay for care is available from the Information and Assistance Specialists at 410-222-4257. The Ombudsman Program advocates for residents, investigates complaints, and provides education on long term care. They can be contacted at 410-222-4464.

The preceding information is provided as an introduction only. Call the telephone numbers provided for clarification about any of the terminology or programs themselves.

Partnership/ Sponsorship Opportunities

The Anne Arundel County Department of Aging and Disabilities offers partnerships and sponsorship opportunities to the business and private sectors throughout the year. These opportunities enable an organization to target its services or products to older adults, baby boomers, families, informal and professional caregivers, geriatric care managers, and others. Maximize your marketing dollars through sponsorships with the Department. Sponsorships are publicized in Department media releases, on county cable television, social media, and other outlets.

Current opportunities include:

- Spring and Fall Family Caregiver Workshop Series.
- Specific Topic Caregiver Workshops.
- Annual Caregivers' Wellness Day.
- Annual Caregivers' Conference.
- "The Future is Now! Are You Ready?" Workshop Series.
- *Caregivers' Voice* quarterly newsletters.



- Special projects: Making the Link, Grand Family Activities.
- Promotional items (i.e., pill boxes, medicine cards, bags).

Contact us by visiting the Department website at www.aa.org/aging to view the various levels of sponsorship. For information and a sponsorship agreement form, call Mary Chaput at 410-222-4464, Ext. 3045, or e-mail agmach01@aacounty.org.

The Department develops various programs and activities throughout the year. If you would like to discuss a sponsorship opportunity not listed on the Department website, call 410-222-4464, Ext. 3045. Check the website frequently as it will be updated as new opportunities become available.

While the Department is grateful for its sponsors, it does not endorse any particular vendor or business. Anne Arundel County has the right to approve or reject potential sponsors.

Applying for Benefits: Anne Arundel County Department of Social Services

To apply for any Department of Social Services (DSS) programs such as Medical Assistance, Qualified Medicare Beneficiary (QMB), Special Low-Income Medicare Beneficiary (SLMB), SNAP (formerly Food Stamps), Temporary Cash Assistance (TCA), and Temporary Disability and Emergency Assistance, it is essential to take the necessary documentation. Be prepared to wait in line to meet with a case worker. DSS offices are located in Annapolis and Glen Burnie. See pages 45 and 60.

The suggested list of documents includes the following:

- Social Security Award/Benefit Letter and proof of all other income.
- Social Security card.
- Saving account statements.
- Checking account statements for the last three months.
- Medical bills, paid and unpaid.
- Health insurance premiums.
- Rent receipts.
- Utility bills.

Please note that the Department of Aging and Disabilities has applications

and assistance available to apply for QMB/SLMB, and preliminary application assistance in person for seniors or disabled adults, to apply for Temporary Cash Assistance (TCA), the Food Supplement Program (SNAP), and Medical Assistance.

An online application for benefits can be submitted at the www.MarylandSail.org website. The web page address for the Anne Arundel County Department of Social Services is www.dhr.state.md.us/county/ann/.

Caring for Anne Arundel Caregivers

Informal caregivers provide care for their elderly, sick, or disabled family members, partners, friends, and neighbors. Informal caregivers include the wife who provides care for her husband who has suffered a stroke, the husband caring for his wife with Parkinson's disease, a young adult caring for a parent with Alzheimer's disease, or a grandparent now raising several young grandchildren.

Long-term caregiving can have a serious impact on the physical, mental, and spiritual health of the caregiver and can place a huge financial strain on families. Caregivers may face a loss of salary, health insurance, retirement savings, and ultimately Social Security benefits.

Caring for the Caregiver

Have you been on a airplane and heard the flight attendant tell you, in the event of an emergency, to put on your oxygen mask first? Why? If you don't put your mask on first, you won't be there for all those other people when they need you because you will be unconscious.

The same applies to caregivers whose natural tendency is to do for others, because they are caring, loving, and responsible people. However, just like the oxygen mask, caregivers need to take care of themselves so they can effectively take care of the people they love.

Self-care is not selfish!

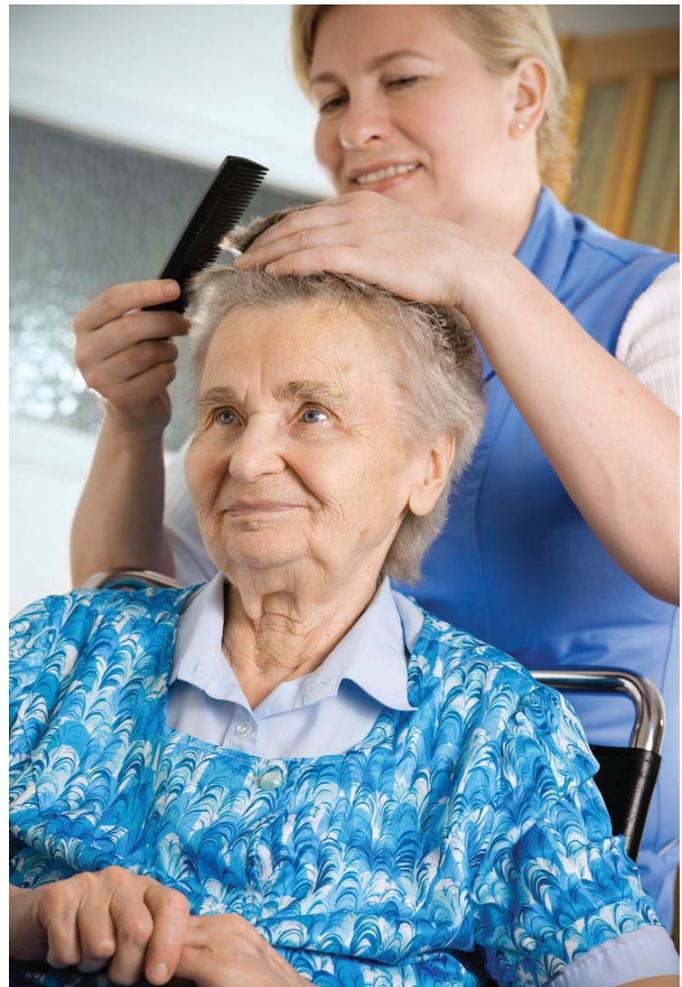
Taking care of one's self is self-care. In order to provide long-term care, you must practice self-care and preventative healthcare behaviors. Whether you are a baby boomer caring for a parent while simultaneously juggling work and raising children, or an older caregiver providing care to a spouse, you are at risk for depression and significant health problems. Self-care includes exercise, eating healthy, getting proper rest, having a support system, and taking a time-out to just relax.

Keep Your Doctors' Appointments

You cannot stop the progression of your loved one's illness. But you can take responsibility for your own care. Make sure you schedule an annual check-up with your physician, dentist, and optometrist or ophthalmologist.

Reduce Stress

- Remember, there is no "one" way to provide care.
- Identify a support system.
- Ask for help.



- Accept help. (As noted speaker Beth Witrogen McCleod says, "Even the Lone Ranger relied on Tonto.").
- If employed, contact your employer about employee assistance programs.
- Plan ahead for medical, legal and financial issues.
- And, finally, know your enemy. Talk to the doctor and go online to find information about the specific disease or condition your loved one has. Know what to expect as the disease or condition progresses.

The Anne Arundel County Department of Aging and Disabilities caregiver support programs provide education, support, and respite information to family caregivers. The Respite Care Referral Program screens and trains home care workers and maintains a referral registry of workers who can provide home care, allowing caregivers to maintain their work schedule or just take a break. The National Family Caregiver Support Program facilitates monthly support groups, presents regular educational workshops and conferences, and publishes a quarterly informational newsletter. Staff members are available to help caregivers locate resources wherever they or their loved one may live.

If you would like assistance or information regarding your role as a caregiver, or would just like to receive updates on workshops and conferences, call 410-222-4464 or e-mail caregiver_support@aacounty.org.

WELCOME HOME TO



The Gardens of Annapolis

A SENIOR RENTAL COMMUNITY FOR ACTIVE ADULTS AGE 62 AND BETTER

Relax in the well appointed library or visit our movie theater. Perhaps you would like to pamper yourself at the beauty salon, meet your opponent in the billiard room, or exercise in the fitness center. After a busy day, enjoy dinner in the Dogwood Dining Room. We also provide complimentary shuttle service to local grocery stores, banks, and post office.

The Gardens of Annapolis
931 Edgewood Road • Annapolis, MD 21403
410-295-5644 • E-mail: gardens@covepm.com

Directions from the Washington, DC metropolitan area:
Take US-50 E towards Annapolis/Bay Bridge. Take the MD-665/Aris T. Allen Blvd. exit toward Riva Rd. Merge onto MD-665 S via exit 22 toward Riva Rd. Turn slight right onto Forest Drive. Forest Drive becomes Bay Ridge Road. Turn left onto Edgewood Road. We are immediately on the right.



www.covepm.com



Resources

For Older Adults, Adults With Disabilities, and Caregivers
in Anne Arundel County

Active Adult Community

Gardens of Annapolis *SPG*

931 Edgewood Road
Annapolis, MD 21403
410-295-5644

www.covepm.com

For seniors 62 and better, offering the conveniences and comforts of premier independent living, plus the advantages of a rental community without the ownership responsibility.

Please see our ad on page 23

Adult Day Care

Active Day of Annapolis *SPG*

2525 Riva Road, Suite 100
Annapolis, MD 21401
410-573-9100

www.ActiveDay.com

Golden Age Communities Golden Age Adult Day Care of Bowie

3112 Belair Drive
Bowie, MD 20715

Golden Age Retirement

(dba Avalon Assisted Living)
2900 Tarragon Lane
Bowie, MD 20715
301-262-3900
240-281-6676 (cell)

www.goldenagecommunities.net

Woods Adult Day Care Center

410-987-0360

www.woodsadultdayservices.com

Offers programs of social/health-related services six days a week for persons who need 24-hour supervision. Includes nursing, therapeutic activities, counseling, hot lunch, and transportation.

Please see our ad on page 24

Advocacy

AA County Community and Constituent Services

410-222-1795

www.aacounty.org/CountyExec/ComServe

The Community and Constituents services section of the County Executive's office serves as the focal point between government and the community. It maintains an information and referral service to resolve complaints and assesses the role of volunteers in activities in the county.

AA County Dept. of Aging and Disabilities/*Main Office*

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Provides programs, services, information, and special events to improve the quality of life for older adults and adults with disabilities. Family members and caregivers

WOODS ADULT DAY SERVICES

"Caring for Tradition since 1975"



We Offer:

- Transportation • Health & Nursing Services
- Social Services • Daily Hot Lunch/Snacks
- Diverse Activities Program

Fees are based on participant's ability to pay.

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

8227 Cloverleaf Drive, Suite 300, Millersville • 410-987-0360

www.WoodsAdultDayServices.com

*Be assured of the care and expertise that your loved one will receive while at
Woods Adult Day Services as we have been caring for
impaired individuals for over thirty-seven years.*

also are encouraged to call for information and assistance. The Driver Safety Program is offered at senior centers.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program

410-222-4257
800-492-2499 Toll-Free
TTY users please call via MD Relay 711.
www.aacounty.org/aging
One stop, user-friendly access at the county Dept. of Aging and Disabilities to services offered by multiple agencies for persons age 50 and older, persons age 18 and older with a disability, and caregivers for seniors and adults with disabilities. Information and Assistance Specialists continue to provide a single contact point for information about all programs and services, assist in defining needs and locating appropriate services, and help with completing forms and applications for benefit programs. Speakers available.

AA County Dept. of Aging and Disabilities/Ombudsman Program

410-222-4464
800-492-2499 Toll-Free
www.aacounty.org/aging
Provides information and education about nursing homes and assisted living facilities and the admissions process. Investigates and helps resolve resident and family complaints in nursing homes and assisted living facilities.

AA County Dept. of Aging and Disabilities/Senior Health Insurance Program (SHIP)

410-222-4464
www.aacounty.org/aging
SHIP provides health insurance assistance and information to Medicare-eligible persons and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options, and Medicare Part D options. Provides guidance with making an informed decision regarding long-term care insurance.

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

410-222-4464
www.aacounty.org/aging
Provides public education to increase senior awareness of health care fraud. One-on-one assistance available in reporting suspected Medicare/Medicaid fraud and abuse.

AARP-Membership Services

888-687-2277 Toll-Free
www.aarp.org
AARP is a membership organization dedicated to enhancing the experience of aging through advocacy, information, and services. Call for chapter locations and telephone numbers.

Associated Black Charities

410-659-0000
www.abc-md.org
An organization that states its goal is to be a "catalyst for community development and problem solving to reach African American community self sufficiency."

At Home Chesapeake

410-647-1997
www.athome-chesapeake.org
A non-profit membership organization, part of the nationwide Village to Village Network, where members actively participate in creating opportunities for advocacy, education, health management, and social connectivity for themselves and others so that they can live in their communities for a lifetime.

Laurel Advocacy and Referral Services

301-776-0442
www.laureladvocacy.org
Crisis intervention in the Laurel area by a group of religious member organizations.

MD Dept. of Veterans Affairs

410-230-4444
800-446-4926 Toll-Free
www.mdva.state.md.us
Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

MD Office for Refugees and Asylees (MORA)

410-767-7514
www.dhr.state.md.us/mora/index.php
Provides support and services to refugees to ease their transition into American society.

NARFE (National Active and Retired Federal Employees Association)

703-838-7760
800-456-8410 Toll-Free
www.narfe.org
Protects and improves the retirement benefits of federal retirees and their families. Provides information on federal retirement, health insurance, and life

insurance benefits available to members and non-members. Federal retirement support services. Meetings held at various county sites each week. Call for locations, dates, and times.

The Arc Central Chesapeake Region

410-269-1883
410-268-8085
410-770-9895 Easton
TTY 800-735-2258
www.thearc.org
Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, microenterprise, community living, individual support, and fiscal management services.

United Seniors of MD

301-854-2971
www.unitedseniors.net
United Seniors of MD (USM) is an umbrella organization of public, non-profit, and private groups interested in promoting and protecting the well-being of every older citizen in the State of MD.

Assisted Living

AA County Dept. of Aging and Disabilities/Housing Program

410-222-4464
www.aacounty.org/aging
Regulates and offers technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally eligible residents residing in these ALFs. Helps coordinate quality assurance at Congregate Housing services sites. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for seniors and those with disabilities. Works collaboratively with Adult Protective Services and the Long Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

Need Help Navigating the Maze of Assisted Living?

A Place 4 Seniors provides FREE assisted living home assessment and placement services to seniors and their families in need of assistance.

We identify and secure quality assisted living and supplemental care at affordable prices. We offer assistance with VA funding and find other funding resources. No one is turned away for economic status.

Help Is Just A Phone Call Away! Call Us Today.

410-439-9353.....

A Place 4 Seniors
The Best Kept Secret in Elder Care



Serving the State of Maryland

ASSISTED LIVING, INC.
presents
CRANBERRY COTTAGE

Cranberry Cottage has 9 locations located in Glen Burnie and surrounding areas. Our small, gracious homes are designed for 6-8 residents.

The warm, friendly staff is there to provide personal assistance that promotes dignity and enhances independence.

The quaint size permits choice and allows social and recreational activities to be tailored to the interest of each resident.

For a peace of mind, come visit a Cranberry Cottage near you where dignity, independence and choice are truly guaranteed.

"The rest of the good news is ... the fees are all inclusive!"

Call for more information
(410) 360-1844



AA County Dept. of Aging and Disabilities/Medicaid Waiver for Older Adults

410-222-4464
800-492-2499 Toll-Free
www.aacounty.org/aging

This is a state-wide program which provides services to eligible individuals age 50 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial and technical qualifications must be met.

AA County Dept. of Aging and Disabilities/Ombudsman Program

410-222-4464
800-492-2499 Toll-Free
www.aacounty.org/aging

Provides information and education about nursing homes and assisted living facilities and the admissions process. Investigates and helps resolve resident and family complaints in nursing homes and assisted living facilities.

Annapolitan Assisted Living

84 North Old Mill Bottom Road
Annapolis, MD 21409
410-757-7000

www.AnnapolitanAssistedLiving.com
Highly affordable, "Get Well Sooner" short rehabilitation stays welcome. Chef prepared meals, vibrant recreation/entertainment. A level three license in a cozy and supportive environment.

A Place for Mom SPG

2802 Red Rose Court
Abingdon, MD 21009
1-866-394-8026
www.aplaceformom.com/eldercare-advisors/jessica-welch

A Place 4 Seniors SPG

8010 Catherine Avenue
Pasadena, MD 21012
410-439-9353
mmatthews@aplace4seniors.com
www.aplace4seniors.com

Need to find an assisted living home and don't know where to start? Help is just a phone call away. Providing seniors free assessments.

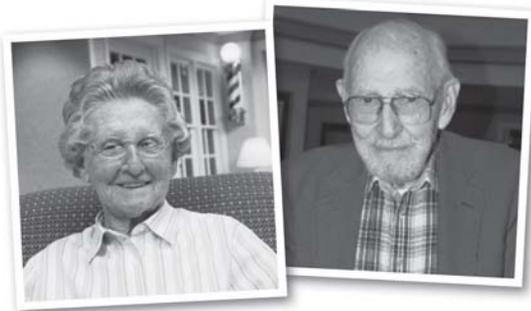
Please see our ad on page 25

Assisted Living Well Compassionate Care, LLC

265/271 W. Pasadena Road
Millersville, MD 21108
443-691-2742
410-315-8807

www.AssistedLivingWell.com
Upscale, family-style homes offer private rooms and baths, Nurse and 24-hour med-tech care providers, gourmet chef, includes medication administration, meals, group activities, laundry and housekeeping, secure Alzheimer's care.

The Sunrise Signature Experience



No one champions quality of life for seniors like **Sunrise**. We've devoted 30 years to refining our resident-centered care, building the most passionate and skilled teams who get to know our residents, and filling every community with the special touches of home.

I liked Sunrise since the first day I moved in. I feel like I've gone to heaven.

Irene Waters, resident at Sunrise of Severna Park

The staff – everyone from housekeeping to the dining room, the nurse and the care staff – is top notch.

They are very good and always willing to help.

Frank Baker, resident at Sunrise of Annapolis

Call to schedule a complimentary lunch & tour for you and a friend!

Sunrise of Annapolis
(410) 266-1400
800 Bestgate Rd, Annapolis, MD
SunriseAnnapolis.com

Sunrise of Severna Park
(410) 544-7200
43 West McKinsey Rd, Severna Park, MD
SunriseSevernaPark.com



Providing care with love, understanding and dignity since 1981.

Atria Manresa SPG

85 Manresa Road
Annapolis, MD 21409
410-349-9529
www.AtriaSeniorLiving.com

Brightview South River

8 Lee Airpark Drive
Edgewater, MD 21037
410-956-7310
www.BrightviewSouthRiver.com
Brightview South River assisted living offers friendly staff and a comfortable home-like environment where residents are encouraged to live life to its fullest potential. On-campus Memory Care.
Please see our ad on page 13

Charlotte Hall Veterans Home

29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.org
Maryland's only long-term care facility specifically for veterans and their eligible spouses. Offering skilled nursing, assisted living, rehabilitation, Alzheimer's, and respite.

Cranberry Cottage Assisted Living, Inc.

7841 Tick Neck Road
Pasadena, MD 21222
410-360-1844
Cranberry.cottage@verizon.net
Cranberry Cottages are small, gracious homes offering nine locations. Trained staff provides 24-hour assistance.
Please see our ad on page 26

Ginger Cove

4000 River Crescent Drive
Annapolis, MD 21401
410-266-7300, 800-299-2683 Toll-Free
www.GingerCove.com
Annapolis' premier life-care retirement community, just four miles from the historic district. Located on 30 wooded acres of waterfront property. Offering active living with first-class amenities and a 90 percent entrance refund plan.

Golden Age Retirement

(dba Avalon Assisted Living)
2900 Tarragon Lane
Bowie, MD 20715
301-262-3900
240-281-6676 (cell)
www.goldenagecommunities.net

Heartfields Assisted Living-Bowie

7600 Laurel-Bowie Road
Bowie, MD 20715
301-805-8422
www.heartfieldsassistedlivingatbowie.com
Offering spacious accommodations, gourmet restaurant-style dining, full-service housekeeping, laundry services, and social activities. Conveniently located between Annapolis and Washington, D.C.

Loving Caring
in a Home
Based Setting

- Beautifully appointed private rooms
- Three home-cooked meals daily plus snacks
- Personal assistance with bathing, grooming, and dressing
- Medication administration
- Housekeeping services
- Laundry services
- Entertainment and activities
- 24-hour supervision

Oak Lodge
Senior Home

Assisted Living

7753-7755 Outing Ave
Pasadena, MD

410-255-6070

www.oaklodgeassistedliving.com



Assisted Living



Luxury Waterfront Community On
CYPRESS COVE

What retirement living should be...



Design Award

Kris-Leigh Communities offer:

*24-hour assisted care with three locations in
Gambrills, Davidsonville and Severna Park*

1-800-293-1011 • 410-975-9919

www.kris-leigh.com • 410-975-0020 fax

DIVERSIFIED FINANCING OPTIONS AVAILABLE

Heartlands at Severna Park

715 Benfield Road
Severna Park, MD 21146
410-729-1600
www.HeartlandsAssistedLiving.com
Heartlands at Severna Park offers an upscale resident experience, gracious surroundings, fine dining, private suites, 24-hour in-house nursing staff and excellent activities calendar.

Please see our ad on inside front cover

Household of Angels of Severna Park, Inc.

"We are a faith-based home."
2163 Davidsonville Road
Gambrills, MD 21054

118 Arundel Beach Road
Severna Park, MD 21146
410-384-9540
www.householdofangels.com
"Lord, help me to be concerned for those in pain." Christian homes with daily activities. Regular religious services. Gracious suites with private baths. Personalized care, RN on staff. Physician managed. Rehabilitation, physical therapy, hospice care. Alzheimer's care, long-term care insurance, VA, Medicaid also. "Time spent with us is time well spent."

Kris-Leigh Assisted Living, LLC/Cypress Cove

831 Ritchie Highway
Severna Park, MD 21146
410-975-9919
800-293-1011 Toll-Free
www.kris-leigh.com
Waterfront assisted living offering personalized and 24-hour care, elegant individuals and companion suites with balconies. Wellness Director, therapy pool, restaurant-style menu, laundry, housekeeping, daily activities, transportation, movie theater, boat slips, pontoon boat.

Please see our ad on page 27

Kris-Leigh Assisted Living, LLC/Davidsonville

3913 Birdsville Road
Davidsonville, MD 21035
410-956-0442
800-293-1011 Toll-Free
www.kris-leigh.com
24-hour personalized care, single floor suites, private and companion furnished suites with full baths, daily activities, delicious meals, laundry, housekeeping, and transportation provided in a gracious, home-like setting.

Please see our ad on page 27

Kris-Leigh Assisted Living, LLC

1032 and 1038 Annapolis Road (Rt. 175)
Gambrills, MD 21054
410-672-3040
800-293-1011 Toll-Free
www.kris-leigh.com
24-hour supportive services, single floor living, beautiful individual suites with full baths, delicious meals, transportation, daily activities, laundry and housekeeping.

Please see our ad on page 27

Morningside House of Friendship

SPG
7548 Old Telegraph Road
Hanover, MD 21076
410-863-0830
www.morningsidehouse.com
Our community consists of assisted living as well as two dementia areas. We recognize that every individual ages differently, so we are prepared to handle a variety of needs whether they exist now or develop over time.

Please see our ad on page 3

Oak Lodge Senior Home Assisted Living

7751 Outing Avenue
Pasadena, MD 21122
410-255-6070; 410-439-5643
www.oaklodgeassistedliving.com
Beautiful, private bedrooms with private bathrooms in a quiet, residential area of Pasadena. We offer meals, laundry, and housekeeping, medication administration, and 24-hour supervision.

Please see our ad on page 27



**Home is more than a place...
It's a feeling.**

At Regency Park, comfort and caring are what we're all about! With 55 suites, we're small enough for close, caring relationships, yet large enough to be generously staffed and professionally managed. Our sixteen acres are peaceful and give lovely views. Local ownership assures responsiveness and flexibility.

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

www.regencyparkassistedliving.com

**For more
information or
to schedule a
personal visit, call
410-923-1200**

**Located in
Lower Crofton Area**

**730 Route 3 South
Gambrills, MD
21054**



Peartree House Assisted Living

8001 Middlebury Drive
Pasadena, MD 21122
410-437-5050
8004 Shadow Oak Lane
Pasadena, MD 21122
410-439-4697

We are a small, home-like community offering each resident their own private room/bath. We provide nutritious meals, activities, laundry, and housekeeping, as well as assistance with bathing, dressing, and grooming. Rooms include furniture, an emergency call system, and cable TV. We treat each resident with dignity, compassion and respect. We have around-the-clock awake caregivers.

Regency Park Assisted Living SPG

730 Maryland State Route 3 South
Gambrills, MD 21054
410-923-1200

www.RegencyParkAssistedLiving.com
At Regency Park, comfort and caring are what we're all about! With 55 suites, we're small enough to form close, caring relationships; yet large enough to be generously staffed and professionally managed. Our 16 acres are peaceful and give lovely views. Our secure Alzheimer's unit offers a gracious, safe and stimulating environment designed especially for individuals with Alzheimer's and other memory disorders.

Please see our ad on page 28

Somerford Place SPG

2717 Riva Road
Annapolis, MD 21401
410-224-7300

www.somerfordplaceannapolis.com
Alzheimer's/Dementia specific community. Twenty-four hour nursing. Caring, dedicated staff specifically trained in memory care. Until there is a cure, there is Somerford Place.

Please see our ad on back cover

Sunrise Assisted Living of Annapolis

SPG
800 Bestgate Road
Annapolis, MD 21401
410-266-1400

www.sunriseannapolis.com
At our Sunrise location, we offer Assisted Living and a Reminiscence community, specializing in programming for those with moderate to severe dementia. We pride ourselves on providing the best care for seniors in a home-like environment.

Please see our ad on page 26

TTY users can call
Maryland Relay 711

Sunrise Independent & Assisted Living of Severna Park SPG

43 West McKinsey Road
Severna Park, MD 21146
410-544-7200

www.sunrisevernapark.com
At our Sunrise location, we offer Assisted Living and a Reminiscence community, specializing in programming for those with moderate to severe dementia. We pride ourselves on providing the best care for seniors in a home-like environment.

Please see our ad on page 26

Assistive Telephones**MD Accessible Telecommunications (MAT)**

800-552-7724 V/TTY Toll-Free
410-767-6960 V/TTY

www.mdrelay.org
moreinfo@mdrelay.org
MD Accessible Telecommunications distributes free amplified and captioned phones, hands-free phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

MD Relay

800-552-7724 V/TTY Toll-Free
www.mdrelay.org

moreinfo@mdrelay.org
MD Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone. Dial 711 to place Relay call.

Please see our ad on page 30

Bereavement Services**AA County Dept. of Aging and Disabilities/Congregational Liaison Program**

410-222-4369
800-492-2499 Toll-Free
TTY 410-222-4355

www.aacounty.org/aging
A specialized program within the Community Care Partnership program that

provides grief counseling to individuals at home or at Senior Activity Centers in a group setting. Collaborates with Hospice of the Chesapeake and the Heritage Pastoral Counseling Center.

Hospice of the Chesapeake SPG

410-987-2003
800-745-6132 Toll-Free
877-461-1101 Toll-Free
www.hospicechesapeake.org

Provides health care to people with any life limiting illness by providing nurses, home health, social workers, counselors, and volunteers for the terminally ill. Medicare generally covers hospice services but no one is denied care. Serves AA and Prince George's counties. The Life Center provides counseling to anyone in the community grieving a death. Life Center: 410-987-2129.

Please see our ad on page 57

Professional Healthcare Hospice Bereavement Services

410-735-5569
www.phri.com/HospiceBereavementService.s.aspx

Bereavement support groups for any adult grieving the death of a loved one, a safe place to learn about the dynamics of grief and loss and to find support from others who are going through the grief experience as well. Groups meet for two hours per week for six consecutive weeks; some are evening groups and some meet afternoons. Also a Saturday group meets. All groups are free and open to the community and meet at Charlestown Retirement Community in Catonsville.

Case Management**AA County Dept. of Aging and Disabilities/Adult Evaluation and Review Services**

410-222-4366

www.aacounty.org/aging
Comprehensive psychosocial and nursing evaluation in the home; development of client care plan, identifying needs and appropriate services to enable the individual to function as independently as possible.

*Aging
Services*

Management, LLC

*A geriatric care
management service*

AgingServicesMgmt@gmail.com

Jennifer L. Sapp, M.S.W., M.S.G.
Serving seniors in AA County

Offering assistance to families caring for an aging relative. Services include information and referrals, in-home assessments and care planning, placement, service coordination and monitoring, counseling and support.

301-219-7645 or 410-349-4835

www.agingservicesmgmt.com

AA County Dept. of Aging and Disabilities/**Community Care Partnership**

410-222-4369

www.aacounty.org/aging

In partnership with the county Health and Social Services departments, provides case management to clients 18 years or older who meet medical and financial eligibility. Some in-home services are available for eligible clients. This program enables clients to age and remain in their own homes.

Aging Services Management, LLC

SPG

P.O. Box 267
Arnold, MD 21401
410-349-4835
301-219-7645

AgingServicesMgmt@gmail.com

ASM offers counseling, information and referrals, in-home assistance and care planning, placement, monitoring, service coordination, and support for family members and care patients.

Please see our ad on page 29

Cemeteries

Anatomy Gifts Registry

410-553-0525
410-863-0491
410-863-0497
800-300-5433 Toll-Free
www.anatomicgift.com
www.anatomygifts.org

A non-profit, gift-of-body registry and donation program which benefits the medical science and education community. Services are free. Pre-registration is not required to become a donor. MD's only independent body donation program. Free cremation and ashes mailed back to family. A minimal postage fee may apply.

Lakemont Memorial Gardens **SPG**

900 W. Central Avenue
Davidsonville, MD 21035
410-269-0514
www.DignityMemorial.com

MD Veterans Cemetery/Crownsville

410-987-6320

www.va.gov

Burial benefits include a gravesite in an available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some Veterans may also be eligible for Burial Allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains. Additional benefits are available for spouses and dependents.

State Anatomy Board

410-547-1222
800-879-2728 Toll-Free

www.dhmv.state.md.us/anatomy/html/faqs.html

State's cadaver donation program. Cadavers are used to support medical, dental education, and research. Donor forms are available by calling or writing the board.

Complaints and Information

AA County Conflict Resolution Center

410-266-9033
www.aacrc-md.us

Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Conflict resolution classes and training are available. No fee.

MD Attorney General's Consumer Protection Office

410-528-8662
877-261-8807 Toll-Free
TTY 410-576-6372

www.oag.state.md.us
Investigates medical billing complaints, reimbursement disputes, and denial of care. Complaint form online. Furnishes mediation services to consumers to help resolve complaints against businesses and health insurance carriers.

MD Office of People's Counsel

410-767-8150

800-207-4055 Toll-Free

www.opc.state.md.us

Consumer complaints, disputes about utility bill. Represents consumer of utility services before the Public Service Commission, certain federal agencies, and the courts.

MD Secretary of State's Office

410-974-5534

800-825-4510 Toll-Free

www.sos.state.md.us

Registers, regulates, and renews charitable organizations, professional solicitors, and fund raising counsels doing business in the State of MD. Provides the public with information on status, legitimacy, and spending patterns of these organizations. Speakers are available.

Sheriff's Office/AA SALT Council/TRIAD Plus

410-222-1571

www.aacounty.org/sheriff/triad.cfm

SALT (Seniors and Law Enforcement Together)/TRIAD is a nationally-recognized grassroots movement promoting a three-way commitment among the police department, sheriff's office, and older citizens to work together to reduce criminal victimization and enhance delivery of law enforcement services to citizens. Services include information on consumer issues pertaining to senior citizens. Speakers are available.

Congregate Housing

Congregate Housing Services Program

410-222-6217

410-267-8000

www.aacounty.org/aging

Provides supportive services in various apartment buildings to low and moderate income seniors age 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, housekeeping, laundry, personal assistance and service management. Providers include: Housing Commission sites Glen Square, Pinewood Villages 410-222-6217; Annapolis Housing Authority Glenwood High-rise 410-267-8000; Catholic Charities-Arundel Woods at 410-424-3535 and Friendship Station at 410-519-6085. Financial assistance available based on income.

'I'd love to call my grandma, but I don't know how.'

Do you know someone who uses a Captioned Telephone? How about a TTY or other assistive phone?



Are you hesitating to keep in touch with people you know or care about because you don't know how to place a call to them? Get some friendly tips from us at Maryland Relay. Learn how to call people who use captioned phones, TTYs or other assistive phones.

Call us today at Maryland Relay Customer Service at 1-800-552-7724 Voice/TTY for more information. We can help you make those calls again to your family and friends, and let them know you're thinking of them.

(...And when you call grandma, tell her we said hi!)

Visit: www.mdrelay.org
Write: Maryland Relay
Department of Information Technology
301 West Preston Street, Suite 1008A
Baltimore, MD 21201
E-mail: moreinfo@mdrelay.org

doIT IT'S POSSIBLE™

TTY users can call
Maryland Relay 711

Consumer Credit

Commissioner of Financial Regulation

410-230-6097
888-784-0136 Toll-Free
www.dllr.state.md.us/finance
Regulates and licenses credit and collection agencies; accepts written complaints.

Consumer Credit Counseling Service of MD and DE

410-747-6803
800-642-2227 Toll-Free
866-731-8486 Toll-Free
www.cccs-inc.org
A non-profit agency that offers free budget counseling, debt repayment planning, and community education.

Consumer Services

State Anatomy Board

410-547-1222
800-879-2728 Toll-Free
www.dhmv.state.md.us/anatomy/html/faqs.html
State's cadaver donation program. Cadavers are used to support medical, dental education, and research. Donor forms are available by calling or writing the board.

State's Attorney's Office

CASE Program, Communities Against Senior Exploitation
410-222-1740, ext. 3845
www.statesattorney-anneandundel.com
Offers free informational seminars regarding identity theft, fraud, and scams.

Continuing Care Retirement Communities

BayWoods of Annapolis *SPG*

7101 Bay Front Drive
Annapolis, MD 21403
443-837-1208
www.baywoodsofannapolis.com
Waterfront retirement community located on 14 acres on the shores of the Chesapeake Bay. Offering resort-style amenities in all 147 spacious, independent apartments. Residents enjoy an active lifestyle. Covered garage parking. Pets welcomed.

Dentists

Annapolis Outreach Center/Clinic @ Stanton Center

443-481-3599
www.aahs.org/outreach
Free clinic for the at-risk, underserved and underinsured residents of Anne Arundel County.

AA Dental Access Program

410-222-7138, 410-222-6861
www.aahealth.org/programs/adult-health-services/dental
Assists income-limited adults in obtaining dental care from participating volunteer dentists at discounted rates.

Djawdan Center for Implant and Restorative Dentistry

"Where implants become teeth and teeth become smiles."
200 Harry S. Truman Parkway
Annapolis, MD 21401
443-482-5213
www.smileannapolis.com
Dr. Kian Djawdan, DMD, Diplomat-ICOI, Masters-AGD, Masters Implants and Prosthetics-ICOI, IV Sedation Certification-USC.

Please see our ad on page 7

North County Health Services Center

410-222-6625
www.aahealth.org/location.asp
Community health center which offers dental services to those who meet income eligibility requirements.

People's Community Health Dental Center

410-467-6040
Brooklyn Park dental clinic for all ages. Services provided without regard to ability to pay, insurance or employment status. Sliding scale when appropriate.

University of MD School of Dentistry

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

Disability Services

Accessible Resources for Independence

410-636-2274
www.arinow.org
ARI is a nonprofit that is the Center for Independent Living for Anne Arundel County. It provides peer mentoring, information/referral of services, advocacy, and independent living skills training to all people with disabilities of all ages for no fee. The mission is to provide services and resources to assist individuals with disabilities to gain the ability and sustain

independence through self-directed productive lives in the community.

AA County Commission on Disability Issues

410-222-4464
800-492-2499 Toll-Free
TTY users call via MD Relay 711
www.aacounty.org/aging
Promotes and enhances the quality of life for people with disabilities by advising the County Executive and the County Council on the coordination and development of government policies, programs, and services and on the allocation of resources for people with disabilities.

AA Community College, Adult Basic Skills

410-799-9099
410-777-1823
www.aacc.edu/abs
Provides Adult Basic Education to those aged 16+ which includes reading, math, English, writing. Free, individualized instruction. GEDs awarded. Disabled Student Services: 410-777-2307 or 410-777-2306.

AA Community College, Disability Support Services

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

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program

410-222-4257
800-492-2499 Toll-Free
TTY users please call MD Relay 711
www.aacounty.org/aging
One stop, user-friendly access at the county Dept. of Aging and Disabilities to services offered by multiple agencies for persons age 50 and older, persons age 18 and older with a disability, and caregivers for seniors and adults with disabilities. Information and Assistance Specialists continue to provide a single contact point for information about all programs/services, assist in defining needs and locating appropriate services and help with completing forms and applications for benefit programs. Speakers available.

Abilities Network

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

Americans with Disabilities Act Office

410-222-4464

TTY users, call via MD Relay 711

www.aacounty.org/aging

www.ada.gov

Coordinates and serves as a resource for AA County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Serves as a resource for other private sector ADA and Federal Fair Housing issues. The staff supports and participates in the AA County Commission on Disability Issues.

The Arc Central Chesapeake Region

410-268-8085

410-269-1883

410-770-9895 Easton

TTY 800-735-2258 Toll-Free

www.arccr.org

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

Bay Community Support Services, Inc.

410-224-4205, Ext. 114

301-863-8870, Ext. 13

www.baycss.org

A full-service agency that provides support services for individuals with disabilities in Maryland in all stages of life. Direct services include residential, individual and family support services, community living arrangements and vocational services.

Bello Machre, Inc.

443-702-3000

TTY 800-735-2258 Toll-Free

www.bellomachre.org

Provides homes and support to individuals with developmental disabilities, enriching their lives through loving care, guidance, and opportunity. Help and support is available to individuals and families in their own homes. Respite Care Home provides residential support during family hospitalizations, emergencies, and vacations, 24/7.

Blind Industries and Services of MD

410-737-2600

888-322-4567 Toll-Free

www.bism.org

A non-profit organization that offers rehabilitation, training, and employment opportunities to citizens who are blind or visually impaired. The rehabilitation program for seniors includes home teaching, support groups, and SAIL (Seniors Achieving Independent Living). It also distributes white canes.

Developmental Disabilities Administration (DDA)

410-234-8200

877-874-2494 Toll-Free

TTY 800-735-2258

www.ddamaryland.org/

Part of the MD Dept. of Health and Mental Hygiene. Services are obtained by contacting the Central MD regional office at number above. Individual must apply and be determined eligible for services.

Division of Rehabilitation Services-Annapolis

410-974-7608

TTY 410-974-7742

Videophone 443-569-7145

www.dors.state.md.us

A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind include teaching individuals over age 55 who are not seeking employment, homemaking skills, orientation, mobility, and Braille lessons. Counselor for all deaf clients located in this office.

Division of Rehabilitation Services-Glen Burnie

410-424-3240 V/TTY

www.dors.state.md.us

A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment.

Easter Seals Society of Central MD

301-588-8700

800-886-3771 Toll-Free

www.gwbr.easterseals.com

Provides services to children and adults with disabilities and other special needs and support to their families. Services include ergonomic assessment for adults, low vision for adults, O.T., P.T., stroke support group, information, and referral.

Foundation Fighting Blindness

410-423-0600

800-683-5555 Toll-Free

TTY 800-683-5551 Toll-Free

www.blindness.org

Seeks to drive the research that will provide prevention, treatments, and cures for people affected by retinitis pigmentosa, macular degeneration, Usher Syndrome and the entire spectrum of retinal degenerative diseases. FFB offers information and referral services for affected individuals and their families as well as for doctors and eye care professionals. The Foundation also provides comprehensive information kits on retinitis pigmentosa, macular degeneration, and Usher Syndrome.

Gallagher Services for People with Development Disabilities

410-766-3154

www.catholiccharities-md.org

A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, enhancing job skills, engaging in the community, and meeting their individual needs.

HEAR NOW-Hearing Aid Bank

800-648-4327 Toll-Free

800-328-8602 Toll-Free

www.starkeyhearingfoundation.org/

Provides hearing aids to low income and poverty stricken adults and children. Also collects old/used hearing aids for recycling. Applications available by telephone and online.

Living at Home: MD Community Choices

410-767-7479

www.dhmh.maryland.gov/mma/commchoic/

A program of the MD Dept. of Health and Mental Hygiene, Living at Home promotes home and community-based services for adults with disabilities between the ages of 18 and 64.

Low Vision Center

301-951-4444

www.lowvisioninfo.org

A non-profit organization that helps people with low vision to maintain their independence. Resources are offered without charge.

Magothy United Methodist Church of the Deaf

410-255-2420

410-255-0984

TTY 410-255-4530

www.magothydeafchurch.org

Committed to the betterment of the deaf community through advocacy and education. Interpreter services available as needed.

MD Accessible Telecommunications (MAT)

410-767-6960 V/TTY

800-552-7724 V/TTY Toll-Free

www.mdrelay.org

moreinfo@mdrelay.org

MD Accessible Telecommunications distributes free amplified and captioned phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

MD Relay

800-552-7724 V/TTY Toll-Free

www.mdrelay.org

moreinfo@mdrelay.org

MD Relay is a free public service that allows

persons with hearing or speech loss to stay independent on the telephone. Dial 711 to place a Relay call.

Please see our ad on page 30

**MD Dept. of Transportation
MVA/Annapolis and Glen Burnie**

800-950-1682 Toll-Free
TTY 800-492-4575

www.mva.maryland.gov

Licenses and regulates vehicles, dealers, driving schools, title services, auto dismantlers, and vehicle manufacturers. Provides disability/handicap passes and plates to those with written verification from a physician.

MD Disability Law Center

410-727-6352, Ext. 0
800-233-7201 Toll-Free
TTY 410-727-6387

www.mdclaw.org

A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are accorded the full rights and entitlements afforded to them by state and federal laws.

MD State Library for the Blind and Physically Handicapped

410-230-2424
800-964-9209 Toll-Free
TTY 410-333-8679

TTY 800-934-2541 Toll-Free

www.lbph.lib.md.us

Provides comprehensive library services to eligible blind and physically handicapped. Books on audio cassette and in Braille are available. Must fill out application. Services are free.

MD Technology Assistance Program

800-832-4827 Toll-Free
TTY 866-881-7488 Toll-Free

www.mdta.org

Helps MD residents with disabilities and their families qualify for low interest loans to buy equipment and make accessibility renovations. Visit Equipment Link Online Classified to list or find donated equipment/devices. WorkABILITY Loan Program provides home-based and business loans for people with disabilities.

**MD Transit Administration
(MTA)/Mobility/Para-transit**

410-764-8181
866-743-3682 Toll-Free

TTY 410-333-3624

www.mta.maryland.gov/mobility/

www.mta.maryland.gov/content/brochures-publications

MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

**MD Transit Administration
(MTA)/Reduced Fares**

410-764-3441
TTY 410-333-2051

www.mta.maryland.gov/senior-reduced-fare-program

www.mta.maryland.gov/content/brochures-publications

People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

**MD Transit Administration
(MTA)/Taxi Access II Service**

410-664-2030
866-743-3682 Toll-Free

www.taxiaccess.org

www.mta.maryland.gov/content/brochures-publications

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

Metropolitan Washington Ear, Inc.

301-681-6636

www.washear.org

Free services for those who are blind, visually impaired, and physically disabled who cannot effectively read printed materials/Toll-free 24-hour dial-in newspaper and magazine reading service: *Washington Post, USA Today, Wall Street Journal*, etc. Also sponsors radio reading services, Braille books, theater escort service, etc.

Muscular Dystrophy Association, Inc.

410-494-7106
888-484-7072 Toll-Free

www.mda.org

A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; annual physical therapy, occupational therapy, and speech evaluations; medical equipment loan closet; and volunteer opportunities.

National Federation of the Blind (NFB)

410-659-9314

www.NFB.org

A national consumer advocacy organization which provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services, protection of civil rights, development and evaluation of technology

and support for blind persons and their families. Free electronic newspaper service. NFB-newsline: 866-504-7300 Toll-Free.

Opportunity Builders, Inc.

410-787-0700
TTY 800-735-2258 Toll-Free

www.obworks.org

Provides vocational training and employment services to adults with developmental disabilities. Also works with families to encourage the client's independence and opportunities.

Parents Place of MD

410-768-9100 V/TTY

www.ppmmd.org

Training available for parents of children up to age 21 with disabilities. Information and referral. Support groups promoted.

Providence Center

410-757-7800

www.providencecenter.com

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

School-Based Mental Health Services

410-451-0682

www.catholiccharities-md.org

A program of Catholic Charities, it offers school-based mental health therapy services in public schools throughout AA County.

Service Coordination

410-863-0360

Hearing impaired, use MD Relay 711

www.servicecoordinationinc.org

Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA-funded services. It assists in the development of plans for clients by exploring options and then helps to arrange and monitor needed supports, and advocates as necessary.

UCP (United Cerebral Palsy) of Central Maryland

410-484-4540

TTY 800-451-2452

http://affnet.usp.org/ucp_localsub/cfm/81

Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

Villa Maria of Anne Arundel County

410-451-0682

www.catholiccharities-md.org

A program of Catholic Charities, Villa Maria of Anne Arundel County is a behavioral health clinic that provides outpatient services, including individual and family therapy, and child and adolescent psychiatric rehabilitation.

V-LINC (LINC and Volunteers for Medical Engineering)

410-554-9134

www.v-linc.org/

V-LINC was formed in 2010 out of a merger between Learning Independence Through Computers (LINC) and Volunteers for Medical Engineering (VME). Both have a history of serving individuals with disabilities in Maryland. Focus is on improving the independence and quality of life for individuals with disabilities. It provides innovative technology solutions and training that assist individuals in their home, community and workplace. Meets the individualized needs of clients by providing

uniquely designed assistive technology and adaptive devices that are not commercially available, thereby enhancing clients' abilities to live and work independently. Serves all ages and disability groups. Services are provided for a small fee for completed devices if the client is able to pay.

Discounts

AA County Public Schools, Senior Citizen Event Card

410-222-4257

www.aacounty.org/aging

Free admission to school-sponsored cultural or athletic events. Can be obtained from the county Dept. of Aging and Disabilities and AA Co. Public Schools (410-222-5000).

AA County Dept. of Aging and Disabilities/Taxi Voucher Service

410-222-4464

www.aacounty.org/aging

Provides coupons for discounted taxicab service within the county to persons 55 years and older and people 18 or older with disabilities, who meet income guidelines. Motorized wheelchairs cannot be accommodated.

MD Transit Administration (MTA)/Reduced Fares

410-764-3441

TTY 410-333-2051

www.mta.maryland.gov/senior-reduced-fare-program

www.mta.maryland.gov/content/brochures-publications

People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

Discrimination

AA County Human Relations Commission

410-222-1234

410-222-1220

www.aacounty.org/CountyExec/HumanRelations.cfm

Investigates discrimination complaints in employment, housing, public accommodations, financing, and disabilities in government or private sectors.

Annapolis Human Relations Commission

410-263-7998

www.ci.annapolis.md.us/Government/Boards/HumanRelations.aspx

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

Baltimore Neighborhoods, Inc. (BNI)

410-243-4468 Administration

410-243-4400 Fair Housing

410-243-6007 Call Center/Tenant-Landlord Hotline

800-487-6007 Toll-Free

www.bni-maryland.org

Promotes justice in housing for all people in the State of Maryland through fair housing and tenant-landlord programs and public information activities.

Equal Employment Opportunity Commission

410-962-3932

800-669-4000 Toll-Free

TTY 800-669-6080

www.eeoc.gov

Provides counseling and assistance with discrimination based on age, race, gender, disability, religious affiliation, etc.

Education

AA Community College, Aging Studies Programs

410-777-7224

www.aacc.edu/agingstudies

Offers a credit certificate on aging and caring for older adults.

AA Community College, Adult Basic Education

410-777-1823 or

410-777-1845 for information or

assessment appointment

www.aacc.edu/abs

Provides Adult Basic Education for those age 16 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

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www.ChesapeakeEstate.com

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Annapolis, Maryland 21401
cestavely@verizon.net

*Annapolis Commission on Aging
National Academy of Elder Law Attorneys
Past Chair, Elder Law Section of the
Maryland State Bar Association*

- Estate Planning and Probate
- Wills, Trusts, Guardianships
- Powers of Attorney
- Medicaid and Eldercare Issues
- Advance Directives

AA Community College, Center on Aging *SPG*

410-777-1806

www.aacc.edu/aging

AACC's Center on Aging serves baby boomers and seniors. Programs include LifeStages, helping baby boomers transition to new careers and life changes; senior courses for individuals 55 and older; Peer Learning Partnership which is a community of peers who facilitate seminar-style courses; and the Guild for LIFE (Learning for Everyone) which sponsors lectures and tours.

AA Community College, Disability Support Services

410-777-2307

800-735-2258 Toll-Free

www.aacc.edu/advising/DSSwelcome/
AACC's Disability Support Services assists students with disabilities by providing access, appropriate support services, and reasonable accommodations and/or adaptive equipment.

AA County Dept. of Aging and Disabilities/Main Office

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Provides programs, services, information, and special events to improve the quality of life for older adults and adults with disabilities. Family members and caregivers also are encouraged to call for information and assistance. The Driver Safety Program is offered at Senior Centers.

AA County Literacy Council

410-269-4419

www.icanread.org

Provides free tutoring in reading, writing, and adult basic education. Private tutoring in adult's home, in tutor's home, or public place as preferred. Seeks and trains adult volunteers to tutor.

AARP-55 Alive Program

888-227-7669 Toll-Free

www.aarp.org/family/

AARP Driver Safety Program for motorists age 50+. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. Instruction classes for seniors held at Arnold, Pascal, and South County Senior Activity Centers. Fee.

Aspire Services, Inc. (Aspire School of Learning) *SPG*

312 Marshall Avenue, Suite 502

Laurel, MD 20707

301-604-3330

www.aspireservicesinc.com**Center for Help (Centro de Ayuda)**

410-295-3434

410-295-3435

www.centrodeayuda.org

Provides educational services and referrals to the county's Hispanic community including adult literacy, English as a Second Language, family support, job referral, and assistance in accessing services. Eligibility: Latino residents of AA County. Works in partnership with government services and area non-profits.

Road Scholar

800-454-5768 Toll-Free

TTY 877-426-2167

www.roadscholar.org

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

University of MD Extension

410-222-6757

410-222-6758

TTY 410-787-1174

www.annearundel.umd.edu

A statewide, non-formal education system within the College of Agriculture and

Natural Resources and the University of MD Eastern Shore. Educational programs and problem-solving assistance are available to citizens.

Elder Abuse**AA County Dept. of Aging and Disabilities/Ombudsman Program**

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Provides information and education about nursing homes and assisted living facilities and the admissions process. Investigates and helps resolve resident and family complaints in nursing homes and assisted living facilities.

AA County Dept. of Social Services/Adult Protective Services

410-421-8400

www.dhr.state.md.us/county/ann

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

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911 Emergencies
 410-268-4141
 TTY 410-268-1844
 410-268-2583 Anonymous tips
 www.ci.annapolis.md.us
 City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

Anne Arundel Medical Center's Abuse and Domestic Violence Program

443-481-1209
 www.aahs.org
 Free, anonymous crisis counseling, personal advocacy, injury documentation, community referrals, and community presentations.

Sexual Assault Crisis Center

410-222-7273
 www.aahealth.org
 Provides sexual assault counseling, crisis intervention, urgent mental health care, therapy, and physician appointments. One-time counseling only. In-home family intervention also available. Mental health Warmline: 410-768-5522.

YWCA Domestic Violence Program

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

Elder Law

AA County Lawyer Referral Service

410-280-6961, 410-280-6950
 www.aabar.org
 A phone referral service only. Provides referrals to an attorney specializing in the client appropriate area of law. First 30 minutes of consultation is \$35.

AA County Register of Wills

410-222-1430
 800-679-6665 Toll-Free
 www.registers.state.md.us/county
 Assists personal representatives and attorneys in probating estates and personal property.

Candice Beckett—Chesapeake Elder Law, LLC *SPG*

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www.rzbohanlaw.com

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690 Merrimac Court

Davidsonville, MD 21035

410-570-6459

Elena.boisvert@comcast.net

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E-mail:

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Website:

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 Arranging and Confirming Appointments

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 Help personal representatives and/or attorneys settle estates. Will do inventories, value assets, conduct estate sales, and help seniors downsize.

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 410-760-6098
 www.EstatePlanningofMaryland.com

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

Legal Aid Bureau, Inc./Long Term Care Assistance Project
 800-367-7563, Option 8 Toll-Free
 www.mdlab.org
 A statewide project that provides free civil legal help to low income Marylanders. May be able to assist with involuntary discharges, nursing homes and assisted living residents' rights issues, contract review, and Medical Assistance long term care issues.

Law Offices of Valerie A. Rocco, P.C. *SPG*
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 Annapolis, MD 21401
 410-266-1009
 www.SeniorsAdvisor.com

Law Offices of Valerie A. Rocco, P.C., has office in Annapolis and Columbia, Maryland. With more than 30 years experience, Ms. Rocco focuses the practice in the areas of estate planning, probate and trust administration, disability and asset protection planning, guardianship, and adoption. She has served on the Board of Directors of more than 12 nonprofit organizations, including SPG, and is a member of the National Academy of Elder Law Attorneys, and local and state bar association groups focused on estate planning and elder law. She is also a columnist in Outlook by the Bay magazine. For more information, please visit her website.

Please see our ad on page 36

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www.whaddyagot.com

Senior Citizens' Law Project of AA County

410-972-2700
800-666-8330 Toll-Free
www.mdlab.org

A private, non-profit corporation sponsored by the AA County Dept. of Aging and Disabilities and the Legal Aid Bureau, Inc. Provides free legal services to residents of AA County age 60 or over. Contributions are accepted. Free representation for certain types of legal problems. Specializes in problems with Social Security, Medicare, Medicaid, food stamps, pensions, nursing homes, guardianships, housing, credit, contracts, and other civil areas including bankruptcy. Generally it does not prepare wills, living wills, or powers of attorney but can provide referrals.

Service Coordination

410-863-0360
www.servicecoordinationinc.org
Contracted by Developmental Disabilities Administration to assist people who have applied for DDA-funded services. Assists in development of plans for individuals by exploring options and then helps to arrange and monitor needed supports and advocates as necessary. Hearing impaired, contact via MD Relay 711.

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www.sinclairprosserlaw.com

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Please see our ad on page 36

Sixty Plus Legal Program

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Emergency Information

American Red Cross of Central MD

410-764-7000
410-624-2000
800-787-0091 Toll-Free
www.redcross-cmd.org
Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

**AA County and City of Annapolis
Offices of Emergency Management**

410-222-0600 County
TTY 410-222-8747
410-216-9167 City
www.aacounty.org
www.ci.annapolis.md.us/
County/city offices are responsible for the coordination of resources, in conjunction with regional, state, and federal partners, to assist citizens before, during, and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

AA County Fire Dept. Headquarters

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

**Sheriff's Office/AA SALT
Council/TRIAD Plus**

410-222-1571
www.aacounty.org/sheriff/triad.cfm
Seniors and Law Enforcement Together (SALT)/TRIAD is a nationally-recognized grassroots movement promoting a three-way commitment among the police department, sheriff's office, and older citizens to work together to reduce criminal victimization and enhance delivery of law enforcement services to citizens. Services include information on consumer issues pertaining to senior citizens. Speakers are available.

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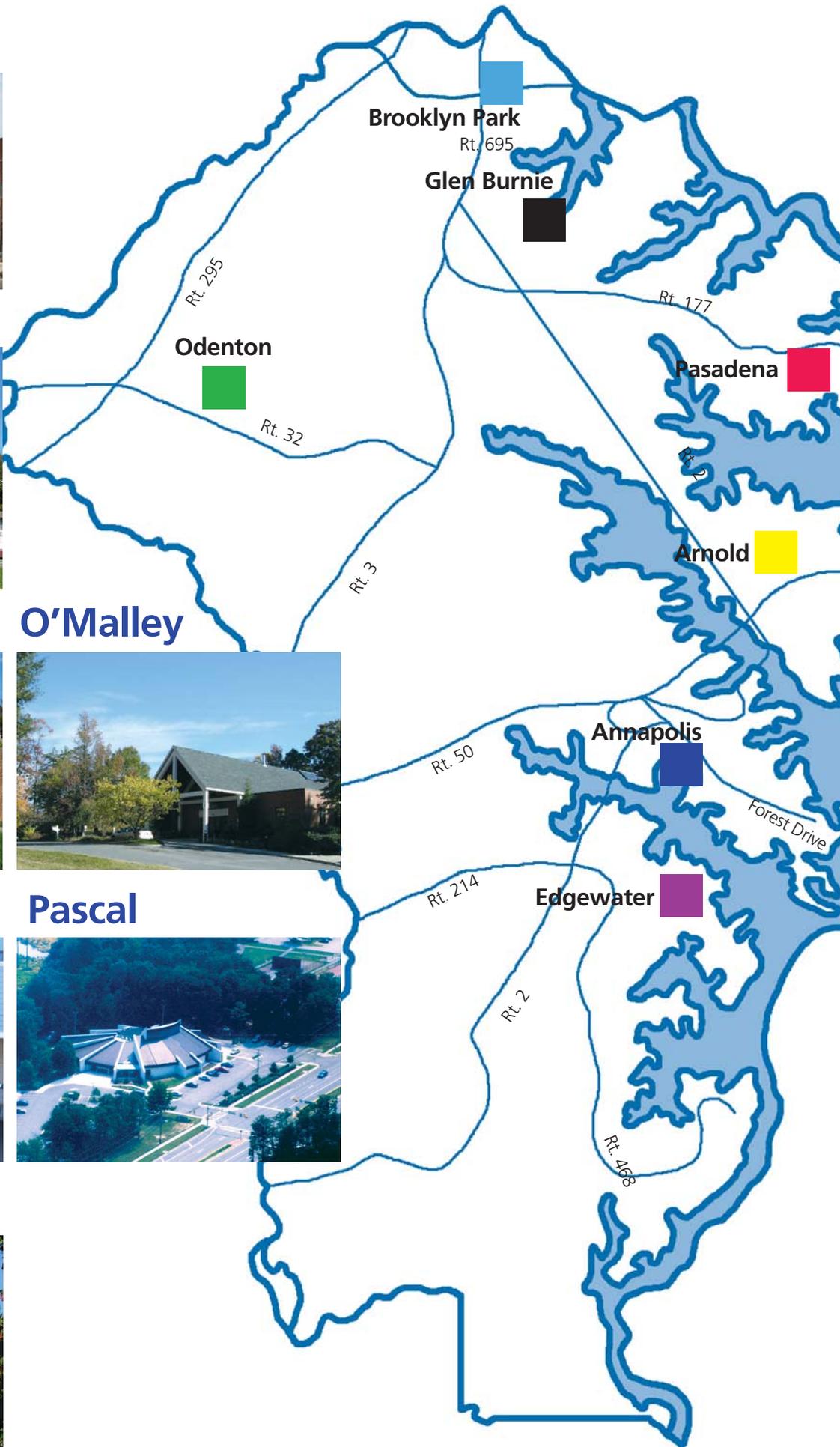
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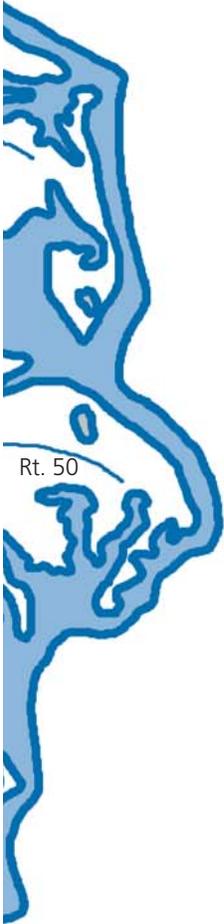


South County



Senior Activity Centers

Located Within Anne Arundel County



- Annapolis**, Wiley H. Bates Heritage Park, 119 South Villa Avenue, Annapolis, MD 21401 • 410-222-1818; Fax 410-222-1216
annapoliscenter@aacounty.org
- Arnold**, 44 Church Road, Arnold, MD 21012 • 410-222-1922;
Fax 410-222-1924 • arnoldcenter@aacounty.org
- Brooklyn Park**, 202 Hammonds Lane, Baltimore, MD 21225
410-222-6847; Fax 410-222-6846 • bpcenter@aacounty.org
- O'Malley**, 1275 Odenton Road, Odenton, MD 21113 • 410-222-6227;
301-621-9515; Fax 410-222-6229 • omalleycenter@aacounty.org
O'Malley Annex, 1270 Odenton Road, Odenton, MD 21113 • 410-222-0140
- Pasadena**, 4103 Mountain Road, Pasadena, MD 21122 • 410-222-0030;
Fax 410-222-0032 • pasadenacenter@aacounty.org
- Pascal**, 125 Dorsey Road, Glen Burnie, MD 21061 • 410-222-6680;
Fax 410-222-6685 • pascalcenter@aacounty.org
- South County**, 27 Stepneys Lane, Edgewater, MD 21037 • 410-222-1927;
Fax 410-222-1989 • southcenter@aacounty.org

All of the above centers are nutrition sites.
Below is a list of additional sites.

Nutrition Sites (see page 63 for telephone numbers)

Bay Forest, Annapolis
Burwood Senior Housing, Glen Burnie
Claiborne Place, Annapolis
College Parkway Place, Annapolis
(Broadneck Peninsula)
Glen Forest, Glen Burnie
Glen Square Senior Housing, Glen Burnie
Glenwood, Annapolis
Morris Hill Community Center,
Glen Burnie

Our Lady of Sorrows Catholic Church,
West River
Pinewood Village Senior Housing,
Glen Burnie
Pinewood Village East Senior Housing,
Glen Burnie
Pumphrey Community Center,
Pumphrey (near Baltimore)



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- Medical Eye Examinations
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Macular Degeneration • Glaucoma
- Prescribing Corrective Lenses
- Treatment for Red Eyes
- Fellow of the American Academy of Optometry
- Member of the Maryland Optometric Association

Doctors Klonsky and Doyle provide comprehensive eye and vision care for the entire family from ages 1 to 100+.

Emergency Response

Alzheimer's Association MedicAlert and Safe Return Program

800-272-3900 Toll-Free
www.alz.org/safetycenter/we_can_help_safety_medicalert_safereturn.asp
A national, government-funded program of the Alzheimer's Association that assists in the identification and safe, timely return of individuals with Alzheimer's disease and related dementias who wander off. Identification products including bracelet or necklace and wallet cards, 24-hour toll-free emergency crisis line, support and education are part of the program.

Annapolis City Police Dept.

911 Emergencies
410-268-4141
TTY 410-268-1844
410-268-2583 Anonymous tips
www.ci.annapolis.md.us
Provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

AAMC Lifeline Emergency Response System *SPG*

443-481-1460
lifeline@aahs.org
www.aahs.org/lifeline
Lifeline is a personal emergency response service for anyone who lives alone or spends part of the day alone and those at risk for falls. Assists in the recuperation period following knee, hip, or back surgery. A press of a help button connects to a monitoring center 24 hours a day, Anne Arundel Medical Center Lifeline has been serving the community for more than 25 years.

Please see our ad on page 39

AA County Dept. of Aging and Disabilities/Telephone Reassurance

410-222-4464
www.aacounty.org/aging
Provides daily telephone calls to seniors who may be frail, isolated, living alone. Volunteers check in with senior clients 365 days a year and clients may call ahead to a 24-hour message line to inform volunteers of schedule changes. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family, or county police.

AA County Fire Dept. Headquarters

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

AA County Police Dept./Community Relations

911 Emergencies
410-222-0045
410-222-8050
TTY 800-735-2258
www.aacounty.org/Police/
General phone number for Police Dept. for information on forming Neighborhood Watch programs, fingerprint kits, Operation Identification, senior liaison programs, scams, personal safety, and home security.

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www.medicalert.org
Provides emergency medical information to authorized medical professionals via personal identification bracelet or necklace. Lifesaving information is in full view when wearer is unable to speak.

Offices of Emergency Management

410-222-0600 County
TTY 410-222-8747
410-216-9167 City
www.aacounty.org
www.annapolis.gov/oem
County/city offices are responsible for the coordination of resources, in conjunction with regional, state and federal partners, to assist citizens before, during and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

Employment and Job Counseling

AA Workforce Development Corporation/Senior Focused Program

410-437-3052
www.aawdc.org
Government funded employment programs for low income seniors age 55 and older in AA County.

Community Action Agency of AA County

410-626-1900
www.aaccaa.org
Committed to providing services and opportunities that eliminate the causes and conditions of poverty in AA County. The programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, Headstart, home ownership, reverse mortgage counseling, and employment counseling for youth and adults. Bilingual Spanish staff available.

Goodwill Industries of the Chesapeake

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

MD State Employment/Job Service

410-412-7000
www.dlir.state.md.us/employment/jobserv.shtml
Job placement, information and assistance, workshops, and seminars for all ages.

Errand Services

All Around Town Personal Concierge

301-832-2317
www.AllAroundTownInfo.com
We are an errand service and much more. We do errands, personal shopping, elderly care, pet care, concierge and home services. Or, tell us what YOU need!
Please see our ad on page 38

Errands Made Simple, LLC SPG

3100 Ervin Court
Annapolis, MD 21403
410-562-8650
www.errands-made-simple.com

Estate Sale Services

Chesapeake Estate Services SPG

450 Schley Road
Annapolis, MD 21401
410-279-3382
ChesapeakeEstate@verizon.net
www.ChesapeakeEstate.com
Help personal representatives and/or attorneys settle estates. Will do inventories, value assets, conduct estate sales, and help seniors downsize.
Please see our ad on page 34

Express Auctioneers SPG

Severna Park, MD 21146
410-458-8214
www.ExpressAuctioneers.com

NovaGold, LLC SPG

8321 Old Courthouse Road
Suite 260
Vienna, VA 22182
703-946-6424
www.NovaGoldLLC.com

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443-770-0128
www.whaddygot.com
Visit and shop our store. We sell your items, or buy outright. You get CASH. We come to you and do all the work.
Please see our ad on page 38

Exercise, Biking, Walking

Arundel Mills Milers

410-787-4366
www.mybwmc.org
Daily walking program, Visit the Guest Services booth located between Neighborhoods #1 and #5 to pick up a waiver and registration card.



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www.beallfuneral.com

Harbor Hikers at the Centre at Glen Burnie

410-766-6527

Walking 8-10 a.m. daily co-sponsored by Harbor Hospital. To register, call 410-350-3478. Blood pressure screening first and third Thursday, 8-9 a.m.

MD Senior Olympics

240-777-8081

www.mdseniorolympics.org

This organization promotes and provides athletic competition for seniors age 50 and older through their Offices on Aging at the state and county levels. Activities are held year round. Registration is required; call for information.

Marley Station Milers Walking Program

410-766-2033

The Marley Milers walk the Mall 7:30-10 a.m. Monday through Friday. Call the mall for additional services. Enroll at Guest Services.

The O'Malley Marchers

410-222-6227

www.aacounty.org/aging

Mon., Wed., Fri. 9-10 a.m., at Wheels Skating Rink. Enjoy a walk in a climate-controlled building. Call O'Malley Senior Activity Center for information.

Westfield Annapolis Walkers Program

410-266-5432

Walking 7:30-10 a.m. daily, Sunday 9 a.m. Quarterly breakfasts with speakers from Anne Arundel Medical Center. Check in at Customer Service near Lord and Taylor.

Eye Care

Chesapeake Eye Care & Laser Center

2002 Medical Parkway, Suite 320

Sajak Pavilion

Annapolis, MD 21401

410-571-8733

877-DR4-2020 Toll-Free

www.ChesapeakeEyeCare.com

We offer the latest procedures using advanced technology and leading-edge surgical techniques in a state-of-the-art surgery center. Specialties: Cataract Surgery, Eyelid Surgery, LASIK, Glaucoma, Retina.

Crofton Family Eye Care *SPG*

2225-C Defense Highway

Crofton, MD 21114

410-721-2500

www.croftonfamilyeyecare.com

We are a private, professional practice providing comprehensive eye and vision care. Dr. Nina Doyle's specialty is in the area of low vision, geriatric eye care, and vision rehabilitation.

Please see our ad on page 42

EyeCare America

877-887-6327

800-222-3937 Toll-Free

www.eyecareamerica.org

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

Mobile Optical *SPG*

163 Mitchells Chance Road, #203

Edgewater, MD 21037

443-926-4435

www.mobileopticalinc.com

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410-689-5424 (cell)

eluders@metlife.com

www.mlbreversemortgage.com/eluders

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Please see our ad on page 39

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 www.aadmm.com

Wells Fargo Private Bank *SPG*

7 St. Paul Street, 2nd Floor
 Baltimore, MD 21202
 410-332-5382

Food and Nutrition

(See also Lunch Sites)

AA County Food Bank

410-923-4255
 www.aafoodbank.org
 Distributes food and other resources to more than 60 member agencies throughout the county. It also has a Special Diet Program which assists clients who have special dietary needs. Furniture, appliances, medical equipment, and other household items also are available through referrals from other agencies such as the county Dept. of Aging and Disabilities and Dept. of Social Services. Also manages a Wheels for Work program and other community-related programs.

AA County Dept. of Aging and Disabilities/Senior F.E.A.S.T. Program

410-222-4464
 www.aacounty.org/aging
 Hot nutritious meals at community sites throughout the county; educational programs before and after meals; activities; and physical fitness. Meal reservation necessary. Some transportation available.

AA County Dept. of Social Services- Annapolis and Glen Burnie

410-269-4500 - Annapolis
 TTY 410-269-4512
 410-421-8500 - Glen Burnie
 TTY 410-421-8551
 www.dhr.state.md.us/county/ann
 The Dept. provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence, and many other programs. Holiday Sharing 410-269-4461. Emergency assistance is available.

Meals on Wheels of Central MD *SPG*

410-626-7543
 410-431-5257
 866-558-0827 Toll-Free
 www.mealsonwheelsmd.org
 Volunteers deliver two meals a day to homebound clients—one hot and one cold—between the hours of 11 a.m. and 1:30 p.m. Monday through Friday, including holidays that fall during the week. Fees on a sliding scale.



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 301.725.1690 • 410.880.4290

www.donaldsonfuneralhome.com

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Lasting Tributes by Fellows, Helfenbein & Newnam\ Cremation and Funeral Care, P.A.

814 Bestgate Road
Annapolis, MD 21401
410-897-4852
www.LastingTributesFuneralCare.com
Your hometown solution to high funeral costs, saving Annapolis families hundreds and even thousands of dollars. As the fastest growing funeral and cremation provider in Anne Arundel County, we believe that families should not have to spend a lot in order to get the very best in funeral service today. Lasting Tributes offers the solution to simplify the funeral buying process while offering Quality Service with Affordable Pricing.

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Simplicity Plan of Maryland *SPG*

3700 Wilkens Avenue
Baltimore, MD 21229
410-644-0790
www.stewartenterprises.com

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147 Duke of Gloucester Street
Annapolis, MD 21401
410-263-4422
www.JohnMTaylorFuneralHome.com
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Health Organizations

ALS Association (ALSA)

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

Alzheimer's Association Greater MD Chapter

800-272-3900 Helpline Toll-Free
www.alz.org/maryland
Non-profit organization dedicated to the elimination of Alzheimer's disease through the advancement of research; to improving and enhancing care and support for all affected; and to reducing the risk of dementia through the promotion of brain health. Services include a 24/7 Helpline to provide emotional, informational, and



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referral support; support groups for family caregivers, friends, and the person with dementia; care consultation, community and professional education, respite program for caregivers, and MedicAlert and Safe Return ID program.

American Cancer Society

800-227-2345 Toll-Free

www.cancer.org

A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

American Diabetes Association

410-265-0075, 800-342-2383 Toll-Free

www.diabetes.org

The mission of this association is to prevent and cure diabetes and to improve the lives of people affected by diabetes. To fulfill this mission the ADA funds research, provides information, and advocates.

American Heart Association

410-685-7074, 800-242-8721 Toll-Free

www.americanheart.org

Mission is to build healthier lives free of cardiovascular diseases and stroke. Printable information on heart attack and stroke prevention and treatment is available on the above website. CPR course information also can be found on the website and is sorted by zip code.

American Lung Association

443-451-4950

800-LUNGUSA Toll-Free

www.lungusa.org

Its mission is to save lives by preventing lung disease and promoting lung health through advocacy, education, and research. Services include smoking cessation, support groups for people with chronic lung disease, asthma management programs, and a toll-free helpline.

American Parkinson Disease Association

410-729-3461

800-223-2732 Toll-Free

www.apdaparkinson.org

The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Meets at the Elks Lodge in Severna Park. Call for days and times.

American Red Cross of Central MD

410-764-7000

410-624-2000

800-787-0091 Toll-Free

www.redcross-cmd.org

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Anatomy Gifts Registry

410-863-0491

410-863-0497

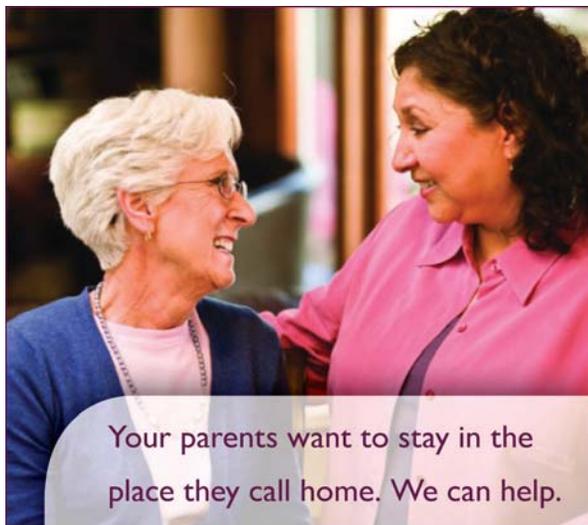
800-300-5433 Toll-Free

www.anatomicgift.com

www.anatomygifts.org

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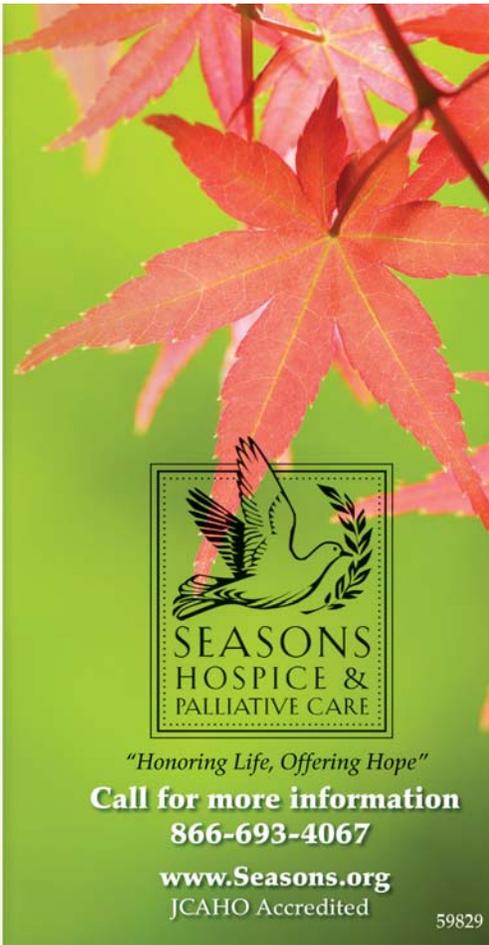
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Priscilla Warnock, P.A.



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AA County Ostomy Association, Inc.

410-647-6171

www.annearundelostomy.com

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

AA County Dept. of Health

410-222-7095

TTY 410-222-7153

www.aahealth.org

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

Arthritis Foundation, Southern MD Branch

410-654-6570

800-365-3811 Toll-Free

www.arthritis.org

Provides information on arthritis research and the importance of appropriate treatment and offers self-help classes, water and land exercise programs, physician referral, and education program.

Bay Community Support Services, Inc.

410-224-4205, Ext. 114

301-863-8870, Ext. 13

www.baycss.org

A full-service agency that provides support services for individuals with disabilities in Maryland in all stages of life. Direct services include residential, individual and family support services, community living arrangements and vocational services.

Charles Ballard Senior Center

410-647-4449

Provides low impact aerobics and blood pressure screening 9-10 a.m. Monday and Friday.

Heritage Harbour Health Group *SPG*

801 Compass Way, Suite 5

Annapolis, MD 21401

410-224-5683

www.hhhg.org

Leukemia and Lymphoma Society

410-891-1999, 443-471-1600

800-242-4572 Toll-Free

www.mdleukemia.org

Provides patient aid, public education and community service and research on leukemia and lymphoma.

MD Kidney Disease Program

410-767-5000

<http://mdrxprograms.com/kdp.html>

Provides for the payment of Medicare deductibles and co-insurance for end stage renal disease. New electronic claims administration system gives increased functionality for providers to enter and submit claims electronically.

MedicAlert Foundation

800-863-5378 Toll-Free

www.medicalert.org

Provides emergency medical information to authorized medical professionals via

personal identification bracelet or necklace. Life saving information is in full view when wearer is unable to speak.

National Kidney Foundation of MD

410-494-8545

800-671-5369 Toll-Free

www.kidneymd.org

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National Multiple Sclerosis Society/MD Chapter

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

Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine

410-955-9441
www.hopkinspdm.org
Offers community outreach and education programs for individuals with Parkinson's disease or other motion disorders, as well as their families and/or caregivers. Area support groups available. Free literature. Personal case management services

Primary Adult Care (PAC)

800-226-2142 Toll-Free
www.dhmd.state.md.us/mma/
PAC offers health services to people 19 and over who make limited amounts of money each year. Free visits to a family doctor, free outpatient visits for mental health care, lower-priced or no-cost prescription drugs. Some co-pays will apply. Does not cover hospital stays, emergency room visits or specialty care.

REACH, AA County Dept. of Health

410-222-4532
410-222-4531
www.aahealth.org
A health care program for uninsured AA County residents ages 19-64. The Resident's Access to a Coalition of Health (REACH) is a partnership with labs, doctors, the Health Dept., and pharmacists. Dental services also are available. Client pays lower fees for services. Application and proof of income required.

UCP (United Cerebral Palsy) of Central Maryland

410-484-4540
TTY 800-451-2452
http://affnet.usp.org/ucp_localsub/cfm/81
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410-672-1233
www.hearsolutions.com
Dr. Robinson is a fellow of the American Academy of Audiology and certified by the American Speech and Hearing Association. HEARING LOSS is the third most common health problem and affects 36 MILLION AMERICANS. Do you experience hearing challenges such as asking people to repeat, turning up the TV volume or difficulty hearing conversations in crowds? If you answered yes to one or more of these questions, you should schedule a hearing test with Dr. Robinson. She has been helping patients hear better for years, by offering the most advanced hearing healthcare with a personal touch.



We help Mom stay home.

- Grooming, Bathing and Dressing Guidance
- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Laundry & Linen Washing
- Socialization and Activities
- Grocery Shopping
- Errand Services
- Respite Care
- Companionship



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Professional Care Management
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Professional Registered Nurses and Clinical Social Workers

www.response-seniorcare.com

Professional Geriatric Care Management Services

- In-home Care Assessments
- "Plan of Care" Development
- Liaisons to Physician/Hospital
- Coordination of Care services
- Assisted living referrals
- Monitoring and reporting

Contact us to learn more...

1831 Forest Drive, Annapolis, MD 21401
410-571-2744 • 800-689-0599
Fax: 410-571-2746

Home Care, Medical

Capital City Nurses *SPG*

4915 St. Elmo Avenue, Suite 310
Bethesda, MD 20815
301-652-4344
www.CapitalCityNurses.com

Home Care, Non-Medical

AA County Dept. of Aging and Disabilities/*Friendly Visitor Program*

410-222-4464
www.aacounty.org/aging
Provides weekly friendly volunteer visitors to isolated homebound residents of the county who are 55 or older or adults with disabilities. No hands-on care given. Volunteers are recruited, trained and supported.

Angel Care Network

P.O. Box 5541
Annapolis, MD 21403
443-758-5969
www.angelcarenetwork.com
Providing in-home care for seniors and disabled individuals which allows them to remain in their homes. Available 2 to 24 hours.

Please see our ad on page 9

Chores and More/St. Margaret's Episcopal Church

410-757-5333
Volunteer program that offers temporary help for shut-ins of any age in the Broadneck area only. Services include

picking up medicines, fixing meals, reading, and transportation to doctor appointments.

Griswold Home Care SPG

550 M Ritchie Highway, Suite 181
Severna Park, MD 21146
410-975-9750
www.GriswoldHomeCare.com
www.cv-vision.com/ovne/kgravelle
Celebrating 30 years of excellence. Personal and continence care, meal prep, companionship, transportation, med reminders, and more. Licensed and affordable. Call for a complimentary assessment. Meet me at: www.cv-vision.com/ovne/kgravelle.

Please see our ad on page 56

Home Instead Senior Care SPG

1511 Ritchie Highway, Suite 103
Arnold, MD 21012
410-349-2320
www.homeinstead.com/241
Home Instead Senior Care is a non-medical home care company serving Anne Arundel and Howard Counties. We provide home help and personal care for as little as two hours or up to 24-hour assistance. Our caregivers are thoroughly screened to include background, vehicular and drug tested. Our caregivers go through extensive training.

Please see our ad on page 47

**TTY users can call
Maryland Relay 711**

Jo's Angels, LLC SPG

981 Shoreland Drive
Glen Burnie, MD 21060
443-557-8244
www.josangelshomecare.vpweb.com

Nurses Available

410-321-4466
www.nursesavailable.com
Certified Senior Advisor on staff. Call for FREE consultation. Licensed by the State of Maryland. Non-medical and medical care in the home, hospital, assisted living or nursing facility.

Please see our ad on page 50

South County Faith Network, Inc.

410-867-1128
www.southcountyfaithnetwork.org
The South County Faith Network, Inc., through its volunteers, provides a variety of services to elderly and adults with disabilities. These services include: minor home repair, maintenance, grocery shopping, light housekeeping, telephone reassurance, yard work, care giver relief and friendly visits. Areas served are Churchton, Deale, Friendship, Galesville, Harwood, Lothian, Shady Side, Tracy's Landing and West River.

Synergy Home Care of Anne Arundel County SPG

Annapolis, MD 21401
410-263-4050
www.SynergyHomeCare.com
Provides a range of services including

activities of daily living, meal preparation, personal care, transportation, and companionship in the comfort of client's home.

Please see our ad on page 59

Home Health Care

AA County Dept. of Aging and Disabilities/Community Care Partnership Program

410-222-4369
www.aacounty.org/aging
In partnership with the AA County Health and Social Services departments, the CCP program provides case management and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services are available for eligible clients. This program allows clients to remain in their own homes as they age.

AA County Dept. of Aging and Disabilities/Medicaid Waiver for Older Adults

410-222-4464
800-492-2499 Toll-Free
www.aacounty.org/aging
This state-wide program provides services to eligible individuals age 50 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial and technical qualifications must be met.

Finally, Mom and I can both get a good night's sleep.

My mom is in a safe environment, cared for by committed and dedicated staff 24 hours a day, 7 days a week. Knowing she is in good hands ensures a better night's sleep for both of us.

At FutureCare, we set the standard of excellence for our community by working hard to improve the lives of our residents. We do this one day at a time, one resident at a time.

FutureCare
Chesapeake
www.futurecarehealth.com

FutureCare Chesapeake • 305 College Parkway • Arnold, MD 21012 • (410) 647-0015

HEALTHCARE SERVICES

Companion Care

- + Respite Care
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- + Medication Reminders
- + Engage in Hobbies and Conversation
- + Monitor Diet and Eating

Personal Care

- + Bathing, Dressing, Feeding, Toileting and Grooming Assistance
- + Patient Advocacy
- + Transferring, Positioning and Mobility Assistance
- + Physical Therapy Reinforcement
- + Alzheimer's/Dementia Care

Skilled Care

- + Wound Care
- + Teaching Visits
- + IV Injections and Blood Draws
- + Medication Management
- + Hospice Assistance
- + Home Infusion Therapy

The Regent Advantage

- + Quality Care At Your Door Within 2 Hours
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www.regenthealth.com

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Your Family
Like Our Own

Call us today for a free RN assessment

Anne Arundel County
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Baltimore City/County
410-832-8811

Howard/Frederick County
410-872-0310

Montgomery/Prince
George's County
301-657-2011



Joint Commission Accredited
Licensed RSA
Maryland Dept. of Health

www.regenthealth.com



AA County Dept. of Aging and Disabilities/Medical Asst. Personal Care Services

410-222-7183

www.aacounty.org/aging

Provides personal care, assistance with dressing, toileting, meals, shopping, laundry and other activities of daily living. Recipients receive registered nurse case monitoring services. Income eligible.

AA County Dept. of Aging and Disabilities/Respite Care Referral Program

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Maintains a registry of pre-screened, self-employed caregivers who provide geriatric aide services on an hourly, daily, or overnight basis for elderly, frail, or those with disabilities, in their own homes. Services provided are determined by the family's need and may include personal care as well as household tasks. The home care workers charge fees; there is no charge for the referral service.

AA County Dept. of Aging and Disabilities/Telephone Reassurance

410-222-4464

www.aacounty.org/aging

Provides daily telephone calls to seniors who may be frail, isolated, living alone. Volunteers check in with senior clients 365 days a year and clients may call ahead to a 24-hour message line to inform volunteers of schedule changes. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family or county police.

Accredited Home Health Care

2661 Riva Road

Annapolis, MD 21401

410-956-7706

www.HomeHealthCareMD.com

All nurses are background checked, bonded, insured and provide home care with compassion and dignity. We work with all long-term care insurance companies.

*Please see our ad on page 11***Ameri-Maid**

1511 Ritchie Hwy., #105

Arnold, MD 21012

410-757-5571

Friendly personnel providing housecleaning. All Employees are bonded and insured. We come weekly, biweekly, or monthly. We also clean windows and carpeting. Free estimates.

*Please see our ad on page 50***Angel Care Network**

P.O. Box 5541

Annapolis, MD 21403

443-758-5969

www.angelcarenetwork.com

Providing in-home care for seniors and disabled individuals which allows them to remain in their homes. Available 2 to 24 hours.

*Please see our ad on page 9***Angels of Care SPG**

192 Duke of Gloucester Street, 2nd Floor

Annapolis, MD 21401

443-837-7768

www.MyAngelsOfCare.com**BrightStar SPG**

750 Route 3 South, Suite 8C

Gambrills, MD 21054

410-697-3527

www.brightstarcare.com

Private homecare including companion, personal, skilled nursing, and physical therapy. State licensed and joint commission accredited.

Please see our ad on page 1*Bridging the gap between health and home*

*Centrally located less than 15 minutes
from Annapolis, Severna Park, Crownsville,
Millersville, Glen Burnie, and Bowie*

- Post Hospitalization Care - Transitional Support
- Physical, Occupational and Speech Therapy Services 7 Days a Week
- 24-hour Skilled Nursing
 - Pain Management
 - Wound Management
- Hospice and Respite Care
- 5 Star Rating Medicare.gov/NHCompare

*“Providing Excellence Since 1979”**“Come Up to the Quality of Crofton Care”*

(410) 721-1000 • (301) 261-3634 • (410) 793-0123
2131 Davidsonville Road • Crofton, MD 21114
www.croftoncrc.com

ComForCare Home Care *SPG*

1413A Annapolis Rd., Suite 106
Odenton, MD 21113
410-672-8906

www.ComForCare.com

We provide in-home, reliable care to disabled adults and seniors. We hire nurses and CNAs who are licensed, bonded, insured and trained. No minimum hours.

Please see our ad on page 50

Elizabeth Cooney Care Network *SPG*

Village Square II, Suite 206
Baltimore, MD 21210
410-323-1700

888-353-1700 Toll-Free

www.ElizabethCooneyAgency.com

The Nursing Care Specialists refer extensively screened, experience, and qualified professional R.N.s, Certified Nurse Assistants, Companions, and Homemakers. Hourly and live-in positions in the home. Open 24 hours for complete coverage.

Please see our ad on page 50

Family and Children's Services

410-571-8341

800-899-4601 Toll-Free

www.fcsmd.org

Provides in-home care services for seniors and younger persons with disabilities and counseling for victims of sexual abuse. Sliding fee for counseling and in-home care by certified, bonded aides with RN supervision. Participates in the AA County Dept. of Aging and Disabilities Programs.

Griswold Home Care *SPG*

550 M Ritchie Highway, Suite 181
Severna Park, MD 21146
410-975-9750

www.GriswoldHomeCare.com

www.cv-vision.com/ovne/kgravelle
Celebrating 30 years of excellence. Personal and continence care, meal prep, companionship, transportation, med reminders, and more. Licensed and affordable. Call for a complimentary assessment. Meet me at: www.cv-vision.com/ovne/kgravelle.

Please see our ad on page 56

Home Helpers of the Greater Chesapeake *SPG*

410-647-8788

www.homehelpers.cc

Home Instead Senior Care *SPG*

1511 Ritchie Highway, Suite 103
Arnold, MD 21012
410-349-2320

www.homeinstead.com/241

Home Instead Senior Care is a non-medical home care company serving Anne Arundel and Howard Counties. We provide home help and personal care for as little as two hours or up to 24-hour assistance. Our caregivers are thoroughly screened to include background, vehicular and drug tested. Our caregivers go through extensive training.

Please see our ad on page 47

Mary Ann Downey & Associates

7828 Edgewood Avenue
Pasadena, MD 21122
410-437-0630

866-452-0630 Toll-Free

www.MaryDowneyAssociates.com

Bonded and insured. Proud member of the BBB. We specialize in Eldercare, Alzheimer's/Dementia. We supply our clients with the care and assistance they need to maintain their place of residence.

Please see our ad on page 49

Nurses Available

410-321-4466

www.nursesavailable.com

Certified Senior Advisor on staff. Call for FREE consultation. Licensed by the State of Maryland. Non-medical and medical care in the home, hospital, assisted living or nursing facility.

Please see our ad on page 50

Options for Senior America Corp.

801 Compass Way, #204
Annapolis, MD 21401
410-224-2700

800-267-8466 Toll-Free

www.optionscorp.com

R.N.s, CNAs and companions available to do custodial care and assist in ADLs for adults. Specialized in live-in and 24-hour care. Prompt, friendly service customized to your needs. Licensed. Bonded. Insured. Serving Anne Arundel County for 22 years.

Please see our ad on page 46



Extraordinary Home Care at Affordable Rates Since 1982

- Proprietary screening process
- Ongoing FREE in-home visits
- Alzheimer's, MS and ALS caregivers
- Licensed, bonded & insured
- Private pay or insurance
- \$16.50 Hourly Care; \$175 Live-In Care

Call Today for a FREE, no-obligation Care Proposal

Anne Arundel/Queen Anne's & Kent Counties: **410.975.9750**

Meet the Director at: <http://www.cv-vision.com/ovne/kgravelle>



License#080404

Regent Healthcare *SPG*

8840 Stanford Blvd., Suite 4200
Columbia, MD 21045
410-872-0310
www.regenthealth.com
Providing quality personal or skilled care in the comfort of your own home.
Please see our ad on page 54

Response Senior Care, LLC *SPG*

1831 Forest Drive, Suite G
Annapolis, MD 21401
410-571-2744
www.response-seniorcare.com
Personal, in-home care provided by experienced, qualified employees. Consultation and supervision by R.N. Hourly, live-in. Licensed, bonded, insured employees.
Please see our ad on page 52

Right at Home – In Home Care & Assistance *SPG*

11821 Parklawn Drive, Suite 302
Rockville, MD 20852
301-255-0066
www.RightAtHomemd.net

TTY users can call
Maryland Relay 711

CHESAPEAKE

Handyman Services

Minor Home Repairs

Roofing

Plumbing

Bathroom Handicap Remodel

Handicap Ramps & Rails

Yard Work

Landscaping

443-618-9299



To learn more, call
Hospice of the Chesapeake
410.987.2003

www.hospicechesapeake.org

it's about living.

Coping with an advanced illness can be tough on patients, family and friends. Fortunately, there's an end-of-life option that provides patients and their families with comfort, compassion and dignity. It's called hospice care.

SavaSeniorCare
New Day

- Skilled Nursing Services
- Full Services Rehabilitation
 - ▲ Occupational
 - ▲ Physical
 - ▲ Speech
- Transitional Care from Hospital to Home
- Comprehensive Long-Term Nursing Care
- Medicare, Medicaid and Other Insurance Plans Accepted



North Arundel Health & Rehabilitation Center
313 Hospital Drive, Glen Burnie, MD 21061
410-761-1222

Heritage Harbour Health & Rehabilitation Center
2700 South Haven Road, Annapolis, MD 21401
410-897-1300

Glen Burnie Health & Rehabilitation Center
7355 Furnace Branch Road, East
Glen Burnie, MD 21060
410-766-3460

www.SavaSC.com



Home Health Care

Stay at Home Senior Care

9430 Farewell Road
Columbia, MD 21045
410-290-7690
866-446-6344 Toll-Free
www.stayathomeseniorcare.com

Non-medical, in-home senior care. Companionship, meal planning and transportation, incident transportation, shopping, errands, laundry, light housekeeping. Bonded and insured.

Please see our ad on page 51

Synergy Home Care of Anne Arundel County **SPG**

Annapolis, MD 21401
410-263-4050

www.SynergyHomeCare.com
Provides a range of services including activities of daily living, meal preparation, personal care, transportation, and companionship in the comfort of client's home.

Please see our ad on page 59

Visiting Angels of Annapolis, Glen Burnie and Severna Park **SPG**

1028 General Highway
Crownsville, MD 21032
443-951-1451 (Annapolis)
410-505-5141 (Glen Burnie)
www.VisitingAngels.com

Qualified Caregivers offering Quality Services such as Medication Administration, Bathing, Dressing, Meal Preparation, Transportation, and Light Housekeeping. No Minimum Hours, 24-hour care / Live-Ins available.

Please see our ad on inside back cover

Visiting Angels of South and West Counties **SPG**

137 Mitchells Chance Road, Suite 360
Edgewater, MD 21037
410-956-7771

www.AngelCareMaryland.com
We provide non-medical home care services to adults and seniors. Services include assistance with ADLs, meal preparation, transportation, and errands, medication reminders, light housekeeping, and joyful companionship. Our clients choose the schedule—from 15 minutes to 24-hour care.

Please see our ad on inside back cover

Walgreens Home Infusion Services

SPG
4932 Morrisville Road
White Hall, MD 21161
410-274-6621
www.walgreens.com

TTY users can call
Maryland Relay 711

Home Improvement, Design, Repairs and Maintenance

Accessible Homes for Seniors

800-756-0119 Toll-Free
http://mdhousing.org/website/
programs/ahsp/
Default.aspx

Provides zero percent interest deferred loans for a term of 30 years to finance accessibility improvements to the homes of seniors. All closing costs are included in the loan. Income guidelines apply. Information and applications can be obtained from the AA Dept. of Aging and Disabilities: 410-222-4257.

Arundel Community Development Services, Inc.

410-222-7600

www.acdsinc.org

A non-profit organization that assists AA County residents to obtain no interest or low interest loans to rehabilitate, repair, or provide handicap accessibility to their homes. Also assists clients with foreclosure prevention counseling. Residents of the City of Annapolis should contact the Annapolis Planning and Zoning Office at 410-263-7961.

T.J. Bozek General Contractors, Inc.

410-729-4434

www.TJBozek.com

Home access solutions. We offer a full range of accessibility remodeling and safety products for your home. No request too unusual.

Please see our ad on page 58

Chesapeake Handyman Services

7828 Edgewood Avenue
Pasadena, MD 21122
443-618-9299

Chesapeake Handyman Services is a service that cares about seniors. Call us for a free estimate, minor repairs, plumbing, roofing, yard work.

Please see our ad on page 57

Friends of Arundel Seniors, Inc. **SPG**

410-222-4257

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

Habitat for Humanity of the Chesapeake

410-366-1250

www.habitatchesapeake.org

Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute

There's no place like home!

**GET FULL ACCESS OF YOUR HOME
AND STAY IN YOUR HOME YOUR WAY!**

*We offer a full range of accessibility remodeling
and safety products for your home:*



- Custom Grab Bars
- Railings
- Stair Lifts
- Shower Conversion
- Closet Modification
- Door Widening Alternatives
- Wheelchair Ramps
- Kitchen Modifications
- Temporary Repairs to Major Renovations
- Complete Home Maintenance

*Call today for a free home consulting assessment. Our staff is
trained to be sensitive to your needs. No request is too unusual.*



410-729-4434
www.TJBozek.com



HOME ACCESS SOLUTIONS



MHIC #8794

"sweat equity" and house payments are recycled to build additional houses. Also runs Baltimore and Pasadena "ReStore" retail outlet thrift shops for home improvement items. Proceeds go to Habitat.

Partners in Care/Repairs with Care

SPG

90B Ritchie Highway
Pasadena, MD 21122
410-544-4800, 301-682-5588
800-227-5500 Toll-Free
www.partnersincare.org

Volunteer members make home repairs to help people live safely and independently in their own homes. Handymen and women are always needed.

Please see our ad on page 51

Rebuilding Together/AA County, Inc.

410-923-9992

www.rebuildingtogetherraac.org
Home repairs for low income and elderly and/or homeowners with disabilities. Applications taken year round. Volunteers welcome.

South County Faith Network, Inc.

410-867-1128

www.southcountyfaithnetwork.org
The South County Faith Network, Inc., through its volunteers, provides a variety of services to elderly and adults with disabilities. These include minor home repair, maintenance, grocery shopping, light housekeeping, telephone reassurance, yard work, care giver relief and friendly visits. Areas served are Churchton, Deale, Friendship, Galesville, Harwood, Lothian, Shady Side, Tracy's Landing and West River.

Weatherization Assistance Program

866-879-2283 Toll-Free

www.marylandenergy.net
Helps low-income households through the installation of energy conservation materials in their dwelling units. Must be eligible for MD Energy Assistance Program (MEAP) to participate in the Program.

Home Organization

Document Roadmap **SPG**

1203 Dreams Landing Way
Annapolis, MD 21401
410-224-3134
www.documentroadmap.com

Hospice Care

Crofton Care and Rehabilitation Center

2131 Davidsonville Road
Crofton, MD 21114
410-721-1000, 301-261-3634

www.croftoncrc.com
24-hour skilled nursing, emotional support, and pain management in a home-like atmosphere. "Come Up To the Quality of Crofton Care."

Please see our ad on page 55

Heartland Hospice Services **SPG**

4 East Rolling Crossroads, Suite 307
Baltimore, MD 21228
866-834-1528
www.hcr-manorcare.com/services/hospice.aspx

Hospice of the Chesapeake **SPG**

445 Defense Highway
Annapolis, MD 21401
410-987-2003
800-745-6132 Toll-Free
877-461-1101 Toll-Free
www.hospicechesapeake.org
Provides health care to people with any life limiting illness by providing nurses, home health, social workers, counselors, and volunteers for the terminally ill. Medicare generally covers hospice services but no one is denied care. Serves AA and PG counties. The Life Center provides counseling to anyone in the community grieving a death. The Life Center: 410-987-2129.

Please see our ad on page 57

Seasons Hospice & Palliative Care

6434 Aviation Blvd., N-R
Glen Burnie, MD 21061
866-693-4067 Toll-Free
www.seasons.org

Service you can count on. We are here 24 hours every day to engender hope in the lives of patients and families during end-of-life situations.

Please see our ad on page 48

Hospitals

Anne Arundel Medical Center

443-481-1000
TTY 443-481-1235
www.aahs.org

A private, non-profit hospital that provides acute inpatient and outpatient care to seniors and patients in the region.

Baltimore-Washington Medical Center

410-787-4000
TTY 410-787-4498
www.mybwmc.org

Offering quality care, advanced technology and an experienced, compassionate staff who provide comprehensive services to residents in the Baltimore Washington Corridor. Also provides free health screenings and education.

Please see our ad on page 48

The Most Trusted Name In Home Care.

Serving Anne Arundel County and Surrounding Areas



Combining Quality, Compassion and Care

*Personal Care
Daily Living Assistance
Flexible Care Plans
Companionship*

*Light Housekeeping
Medication Reminders
Transportation
Meal Preparation*

No Long-Term Contracts
Licensed, Bonded and Insured

To be immediately connected with your local office, please contact us at **410-263-4050** or **info@shcannapolis.com**

www.synergyhomecare.com

Veterans Administration MD Health Care System

410-605-7000

800-463-6295 Toll-Free

www.maryland.va.gov

Dedicated to providing quality, compassionate and accessible care and service to MD's veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Baltimore Rehabilitation and Extended Care Center and five community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

Housecleaning

Ameri-Maid

1511 Ritchie Hwy., #105

Arnold, MD 21012

410-757-5571

Friendly personnel providing housecleaning. All Employees are bonded and insured. We come weekly by-weekly, or monthly. We also clean windows and carpeting. Free estimates.

Please see our ad on page 50

Housing, Counseling

AA County Dept. of Aging and Disabilities/Housing

410-222-4464

www.aacounty.org/aging

Regulates and offers technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally eligible residents residing in these ALFs. Helps coordinate quality assurance at Congregate Housing services sites. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for seniors and those with disabilities. Works collaboratively with Adult Protective Services and the Long Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

Baltimore Neighborhoods, Inc. (BNI)

410-243-4468 Administration

410-243-4400 Fair Housing

410-243-6007 Call Center/Tenant-

Landlord Hotline

800-487-6007 Toll-Free

www.bni-maryland.org/

Promotes justice in housing for all people in the State of Maryland through fair housing and tenant-landlord programs and public information activities.

Community Action Agency of AA County

410-626-1900

www.aaccaa.org

Committed to providing services and opportunities that eliminate the causes and conditions of poverty in AA County. The

programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, Headstart, home ownership, reverse mortgage counseling, employment counseling for youth and adults. The Youth Service Bureau offers comprehensive counseling and intervention. Bilingual Spanish staff available.

Gallagher Services for People with Developmental Disabilities

410-766-3154

www.catholiccharities-md.org

A program of Catholic Charities, Gallagher Services operates eight group homes throughout Anne Arundel County for persons with developmental disabilities, giving the residents opportunities for greater independence by building self-esteem, enhancing job skills, engaging in the community, and meeting their individual needs.

MD Dept. of Human Resources

800-332-6347 Toll-Free

TTY 800-925-4434

www.dhr.state.md.us

Provides help and information about numerous state supported economic assistance programs, as well as abuse and neglect provisions. Living At Home: MD Community Choices program for eligible persons between the ages of 21 and 59 who have a disability. It is designed to help them live in the community.

Income Assistance

AA County Dept. of Social Services-Annapolis and Glen Burnie

410-269-4500 - Annapolis

TTY 410-269-4512

410-421-8500 - Glen Burnie

TTY 410-421-8551

www.dhr.state.md.us/county/ann

Provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence and many other programs. Clients must apply in person or online at www.marylandsail.org. Holiday Sharing 410-269-4462. Emergency assistance available.

Adventist Community Service Center

410-760-9172

Center is open on Tuesdays between 10 a.m. and 1 p.m. to distribute free food, clothing and a free lunch to those in need. New applicants need identification.

Alzheimer's Association Greater MD Chapter

800-272-3900 Helpline Toll-Free

www.alz.org/maryland

Non-profit organization dedicated to the elimination of Alzheimer's disease through

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

Asbury Church Assistance Network

410-647-7667

www.asburytn.org/ministries.asp

Food, non-perishable items. Limited financial assistance. Open Monday-Friday from 10 a.m. to 2 p.m. Requires photo ID.

Catholic Charities/Main Office SPG

410-519-6085/6092—Senior Housing

www.catholiccharities-md.org

Maryland's largest private provider of human services to people of all faiths and races. Services for seniors include rent-assisted senior housing at Arundel Woods in Glen Burnie, and Friendship Station and Friendship Village in Odenton; Senior Support Services programs; and Answers for the Aging, a free resource for information, referrals, and guidance for seniors and their caregivers.

North County Emergency Outreach (NCEON)

410-766-1826

www.nceon.org

Community organization that assists clients with court evictions, utility turn-off notices, medication, food, and budget counseling.

Office of Home Energy Program (OHEP)

410-626-1900

www.dhr.maryland.gov/ohep

Helps low income Maryland citizens pay heating bills; includes the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP). Download applications and brochures at this web site. Can apply through the AA County Dept. of Aging and Disabilities.

Salvation Army/Annapolis

410-263-4091

www.salvationarmy.org

Provides assistance to people in need. Food pantry, holiday assistance, clothing, utilities assistance, etc. Spiritual counseling also available. All ages assisted. Must be a resident of AA County. For Glen Burnie location, call 410-768-0477.

Severna Park Assistance Network (SPAN)

410-647-0889

www.spanhelps.org

Emergency assistance network for those who have court-ordered evictions, utility shutoffs, and need money for medications. Food pantry available. Also provide referral services, budget counseling. Accept

volunteer assistance. Serves a large part of AA County; call first.

Social Security Administration/ Annapolis and Glen Burnie

800-772-1213 Toll-Free
866-528-9873 Glen Burnie Toll-Free
TTY 800-325-0778
www.ssa.gov

Provides verification of contributions upon request and estimates of retirement benefits. Apply for benefits three months prior to age for full benefits or age 62 for reduced benefits. Supplemental Security Income (SSI) monthly benefits available for low-income persons who have a disability or are over 65 years of age.

South County Assistance Network (SCAN)

South County network which provides emergency food and help with heating costs in the winter. No phone but open Thursday and Saturday, 9 a.m.-noon, at St. James' Parish, 5757 Solomons Island Road, Lothian.

Information and Assistance

Accessible Resources for Independence

410-636-2274
www.arinow.org
ARI is a nonprofit that is the Center for Independent Living for Anne Arundel County. It provides peer mentoring, information/referral of services, advocacy, and independent living skills training to all people with disabilities of all ages for no fee. The mission is to provide services and resources to assist individuals with disabilities to gain the ability and sustain independence through self-directed productive lives in the community.

AA Community and Constituent Services

410-222-1795
www.aacounty.org/CountyExec/ComServe/ The Community and Constituents Services section of the County Executive's office serves as the focal point between government and the community. It maintains an information and referral service to resolve complaints and assesses the role of volunteers in activities in the County.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship

410-222-4464
TTY users call via MD Relay 711
www.aacounty.org/aging
Provides court-ordered guardianship services for some incompetent individuals age 65 and older who have no family or friends to assume responsibility for medical care and decisions. Program staff provides

education and information about alternatives to public and private guardianship and health care powers of attorney.

AA County Dept. of Aging and Disabilities/Housing Program

410-222-4464
www.aacounty.org/aging
Regulates and offers technical assistance to Assisted Living Facilities; administers a subsidy to financially and functionally eligible residents residing in these ALFs. Helps coordinate quality assurance at Congregate Housing services sites. Offers public information to professionals, proprietors, and consumers about regulatory requirements and housing options for seniors and those with disabilities. Works collaboratively with Adult Protective Services and the Long Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program

410-222-4257
800-492-2499 Toll-Free
TTY users call via MD Relay 711
www.aacounty.org/aging
One stop, user-friendly access at the AA County Dept. of Aging and Disabilities to services offered by multiple agencies for persons age 50 and older, persons age 18 and older with a disability, and caregivers for seniors and adults with disabilities. Information and Assistance Program specialists continue to provide a single contact point for information about all program services, assist in defining needs and locating appropriate services, and help with completing forms and applications for benefit programs. Speakers are available.

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

410-222-4464
www.aacounty.org/aging
SHIP provides health insurance assistance and information to Medicare-eligible persons and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options. Medicare Advantage options and Medicare Part D options. Provides guidance with making an informed decision regarding long-term care insurance.

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

410-222-4464
www.aacounty.org/aging
Provides public education to increase senior awareness of health care fraud. One-on-one assistance available in reporting suspected Medicare and/or Medicaid fraud and abuse.

Answers for the Aging, Senior Life Services

410-646-0100
888-502-7587 Toll-Free
www.catholiccharities-md.org
A free telephone information, referral, and counseling services for seniors, their families, friends, and caregivers, assisting them to make informed decisions regarding care-giving, housing, in-home care, Alzheimer's care, and more.

Center of Help/Centro de Ayuda

410-295-3434
www.centrodeayuda.org
Provides educational services and referrals to AA County's Hispanic community including adult literacy, English as a Second Language, family support, job referral and assistance in accessing services. Eligibility: Latino residents of AA County. Works in partnership with government services and area non-profits.

Eldercare Locator

800-677-1116 Toll-Free
www.eldercare.gov
First step to finding resources for older adults in any U.S. community. Free national service of the U.S. Administration on Aging, U.S. Dept. of Health and Human Services. The service is intended to assist caregivers of any age and/or older adults themselves find the resource that they need.



DEPENDABLE LANDCARE LLC

301-854-2441
DEPENDABLELANDCARE@COMCAST.NET
DEPENDABLELANDCARE.COM

SERVICES OFFERED:

- Mowing** - Weekly, Bi-Weekly, Occasional & Vacation
- Flower Beds** - Mulching, Edging
- Hardscape** - Patios, Walkways, Installation & Repair
- Planting & Pruning** - Flowers, Shrubs & Trees
- Cleanup** - Spring & fall, Leaf Removal, Storm Damage, Fallen Tree(s), Branch chipping
- Aeration** - De-thatching, Over-seeding
- Sod installation**
- Fence Mending & repair**
- Shed & Gazebo Pad sites**
- Pressure washing**
- Snow removal**

CALL OR E-MAIL US TODAY
FOR A FREE ESTIMATE
We service Western Anne Arundel & Howard Counties

FIRN, Inc.

410-992-1923

www.firnonline.org

Assists immigrants with general information and referral, immigration counseling, immigrant legal services, U.S. citizenship, interpreters, translation services, notary services, birth certificates (applications, corrections, and translation), Social Security referrals, consumer information and help, and medical information and assistance. Multi-lingual physician referrals. Office closed on Wednesdays. Appointments required.

MD Volunteer Lawyers Service

443-451-4064

800-510-0050 Toll-Free

www.mvlslaw.org

A nonprofit organization that provides free legal services to low and moderate income people across MD. Assist with adult guardianship, bankruptcy (Chapter 7 only), criminal record expunction, deed changes, divorce, foreclosure, identity theft, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines.

National Cancer Institute/Information

800-422-6237 Toll-Free

TTY 800-332-8615

www.cancer.gov

A program of the National Cancer Institute that provides free literature on cancer, clinical trials, research programs, research funding, and the NCI.

OHLA (Organization of Hispanic/Latin Americans of Anne Arundel County)

410-266-6145

OHLA resides in the Community Resource Center run by the AA County Dept. of Social Services. The bilingual staff offers on the spot assistance for many issues affecting the Hispanic/Latino community including interpreter services, translation, immigration, legal questions, mediation, etc. Services are free.

Schaefer + Associates, LLC SPG

201 Birch Run Road

Chestertown, MD 21620

410-708-0331

www.schaeferassoc.com

Service Coordination, Inc. SPG

801 Cromwell Park Drive, Suite 111

Glen Burnie, MD 21061

410-863-0360

www.servicecoordinationinc.org

2-1-1 Maryland

410-685-0525

800-492-0618 Toll-Free

TTY 410-685-2159

www.211md.org

United Way agency provides free, confidential information and referral to health and human service agencies in MD.

United Way Community Partnership of AA County

410-379-1319

866-799-8779 Toll-Free

www.uwcm.org/annearundel

The regional arm of the United Way of Central MD. Mission is to build bridges between those who have and those who need. Raise needed funds and evaluate services.

Veterans of Foreign Wars

410-230-4480

www.vfw.org

Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

Insurance Services

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

410-222-4464

www.aacounty.org/aging

SHIP provides health insurance assistance and information to Medicare-eligible persons and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options and Medicare Part D options. Provides guidance with making an informed decision regarding long-term care insurance.

The Insurance Lady Susan Curan

Medicare Supplemental/Medigap Insurance

410-721-0099

securan@comcast.net

Health Insurance Plans: Medicare

Supplements,

Hospital/Medical/Accident/Cancer

Coverage, Dental/Prescriptions/Medicare

Part "D". Choose own Doctors. No

Paperwork. Local Personalized Service.

MD Health Insurance Plan (MHIP)

443-738-0667

888-444-90164 Toll-Free

www.marylandhealthinsuranceplan.state.md.us

A state-administered high-risk pool that provides health insurance to MD residents who are unable to get medical insurance coverage due to a health condition.

Moran Insurance SPG

696 Ritchie Highway

Severna Park, MD 21146

410-793-1498

www.moraninsurance.com

Interior Design

Designability, LLC SPG

418 Arundel Beach Road

Severna Park, MD 21146

443-994-2183

Email: designabilitybyrose@gmail.com

www.designabilitybyrose.com

Interior Designer, Allied ASID, Occupational Therapist, OTR/L certified Aging in Place Specialist (CAPS), specializing in universal design and implementation of safe and functional spaces for all ages and abilities.

Lawn Care / Maintenance

Dependable Landcare, LLC

301-854-2441

dependablelandcare@comcast.net

www.dependablelandcare.com

We service Western Anne Arundel and Howard Counties. Full service land care—mowing, flowerbeds, hardscape, planting and pruning, cleanup, aeration, sod, fence repair, shed and gazebo pad sites, pressure washing, snow removal.

Please see our ad on page 61

Libraries

AA County Public Library Headquarters

410-222-7371

www.aacpl.net

Call 410-222-7371 for specific hours and locations of the 15 branches. Library by Mail is available for the homebound. TTY users, please call via Maryland Relay 7-1-1.

Library by Mail, AA County Library

410-222-6270, 410-222-6271

TTY 410-222-4516

www.aacpl.net

Personalized library service. Delivers the full range of library materials and services via the mail. For County residents of all ages who are homebound, either permanently or temporarily, due to illness, disability, or injury.

MD State Law Library

410-260-1430

888-216-8156 Toll-Free

www.mdcourts.gov/lawlib/

A legal information and self-help website supported by MD's non-profit legal services providers in partnership with the courts. Provide information on MD and federal law affecting low and moderate income Marylanders and their families. Outreach centers throughout the state. Open to the public.

TTY users can call
Maryland Relay 711

MD State Library for the Blind and Physically Handicapped

410-230-2424
 800-964-9209 Toll-Free
 TTY410-333-8679
 TTY 800-934-2541
www.lbph.lib.md.us/
 Provides comprehensive library services to the eligible blind and physically handicapped. Books on audio cassette and in Braille. Must fill out an application. Services are free.

Loan Closets

AA County Food Bank

410-923-4255
www.aafoodbank.org
 Distributes food and other resources to more than 60 member agencies throughout the county. It also has a Special Diet Program which assists clients who have special dietary needs. Furniture, appliances, medical equipment, and other household items are also available through referrals from other agencies such as the AA County Dept. of Aging and Disabilities and Dept. of Social Services by appointment only. Donations appreciated. It also manages a Wheels for Work program and other community related programs. Open 9 a.m.-noon and 1 to 3 p.m. Monday-Friday.

Blind Industries and Services of MD

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

Partners in Care *SPG*

90B Ritchie Highway
 Pasadena, MD 21122
 410-544-4800
 301-682-5588
 800-227-5500 Toll-Free
www.partnersincare.org
 A volunteer, credit exchange program designed to create community by linking frail elderly and adults with disabilities with volunteers to help with errands and other tasks including transportation to medical appointments, grocery shopping. Handyman program. Loans wheelchairs, walkers, tray tables, etc.

Please see our ad on page 51

Wheelchair Society

301-495-0277
 A volunteer, non-profit community foundation dedicated to providing durable medical equipment to the needy. Collects and distributes medical equipment

throughout the tri-state area. Call between 2-8 p.m. Sunday through Friday only. Financial eligibility requirements.

Lunch Sites

Annapolis Senior Activity Center/Nutrition Site

410-222-1003
www.aacounty.org/aging
 Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Arnold Senior Activity Center/Nutrition Site

410-222-1903
www.aacounty.org/aging
 Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Bay Forest Senior Apartments/Nutrition Site

410-222-1082
www.aacounty.org/aging
 Independent living housing for seniors aged 62+. Nutrition program on site. Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Brooklyn Park Senior Activity Center/Nutrition Site

410-222-6869
www.aacounty.org/aging
 Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Burwood Senior Housing/ Nutrition Site

410-222-6262
www.aacounty.org/aging
 Breakfast and hot noontime meals, classes, and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities. Located in senior housing facility.

Claiborne Place/Nutrition Site

410-222-7911
www.aacounty.org/aging
 Breakfast and hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities. Located in subsidized housing facility.

College Parkway Place/ Nutrition Site

410-222-1977
www.aacounty.org/aging
 AA County Dept. of Aging and Disabilities' nutrition program provides breakfast and hot noontime meals, classes and leisure activities. Must be 60 or older. Non-residents may attend at lunchtime.

Health & Mobility

Your store for all your mobility needs



342 Ritchie Highway
 (Corner of Whites Road)
 Severna Park, MD
TEL: 410-421-8070
www.healthandmobility.com

UNDER NEW OWNERSHIP!
We bill Medicare and other insurances for you.

Sales - Rentals - Service - Financing - Free Delivery

Lunch Sites

Glen Forest/Nutrition Site

410-222-0027

www.aacounty.org/aging

Hot noontime meals, classes, and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Glen Square Senior Housing/Nutrition Site

410-222-6264

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by AA County Dept. of Aging and Disabilities. Located in subsidized housing facility.

Glenwood/Nutrition Site

410-222-1913

www.aacounty.org/aging

Breakfast and hot noontime meals, classes and leisure activities provided. Sponsored by AA County Dept. of Aging and Disabilities. Located in subsidized housing facility.

Morris Hill Community Center/Nutrition Site

410-789-5807

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided on Mondays only. Sponsored by AA County Dept. of Aging and Disabilities.

O'Malley Senior Activity Center/Nutrition Site

410-222-6223

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Pasadena Senior Activity Center/Nutrition Site

410-222-0033

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Pascal Senior Activity Center/Nutrition Site

410-222-6240

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

Pinewood Village I Senior Housing/Nutrition Site

410-222-6224

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by AA County Dept. of Aging and Disabilities. Located in subsidized housing facility.

Pinewood Village II Senior Housing/Nutrition Site

410-222-6288

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by AA County Dept. of Aging and Disabilities. Located in subsidized housing facility.

Pumphrey/Nutrition Site

410-222-6299

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by AA County Dept. of Aging and Disabilities. Located in subsidized housing facility.

South County Senior Activity Center/Nutrition Site

410-222-1912

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided. Sponsored by the AA County Dept. of Aging and Disabilities.

West River/Nutrition Site

410-222-1114

www.aacounty.org/aging

Hot noontime meals, classes and leisure activities provided only on Fridays. Sponsored by AA County Dept. of Aging and Disabilities.

Media and Marketing

Guide to Retirement Living

Source Book *SPG*

1919 Gallows Road, #200

Vienna, VA 22182

410-581-6873

www.Retirement-Living.com

Idle Time Advertising, LLC *SPG*

1311 McKinley Street

Annapolis, MD 21403

410-268-1599

www.itapromotions.com

What's Up? Media *SPG*

929 West Street, Suite 208A

Annapolis, MD 21401

410-267-9390

www.whatsupmag.com

WNAV Radio *SPG*

Sajak Broadcasting Corporation

236 Admiral Drive

Annapolis, MD 21401

410-263-1430

www.wnav.com

Mediation

AA Conflict Resolution Center

410-266-9033

www.aacrc-md.us

Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Conflict resolution classes and training are available. Fees.

Annapolis City Police Dept.

911 Emergencies

410-268-9000 9 a.m.-4 p.m.

410-268-4141 after 4 p.m.

TTY 410-268-1844

410-280-2583 Anonymous tips

www.annapolis.gov/Government/Departments/PoliceDepartment.aspx

City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

Decisions with Dignity *SPG*

21 Grays Road

Harwood, MD 20776

410-279-0942

www.decisionswithdignity.com

MD Senior Mediation Project

410-767-1100

800-243-3425 Toll-Free

Mediation services for older adults.

State's Attorney's Office Mediation Center

410-260-1870

410-222-6085, Ext. 3206

www.statesattorney-annearundel.com

Provides mediation alternative to resolving certain disputes rather than court trial.

Medical Products and Services

Annapolis Healthcare Supplies *SPG*

117 Gibraltar Avenue

Annapolis, MD 21401

410-295-7300

www.annapolishealthcare.com

Health & Mobility *SPG*

342 Ritchie Highway

Severna Park, MD 21146

410-421-8070

www.healthandmobility.com

We are a durable equipment company for medical needs, sales, rentals, and service.

Your store for all your mobility needs.

Please see our ad on page 63

Koons Mobility Center

2540 Riva Road

Annapolis, MD 21401

410-224-2100

www.koonsford.com

Koons Mobility Center (a division of Koons Ford Annapolis) offers the largest selection of new and used mobility vehicles, while providing the highest quality service to every customer.

Please see our ad on page 5

Roberts Home Medical *SPG*

9003-K Yellow Brick Road

Baltimore, MD 21237

410-391-6800

www.RobertsHomeMedical.com

Medicare, Medicaid

AA County Dept. of Aging and Disabilities/Medicaid Waiver for Older Adults *SPG*

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

A state-wide program, it provides services to eligible individuals 50 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial, and technical qualifications must be met.

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

410-222-4464

www.aacounty.org/aging

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

Delmarva Foundation for Medical Care

800-876-3362 Toll-Free

www.delmarvafoundation.org

A non-profit organization established to promote local responsibility for health care. Works with the federal government, state, and private agencies and individuals to provide information, frontline interventions, and informed choices. Investigates written complaints concerning quality of care provided to Medicare patients.

The Insurance Lady

Susan Curan

Medicare Supplemental/Medigap Insurance
410-721-0099

securan@comcast.net

Health Insurance Plans: Medicare Supplements,

Hospital/Medical/Accident/Cancer Coverage, Dental/Prescriptions/Medicare Part "D". Choose own Doctors. No Paperwork. Local Personalized Service.

Medical Assistance (Medicaid)

410-269-4500 Annapolis Office

www.cms.gov/MedicaidGenInfo/

Medical insurance program for low-income persons of all ages. Pays for medical and other health-related services. Glen Burnie office: 410-421-8500.

Medicare

800-633-4227 Toll-Free

www.medicare.gov

Provides comprehensive information and resources on Medicare and Medicaid.

Mental Health

AA County Crisis Response System

410-768-5522

www.aamentalhealth.org/warmline.html

A community Warmline is available to residents 24/7 for immediate help with mental health problems. The Mobile Crisis Response unit works with the AA County Police Dept. for involuntary commitments and crisis. Counselors and urgent care workers are available.

AA County Dept. of Health

410-222-7095

TTY 410-222-7153

www.ahealth.org

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

AA County Mental Health Agency

410-222-7858

www.aamentalhealth.org

Provides options for mental health services for Medical Assistance recipients and others seeking information, clinics or a list of providers.

Family and Children's Services

410-571-8341

800-899-4601 Toll-Free

www.fcsm.org

Provides in-home care services for seniors and young persons with disabilities and counseling for victims of sexual abuse. Sliding fee for counseling and in-home care by certified, bonded aides with RN supervision. Participates in AA County Dept. of Aging and Disabilities programs.

Mental Health Association of Maryland

410-235-1178

www.mhamd.org

Nonprofit citizens' organization that brings together consumers, families, and professionals by providing education and advocacy on behalf of individuals with mental illness.

National Alliance for the Mentally Ill MD (NAMI)

410-884-8691

877-878-2371 Warm Line Toll-Free

www.namimd.org

Volunteer, grass-roots organization affiliated with the MD state and national NAMI organization. Provides information, assistance, support, advocacy and education for those dealing with mental illness and their caregivers. Support groups and free classes for both consumers and family and public education meetings are held frequently. Call or e-mail for times and spaces.

On Our Own of Anne Arundel County, Inc.

410-224-0116

On Our Own of Maryland, Inc.

800-704-0262 Toll-Free

www.onourownmd.org/affiliates.html

Self-help group for current and former recipients of mental health services. Fellowship, support, and advocacy. Call for times. Provides transportation.

Pro Bono Counseling Project

410-825-1001

877-323-5800 Toll-Free

www.probonocounseling.org

Project is a non-profit referral source for free mental health counseling for people who are uninsured, underinsured, and/or low income. Serves entire state of Maryland and works with individuals, couples, and families. All services including referral and counseling are free if clients are within income eligibility limits.

School-Based Mental Health Services

410-451-0682

www.catholiccharities-md.org

A program of Catholic Charities, it offers school-based mental health therapy services in public schools throughout AA County.

Sheppard Pratt Therapy Referral Services

410-938-5000

888-938-4207 Toll-Free

www.sheppardpratt.org/

Mental health agency that provides mental health counseling, addictions counseling, outpatient and inpatient programs.

Moving / Relocation Services

Changing Keys by Susan *SPG*

40 Murray Avenue

Annapolis, MD 21401

410-571-1499

www.ChangingKeysBySusan.com

**Von Paris
MOVING & STORAGE**

The Mover with the Gentle Touch—Since 1892

Special Services for Seniors



Professional hands-on experience to assist with your moving needs. Plus:

- ◆ Downsize & Sorting your belongings
- ◆ Coordinate all move details
- ◆ Pack & Unpack your belongings
- ◆ Move and set up your new home

Official Movers of the Baltimore Ravens, The Orioles & The BSO.

410-888-8500

Sue Weber
www.vonparis.com

Chesapeake Estate Services **SPG**

450 Schley Road
Annapolis, MD 21401
410-279-3382
ChesapeakeEstate@verizon.net
www.ChesapeakeEstate.com

Help personal representatives and/or attorneys settle estates. Will do inventories, value assets, conduct estate sales, and help seniors downsize.

Please see our ad on page 34

Senior Transitions, Inc. **SPG**

P. O. Box 1352
Abingdon, MD 21009
410-515-1199
www.seniortransitionsinc.com

Timely Transitions© **SPG**

410-440-5259
Susan@TimelyTransitions.org
www.TimelyTransitions.org
Whether downsizing to move or just decluttering to simplify your life and make your home more enjoyable, we can help. Organizing, space planning, and home staging are among the services we offer. Member, National Association of Professional Organizers and National Association of Senior Move Managers, CRTS. Bonded/insured.

Von Paris Moving & Storage **SPG**

8691 Larkin Road
Savage, MD 20763
410-888-8500
www.vonparis.com
Professional hands-on experience to assist your moving needs. Official movers of the Baltimore Ravens, the Orioles and the BSO.
Please see our ad on page 65

Nursing Care Facilities

AA County Dept. of Aging and Disabilities/**Life Enrichment Program**

410-222-0738
www.powlemm.org
Trains volunteers to be friendly visitors to nursing home, assisted living facility and hospital residents who are without regular visitation. Volunteers also visit under the

“Pets on Wheels” program and with their small children under the “Mom and Me” program.

AA County Dept. of Aging and Disabilities/**Ombudsman Program**

410-222-4464
800-492-2499 Toll-Free
www.aacounty.org/aging
Provides information and education about nursing homes and assisted living facilities and the admissions process. Investigates and helps resolve resident and family complaints in nursing homes and assisted living facilities.

Crofton Care and Rehabilitation Center

2131 Davidsonville Road
Crofton, MD 21114
410-721-1000
301-261-3634
www.croftoncrc.com
24-hour skilled nursing, emotional support, and pain management in a home-like atmosphere. “Come Up To the Quality of Crofton Care.”

Please see our ad on page 55

Fairfield Nursing & Rehabilitation Center

1454 Fairfield Loop Road
Crownsville, MD 21032
410-923-6820
www.mahdctc.com
A quaint, peaceful facility hidden in the woods of Crownsville—minutes from Annapolis. Offering spacious hotel-like private rooms and personalized rehabilitation.

Please see our ad on page 15

FutureCare Chesapeake **SPG**

305 College Parkway
Arnold, MD 21012
410-647-0015
www.futurecarehealth.com
FutureCare Chesapeake is located in a beautiful woodland setting just minutes from Annapolis, Severna Park and Arnold. Short-term rehabilitation as well as long-term care and dialysis are available at FutureCare Chesapeake.

Please see our ad on page 53

Glen Burnie Health and Rehabilitation Center

7355 Furnace Branch Road East
Glen Burnie, MD 21060
410-766-3460
www.SavaSC.com
Offering comprehensive skilled nursing and rehabilitation services including physical, occupational, and speech therapies. Long-term nursing care available in a home-like environment.

Please see our ad on page 57

Heritage Harbor Health and Rehabilitation Center **SPG**

2700 South Haven Road
Annapolis, MD 21401
410-897-1300
www.SavaSC.com
Offering comprehensive skilled nursing and rehabilitation services including physical, occupational, and speech therapies. Long-term nursing care available in a home-like environment.

Please see our ad on page 57

Joint Commission on Accreditation of Healthcare

630-792-5000
800-994-6610 Toll-Free
www.jcaho.org
Independent, non-profit organization evaluates and accredits hospitals, nursing homes, managed care organizations, home care organizations, laboratory and ambulatory services. Complaint hotline: use the toll-free number.

North Arundel Health and Rehabilitation Center

313 Hospital Drive
Glen Burnie, MD 21061
410-761-1222
www.SavaSC.com
Offering comprehensive skilled nursing and rehabilitation services including physical, occupational, and speech therapies. Long-term nursing care available in a home-like environment.

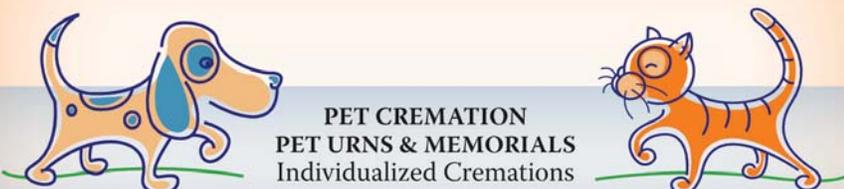
Please see our ad on page 57

Parks and Recreation

AA County Dept. of Recreation and Parks

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

WEST ARUNDEL CREMATORY



**PET CREMATION
PET URNS & MEMORIALS
Individualized Cremations**

1411 Annapolis Road, Odenton, Maryland 21113
410-674-2600 • www.westarundelcrematory.com

America the Beautiful—National Parks and Federal Recreational Lands Senior Pass AND National Parks and Federal Recreational Lands Access Pass.

www.nps.gov/findapark/passes.htm
Apply online or send form by mail for additional charge. The Senior Pass, which costs \$10 online and \$20 by mail, is a lifetime pass for U.S. citizens or permanent residents age 62 and older. Provides access to and use of federal recreation sites that charge an entrance or standard amenity. Documentation of age and residency or citizenship required. The Access Pass, which is free or \$10 by mail, is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Acceptable documentation, such as issued by the Veterans' Administration, Social Security Disability Income or other agency required. Both passes also may be obtained in person at a federal recreation site.

Arundel Olympic Swim Center

410-222-7933
301-970-2216

www.aacounty.org/RecParks/swimcenters
Senior swim classes and aerobic water workouts are conducted in a temperature-controlled, 50-meter indoor pool. Locker rooms are available. Call for fees, hours, and class schedules.

Captain Avery Museum Inc.

410-867-4486

www.captainaverymuseum.org
The Museum offers a full range of educational programs, exhibits and Museum tours throughout the year. Open Sundays 1-4 p.m. late March to early December. Tours also available by appointment. No admission charge; donations accepted.

City of Annapolis Parks and Recreation Dept.

410-263-7958

www.annapolis.gov/recreation
Some classes and access to Truxton Park.

Compass Pointe Golf Course

410-255-7764

www.compasspointegolf.com
Public golf course. AA County residents, seniors age 60 and over, senior rates available weekdays. Call for information.

Eisenhower Golf Course

410-571-0973

www.eisenhowergolf.com
Public golf course. AA County residents, seniors age 60 and over, senior rates available weekdays. Call for information.

MD Dept. of Natural Resources – State Parks

410-260-8100

877-620-8367 Toll-Free
TTY 410-260-8835

www.dnr.state.md.us
Provides wildlife programs, hunting programs, parks, and recreation facilities.

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

North Arundel Aquatic Center

410-222-0090

www.aacounty.org/RecParks/swimcenters
An eight-lane 25-yard competition pool, a leisure pool, and an indoor water park. Open seven days a week. Discounts for seniors age 60 and older. Military discounts.

Pets and Pet Care Services

AA County Animal Control Agency

410-222-8900

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

Pets on Wheels/Life Enrichment/Mom and Me

410-222-0738

www.powlemm.org
Pets on Wheels/Life Enrichment/Mom and Me Programs where volunteers with pets and/or children regularly visit isolated people in nursing homes, assisted living facilities and hospitals.

SPCA (Society for Prevention of Cruelty to Animals)

410-268-4388

410-268-2659

<http://aacspca.org/>

Local animal shelter which offers pet adoptions, a low cost spay/neuter clinic, dog obedience classes, lost pet assistance and wildlife rescue.

West Arundel Crematory

1411 Annapolis Road

Odenton, MD 21113

410-674-2600

We are proud to serve pet owners and their pets in a kind, caring and professional manner. We only provide individualized pet cremations.

Please see our ads on pages 44 and 66

Pharmacies and Pharmacy Assistance Programs

MD Primary Adult Care Program

800-226-2142 Toll-Free

TTY 410-735-2258

www.dhmd.state.md.us/mma

Assistance with prescription costs, free visits to family doctor, outpatient visits to counselor or psychiatrist. For MD residents age 19 or older and not on Medicare. Call for eligibility criteria or contact the AA County Dept. of Aging and Disabilities at 410-222-4257.

REVERSE MORTGAGE

spectra 
HOME LOANS

We have over 20 years of Reverse Mortgage experience

No monthly payments

No income and credit requirements

You still own your home

Federally guaranteed

Get the money you need so you can stay in your home

Call about the mortgage without a monthly payment

Donna or Mark
Spectra Funding
NMLS # 264421

410.788.7070

ScriptSave Prescription Discount Program

410-222-4531

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

Physicians

Annapolis Outreach Center/Clinic @ Stanton Center

443-481-3599

www.aahs.org/outreach/

Free clinic for the at-risk, underserved and underinsured residents of Anne Arundel County.

AAMC Community Health Center

410-990-0050

www.aahs.org/healthcenter/

The center provides low cost family medical care from the newborn to geriatric patient who need fast appointments and may have difficulty paying fees at other offices. The office is located on local bus routes (Brown and Orange lines). Serves those with Medical Assistance, Amerigroup, Priority Partners, United Healthcare Community, and State (Americhoice), Primary Adult Care (PAC), the REACH Program, and Self-Pay (no insurance). Multi-lingual staff.

Anne Arundel Medical Society

410-544-0312

877-633-2446 Toll-Free

www.MedChi.org

A free physicians referral service for AA County. Call to find an appropriate specialist or a physician in your community.

Arundel House of Hope—Medical Clinic

410-863-4888

www.arundelhoh.org

Free clinic for AA County residents. Services designed to improve the health status of at-risk, underserved communities. Medical screenings, preventive care and mental health services help is available for persons without insurance. Team meets the needs of the uninsured and underinsured by providing access to affordable primary health care services in the community.

Ask AAMC

443-481-4000

800-636-8773 Toll-Free

www.askaamc.org

A 24-hour nursing hotline that provides medical advice, physician referrals, or answers questions about AAMC programs.

Baltimore-Washington Medical Center Physician Referral Service

410-787-4636

800-778-3236 Toll-Free

www.mybwmc.org

Telephone referral service that will search for a private practice physician in your community. Online service also available.

Baltimore Washington Senior Care

8601 Veterans Highway, Suite 204

Millersville, MD 21108

410-553-8092

www.mybwmc.org

Physicians are board certified in internal medicine and geriatric medicine. They provide comprehensive medical care to seniors in Anne Arundel County.

Please see our ad on page 48

Behavioral Health Building – Adult Addiction Services

410-222-0100

www.aahealth.org/programs/

behave-hlth/adult

Substance abuse counseling, treatment, and referrals.

Glen Burnie Health Center

410-222-6633

www.aahealth.org/location.asp

Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.

Magothy Health Center

410-222-6640

www.aahealth.org/location.asp

Community health center that provides free breast exams, mammograms and pap tests for women age 40-64 with no health insurance coverage. Colonoscopy referral available for those ages 50-64 who are income eligible with no insurance. Also provides public health information for residents and health providers. Breast and cervical cancer program: 410-222-6180.

North County Health Services

410-222-6625

www.aahealth.org/location.asp

Community health center that offers services related to dental health, maternity, and the Women, Infants and Children (WIC) nutrition program.

Parole Health Center

410-222-7247

www.aahealth.org/location.asp

Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.

People's Community Health Centers

410-467-6040

www.peopleschc.org

Provides medical, mental health and dental services to anyone without regard to ability to pay, insurance status, area of residence, employment status. No disqualifying circumstances. On-site assistance with application for Pharmacy Assistance,

Medicaid, Medbank, Children's Health Insurance Program. Assistance with transportation, if necessary. Sliding scale based on income and number of persons in family. Sites in Brooklyn Park, Odenton, and Severn.

University of MD School of Dentistry

410-706-7101

866-787-8637 Toll-Free

www.dental.umaryland.edu

Provides complete family dental care.

Before beginning any treatment, dental health care providers conduct a complete examination to determine the best treatment plan. Faculty reviews and evaluates all treatment provided by students. Patient care may take longer, but personal attention and supervision are assured. Personal payment plans, some types of insurance and Medical Assistance are accepted. Contact number for more information on insurance.

Veterans Administration Glen Burnie Outpatient Clinic

410-605-7333

410-590-4140

www.maryland.va.gov

Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

Real Estate Services

Chesapeake Estate Services *SPG*

450 Schley Road

Annapolis, MD 21401

410-279-3382

ChesapeakeEstate@verizon.net

www.ChesapeakeEstate.com

Help personal representatives and/or attorneys settle estates. Will do inventories, value assets, conduct estate sales, and help seniors downsize.

Please see our ad on page 34

Equity Mortgage Lending *SPG*

2 Park Center Court, Suite 200

Owings Mills, MD 21117

410-321-7800, ext. 2310

www.equitymortgagelending.com

Security One Lending *SPG*

546 Paw Paw Cove Court

Annapolis, MD 21401

410-504-2722

www.S1L.com

Next Step Partners/Long & Foster *SPG*

320 6th Street

Annapolis, MD 21403

443-534-6124

www.nextsteppartners.org

Spectra Home Loans *SPG*

Reverse Mortgage Specialists

614 Old Edmondson Avenue, Suite 200

Baltimore, MD 21228

410-788-7070

TTY users can call
Maryland Relay 711

Get the money you need so you can stay in your home. Call about the mortgage without a monthly payment. NMLS #264421

Please see our ad on page 67

Rehabilitation, Physical Therapy

Crofton Care and Rehabilitation Center

2131 Davidsonville Road
Crofton, MD 21114
410-721-1000
301-261-3634
www.croftoncrc.com

24-hour skilled nursing, emotional support, and pain management in a home-like atmosphere. "Come Up To the Quality of Crofton Care."

Please see our ad on page 55

Cypress Creek Therapy Associates

SPG

645 Baltimore-Annapolis Blvd., Suite 111
Severna Park, MD 21146
410-544-2500
www.cypresscreektherapy.com

Designability, LLC **SPG**

418 Arundel Beach Road
Severna Park, MD 21146
443-994-2183

Email: designabilitybyrose@gmail.com
www.designabilitybyrose.com

Interior Designer, Allied ASID, Occupational Therapist, OTR/L certified Aging in Place Specialist (CAPS), specializing in universal design and implementation of safe and functional spaces for all ages and abilities.

Division of Rehabilitation Services – Annapolis

410-974-7608
TTY 410-974-7742
Videophone 443-569-7145
www.dors.state.md.us

A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind includes teaching individuals, over age 55 who are not seeking employment, homemaking skills, orientation, mobility and Braille lessons. Counselor for all deaf clients located in this office.

Division of Rehabilitation Services - Glen Burnie

410-424-3240 V/TTY
www.dors.state.md.us

A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, with counseling, evaluation, and vocational training.

Professional SportsCare and Rehab

SPG

2634 Brandermill Blvd.
Gambrills, MD 21054
410-721-7201
www.prosportscare.com

Regent Healthcare **SPG**

8840 Stanford Blvd., Suite 4200
Columbia, MD 21045
410-872-0310

www.regenthealth.com

Providing quality personal or skilled care in the comfort of your own home.

Please see our ad on page 48

Response Senior Care, LLC **SPG**

1831 Forest Drive, Suite G
Annapolis, MD 21401
410-571-2744

800-689-0599 Toll-Free

www.regenthomecare.com

Providing quality personal or skilled care in the comfort of your home.

Please see our ad on page 52

Respite Care

AA County Dept. of Aging and Disabilities/National Family Caregivers Program

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Program for caregivers to help relieve stress associated with their role. It offers information, assistance, educational programs, respite and supplemental services.

AA County Dept of Aging and Disabilities/Respite Care Referral Program

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Maintains a registry of screened and trained self-employed home care workers. Workers are available during day, evening, and nighttime hours to provide assistance to the elderly, ill, frail, or those with disabilities in their homes. Services provided are determined by the family's need and may include personal care as well as light housekeeping. There is no charge for the referral service. This is a self-pay program; clients and workers negotiate the fee.

Family and Children's Services

410-571-8341

800-899-4601 Toll-Free

www.fcsmmd.org

Provides in-home care services for seniors and younger persons with disabilities and counseling for victims of sexual abuse. Sliding fee for counseling and in-home care by certified, bonded aides with RN supervision. Participates in AA County Dept. of Aging and Disabilities Program.

Griswold Home Care **SPG**

550 M Ritchie Highway, Suite 181
Severna Park, MD 21146
410-975-9750

www.GriswoldHomeCare.com

www.cv-vision.com/ovne/kgravelle

Celebrating 30 years of excellence.

Personal and continence care, meal prep, companionship, transportation, med reminders, and more. Licensed and affordable. Call for a complimentary assessment. Meet me at: www.cv-vision.com/ovne/kgravelle.

Please see our ad on page 56

Regent Healthcare **SPG**

8840 Stanford Blvd., Suite 4200
Columbia, MD 21045
410-872-0310

www.regenthealth.com

Providing quality personal or skilled care in the comfort of your own home.

Please see our ad on page 48

Regency Park Assisted Living **SPG**

730 Maryland State Route 3 South
Gambrills, MD 21054
410-923-1200

www.RegencyParkAssistedLiving.com

At Regency Park, comfort and caring are what we're all about! With 55 suites, we're small enough to form close, caring relationships; yet large enough to be generously staffed and professionally managed. Our 16 acres are peaceful and give lovely views. Our secure Alzheimer's unit offers a gracious, safe and stimulating environment designed especially for individuals with Alzheimer's and other memory disorders.

Please see our ad on page 28

Response Senior Care, LLC **SPG**

1831 Forest Drive, Suite G
Annapolis, MD 21401
410-571-2744

www.response-seniorcare.com

Personal, in-home care provided by experienced, qualified employees.

Consultation and supervision by R.N. Hourly, live-in. Licensed, bonded, insured employees.

Please see our ad on page 52

Senior Activity Centers

(See also Lunch Sites)

AA County Dept. of Aging and Disabilities/Annapolis Senior Activity Center

410-222-1818

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities and hot nutritious lunches. Monthly activity schedules available. Age 55 and older. Senior Center Plus program available for more frail seniors.

AA County Dept. of Aging and Disabilities/Arnold Senior Activity Center

410-222-1922

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities, and hot nutritious lunches available. Monthly activity schedules available. Age 55 and older. Senior Center Plus program available for more frail seniors.

AA County Dept. of Aging and Disabilities/Brooklyn Park Senior Activity Center

410-222-6847

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities, hot nutritious lunches available. Monthly activity schedules available. Age 55 and older.

AA County Dept. of Aging and Disabilities/O'Malley Senior Activity Center

410-222-6227

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older. Senior Center Plus program available for more frail seniors.

AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center

410-222-0030

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

AA County Dept. of Aging and Disabilities/Pascal Senior Activity Center

410-222-6680

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older. Senior Center Plus program available for more frail seniors.

AA County Dept. of Aging and Disabilities/Senior Center Plus

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Provides specialized activities for frail older adults in the senior centers. The program is offered in four of the seven senior centers. Special staff is available to a small group of seniors who may have impairments, but do not require medical intervention, to help them maneuver the busy environment of the center. This is a fee-for-service program.

AA County Dept. of Aging and Disabilities/South County Senior Activity Center

410-222-1927

www.aacounty.org/aging

Educational opportunities, health screenings, recreational activities, hot nutritious lunches. Monthly activity schedules available. Age 55 or older.

Charles Ballard Senior Center

410-647-4449

Provides low impact aerobics and blood pressure screening 9-10 a.m. Monday and Friday.

Subsidized Housing

Catholic Charities/Main Office *SPG*

410-519-6085/6092 – Senior Housing

410-646-0100

www.catholiccharities-md.org

Maryland's largest private provider of human services to people of all faiths and races. Services for seniors include rent-assisted senior housing at Arundel Woods in Glen Burnie, and Friendship Station and Friendship Village in Odenton; Senior Support Services programs; and Answers for the Aging, a free resource for information, referrals, and guidance for seniors and their caregivers.

Congregate Housing Services Program

410-222-6217

410-267-8000

www.aacounty.org/aging

Provides supportive services in various apartment buildings to low and moderate income seniors age 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, housekeeping, laundry, personal assistance and service management. Providers include: Housing Commission sites Glen Square, Pinewood Villages 410-222-6217; Annapolis Housing Authority Glenwood Highrise 410-267-8000; Catholic Charities-Arundel Woods at 410-424-3535 and Friendship Station at 410-519-6085. Also known as the "Choice" program. Financial assistance available based on income.

Housing Authority of the City of Annapolis

410-267-8000

800-438-1385 Toll-Free

www.hacamd.org

The federally-funded Low-Rent Public Housing Program provides quality, affordable rental housing for families, seniors, and persons with disabilities at developments that are owned and operated by the Housing Authority of the City of Annapolis. The agency owns and manages approximately 1,104 rental units throughout 11 housing developments.

Housing Commission of AA County

410-222-6200

www.hcaac.com

Provides affordable housing and related services to nearly 3,000 low-income families, including senior citizens and persons with disabilities. Programs include Public Housing, Housing Choice Vouchers, Homeownership Counseling, and many other specialized programs and services. Communities include Burwood Gardens, Meade Village, Pinewood Village, Pinewood East, Freetown Village, Glen Square, Stoney Hill, Oakleaf Villas, and the Thomas Pumphrey House. Housing Choice Vouchers are widely accepted throughout the county.

Support Groups

Alcoholics Anonymous – Annapolis Area Intergroup Inc.

410-268-5441

www.annapolisareaintergroup.org

An international support group which seeks to have participants stay sober and to help other alcoholics achieve sobriety. Free.

AA County Dept. of Aging and Disabilities/National Family Caregivers Program

410-222-4464

800-492-2499 Toll-Free

www.aacounty.org/aging

Provides services and support to caregivers caring for loved ones 60 years of age or older or grandparents and relative caregivers age 55 and older who have responsibility for children up to age 18. Services include information, assistance, caregiver training, family counseling, support groups, respite for caregivers, and supplemental services. Educational workshops and support groups also are available regardless of the age of the care recipient.

AA County Dept. of Social Services/Kin Connections

800-485-0041 Toll-Free

A support system for grandparents and other adults raising a relative's child, with monthly support groups, a resource manual, guidance, community referrals, and information. A collaboration with AA County Dept. of Aging and Disabilities, AA County Board of Education, and AA County Dept. of Recreation and Parks.

AARP-Grandparent Information

888-687-2277 Toll-Free

www.aarp.org/relationship/friends-family

Information for grandparents raising grandchildren. Online resources also available.

ALS Association

301-978-9855

866-348-3527 Toll-Free

www.ALSinfo.org

Provides in-service training, assistive

technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation.

Alzheimer's Association Greater MD Chapter

800-272-3900 Helpline Toll-Free
www.alz.org/maryland

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

American Cancer Society

800-227-2345 Toll-Free
www.cancer.org

A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

American Cancer Society/ Gambrills Office

410-721-4304
www.cancer.org

Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. Volunteer opportunities.

American Diabetes Association

410-265-0075
800-342-2383 Toll-Free
www.diabetes.org

The mission of this association is to prevent and cure diabetes and to improve the lives of people affected by diabetes. To fulfill this mission, the ADA funds research, provides information, and advocates.

American Heart Association

410-685-7074
800-242-8721 Toll-Free
www.americanheart.org

Mission is to build healthier lives free of cardiovascular diseases and stroke. Printable information on heart attack and stroke prevention and treatment is available on the above website. CPR course information also can be found on the website and is sorted by zip code.

American Lung Association

443-451-4950
800-LUNGUSA Toll-Free
www.lungsusa.org

Its mission is to save lives by preventing lung disease and promoting lung health through advocacy, education, and research. Services include smoking cessation, support groups for people with chronic lung disease, asthma management programs, and a toll-free helpline.

American Parkinson Disease Association

410-729-3461
800-223-2732 Toll-Free
www.apdaparkinson.org

The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Meets at Elks Lodge in Severna Park. Call for days and times.

American Red Cross of Central MD

410-764-7000
410-624-2000
800-787-0091 Toll-Free
www.redcross-cmd.org

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Amputee Center of MD

443-433-8201
Nonprofit that offers support, education, and resources.

Anne Arundel County Ostomy Association, Inc.

410-647-6171
www.annearundelostomy.com
A chapter of the United Ostomy Association of America, Inc., the local support group meets the first Thursday of the month at 7:30 p.m. on the 7th floor of the Health Sciences Building at Anne Arundel Medical Center. This is a non-profit, volunteer-based organization dedicated to providing reassurance and emotional support for people who have had or will have some kind of ostomy surgery, such as a colostomy, ileostomy, urostomy or a continent procedure. They also publish a newsletter.

At Home Chesapeake

410-647-1997
www.athome-chesapeake.org
A non-profit membership organization, part of the nationwide Village to Village Network, where members actively participate in creating opportunities for advocacy, education, health management,

and social connectivity for themselves and others so that they can live in their communities for a lifetime.

Brain Injury Support Group

410-956-0015
www.biamd.org

Brain Injury support group meets at Lifequest/Mary T. Maryland Neurological Resources, a brain injury service provider, from 7-8:30 p.m. every third Tuesday of the month.

Changing Focus

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

Muscular Dystrophy Association, Inc.

410-494-7106
888-484-7072 Toll-Free
www.mda.org

A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; annual physical therapy, occupational therapy, and speech evaluations; medical equipment loan closet; and volunteer opportunities.

Myasthenia Gravis Foundation of America/MD/DC/DE Chapter

410-437-1157
866-437-2881 Toll-Free
www.myasthenia.org
Meets the 1st Saturday of each month, 10 a.m.-noon, Padussis Conference Room, third floor, Baltimore-Washington Medical Center, Glen Burnie, subject to change on occasion. Refreshments.

National Alliance on Mental Illness (NAMI) AA County Inc.

443-569-3498
www.namiaeac.org
Local affiliate of NAMI provides nonprofessional support to an individual or family member dealing with the impacts of mental illness on their lives. NAMI hosts weekly support groups facilitated by trained volunteers. Call for meeting details. Some support groups are for consumers of mental health services; others are for family members and other persons who care. Offers printed, on-line, and telephone information. Mission is to positively impact the lives of those affected by mental illness in AA County by reducing stigma and providing support, education, and advocacy.

**TTY users can call
Maryland Relay 711**

Support Groups

National Federation of the Blind

410-659-9314

www.NFB.org

Provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services, protection of civil rights, development and evaluation of technology, and support for blind persons and their families.

National Kidney Foundation of MD

410-494-8545

800-671-5369 Toll-Free

www.kidneymd.org

Provides patient education, support and research, medical identification jewelry, emergency financial assistance and free health disease screenings.

National Multiple Sclerosis Society/MD Chapter

443-641-1200

800-344-4867 Toll-Free

www.nmss-md.org

Provides information and referral, community services navigation, short-term care management, and financial assistance for individuals with MS.

Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine

410-955-9441

www.hopkinspdm.org

Offers community outreach and education programs for individuals with Parkinson's disease or other motion disorders and their families and/or caregivers. Area support groups available. Free literature. Personal case management services.

Young Aphasia Communications Club

301-520-9044

YACC is a support group for people who have aphasia from a stroke or brain injury. Group meets the second Wednesday of the month at 6:30 p.m. except for June-August. There is no magic age for inclusion. Current members are in their 40's to 60's. Speech pathologist attends. Focus is on talking and more talking. No fees.

Tax Information and Assistance

AA County Dept. of Aging and Disabilities/Volunteer Income Tax Assistance Program (VITA)

410-222-4464

www.aacounty.org/aging

VITA is sponsored by the IRS in cooperation with Retired and Senior Volunteer Program (RSVP) and the AA County Senior Activity Centers. Volunteers are recruited through

RSVP, trained, and qualified annually by the IRS. Volunteers work at all Senior Activity Centers, preparing uncomplicated tax returns during tax season.

AA County Office of Finance

410-222-1144

www.aacounty.org/finance

Collects tax and utility payments. Call for locations and hours throughout the County or visit website for further information.

Homeowner's Property Tax Credit Program (HOPTC)

410-767-4433

800-944-7403 Toll-Free

www.dat.state.md.us

The State of MD has set a limit on the amount of property taxes any homeowner must pay based upon his/her income. This program assists applicants with payment on property tax bills. Applications also available at AA County Dept. of Aging and Disabilities.

James Mason, Esq., CPA Attorney at Law

600 Baltimore-Annapolis Road Suite 200

Severna Park, MD 21146

410-647-2000

jmason@jmasonlaw.com

www.jmasonlaw.com

Ensure that plans address tax and legal issues by drawing on my CPA experience and Master's degree in taxation. Estate planning, probate, elder law.

Please see our ad on page 43.

Renter's Tax Credit Program (RTC)

410-767-4433

800-944-7403 Toll-Free

www.dat.state.md.us

Agency assists applicants with payment on rental bills. Credit applies to permanently disabled and renters 60 and older who meet certain income requirements. Applications also available at AA County Dept. of Aging and Disabilities.

Telephone Tax Exemption Program

410-222-1739

Provides exemption of local telephone tax for citizens 65 or older or receiving benefits for a permanent disability. Call for household income limit.

Temporary Shelter

Arundel House of Hope – Winter Relief Program

410-863-4888

www.arundelhoh.org

Provides emergency shelter and support services including case management through a partnership with more than 70 churches from October through November for those that are experiencing homelessness.

Light House

410-263-1835

www.annapolislighthouse.org

A homeless prevention support center that provides emergency shelter and also transitional housing for homeless individuals and families. Services include case management, food and assistance with eviction prevention and BGE turn-off prevention. Resource and support center offering education, job training and life-skill services. Must be drug/alcohol free. Volunteer opportunities available.

Sarah's House

410-551-7722

www.catholiccharities-md.org/sarahs-house

A 24-hour shelter program serving the homeless in AA County; onsite child care for program participants. Serves homeless women, children and men. Must be alcohol and drug free. Provides case management, childcare, transportation and employment services. Eligibility: initial screening through Dept. of Social Services.

Transportation

AA County Dept. of Aging and Disabilities/Taxi Voucher Service

410-222-4464

www.aacounty.org/aging

Provides coupons for discounted taxi-cab service within the county to persons 55 years and older and people 18 or older with disabilities who meet the income guidelines. Motorized wheelchairs cannot be accommodated.

AA County Dept. of Aging/Transportation

410-222-4826

www.aacounty.org/aging

Provides transportation to seniors 55 and over and adults with disabilities, 18 and over, to senior centers, nutrition sites, medical appointments, and for other purposes. Wheelchair lift-equipped vans available. Forty-eight hour advance notice required.

AA County Dept. of Health/Medical Assistance Transportation

410-222-7152

www.aahealth.org/programs/uninsured/tran/med-trans

Transportation is provided for those with Medical Assistance who have no other means of transportation. Call 800-442-2858 to arrange for transportation to appointments.

Annapolis Transportation Dept.

410-263-7964

www.ci.annapolis.md.us/info.asp?page=1368

Bus transportation for the City of Annapolis. Senior discounts and wheelchair lift buses available. Door-to-door service. Call to schedule special needs service. Photo ID obtained Monday-Friday at 308 Chinquapin Round Road.

MD Transit Administration (MTA)/Reduced Fares

410-764-3441

TTY 410-333-2051

www.mta.maryland.gov/senior-reduced-fare-programwww.mta.maryland.gov/content/brochures-publications

People with disabilities and senior citizens age 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

MD Transit Administration (MTA)/Mobility/Para-transit

410-764-8181

866-743-3682 Toll-Free

TTY 410-333-3624

www.mta.maryland.gov/mobility/www.mta.maryland.gov/content/brochures-publications

MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

MD Transit Administration (MTA)/Taxi Access II Service

410-664-2030

General Information-866-743-3682 Toll-Free

www.taxiaccess.orgwww.mta.maryland.gov/content/brochures-publications

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

Partners in Care Transportation Services *SPG*

410-544-4800

800-227-5500 Toll-Free

www.partnersincare.org

The Ride Partners program provides neighborly transportation to members at no cost by volunteer drivers. In addition, wheelchair accessible van service is available to members and the greater community at affordable rates.

*Please see our ad on page 51***Towne Transport *SPG***

2404 Nichols Road

Annapolis, MD 21401

410-266-3392

www.townetransport.com**Treatment Centers****Hanley Center**

5200 East Avenue

West Palm Beach, FL 33407

866-442-6539 Toll-Free

www.HanleyCenter.org

Nationally renowned residential drug and alcohol treatment customized for adults 55 and over. Safe and supportive environment. 25-plus years of experience.

Veterans**American Red Cross of Central MD**

410-764-7000

410-624-2000

800-787-0091 Toll-Free

www.redcross-cmd.org

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Amputee Center of MD

443-433-8201

Nonprofit that offers support, education, and resources.

Annapolis Veterans Acupuncture Clinic

443-951-1575

www.AnnapolisCommunityAcupuncture.com/avac

An independent and locally run clinic dedicated to free stress relief acupuncture treatment to U.S. veterans, active duty military and their immediate families. Part of a national network of clinics established with the help of Acupuncturists Without Borders. No appointment or pre-registration necessary. For treatment, arrive between 5:30-6:30 p.m. Thursdays at clinic, 17 N. Southwood Ave., Annapolis.

AA County Veterans Affairs Commission

410-222-1527

410-222-2222

www.aacounty.org

A forum for all AA County veterans of military service, the 13-member commission meets at 6:30 p.m. the 3rd Wednesday of January, April, July, and October at the Arundel Center, Room 161, 44 Calvert St., Annapolis. Meeting is open to the public.

Arundel House of Hope – Patriot House

410-863-4888

www.arundelhoh.org

Provides transitional housing program for veterans who are homeless along with support services including employment, substance abuse, mental health, and healthcare.

Brain Injury Support Group

410-956-0015

www.biamd.org

Brain Injury support group meets at Lifequest/Mary T. Maryland Neurological Resources, a brain injury service provider, from 7-8:30 p.m. every third Tuesday of the month.

MD Dept. of Veterans Affairs

410-230-4444

800-446-4926 Toll-Free

www.mdva.state.md.us

Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

MD Veterans Cemetery/Crownsville

410-987-6320

www.va.gov

Burial benefits include a gravesite in an available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some Veterans may also be eligible for Burial Allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains. Additional benefits are available for spouses and dependents.

Network of Care

410-222-7858

<http://annearundel.md.networkofcare.org>www.aamentalhealth.org

The Network of Care for Service Members, Veterans and Their Families is an effort to take a community approach to the needs of returning veterans. One-stop shop for virtually all services, information, support, advocacy, and more. Attempts to bring together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

Veterans Administration Glen Burnie Outpatient Clinic

410-605-7333

410-590-4140

www.maryland.va.gov

Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

Veterans Administration MD Health Care System

410-605-7000

800-463-6295 Toll-Free

www.maryland.va.gov

Dedicated to providing quality, compassionate and accessible care and service to MD's veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Baltimore Rehabilitation and Extended Care Center and five community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

TTY users can call
Maryland Relay 711

Veterans of Foreign Wars

410-230-4480

www.vfw.org

Counsels veterans, dependents and survivors about entitlements from all agencies. No fee.

Victim and Witness Assistance

Anne Arundel Medical Center's Abuse and Domestic Violence Center

443-481-1209

www.aahs.org

Free, anonymous crisis counseling, personal and legal advocacy, injury documentation, community referrals and community presentations.

MD Crime Victims' Resource Center, Inc. (MCVRC)

301-952-0063

410-234-9885

877-842-8461 Toll-Free

www.mdcrimevictims.org

Provides free information and support through criminal justice proceedings, legal representation, referrals, and support groups.

State's Attorney's Office/ Victim/Witness Assistance Center

410-222-1160

410-222-1740

www.statesattorney-annearundel.com

Provides crisis counseling and assistance to crime victims and/or witnesses who will be called to testify in AA County. CASE Program offers informational seminar regarding identify theft, fraud, and scams. Participants receive handbook and neck wallet free of charge.

Vital Records

AA County Dept. of Health

410-222-4462

TTY 800-735-2258

www.ahealth.org/birthcertificates

Provides certified copies of birth certificates for a fee to individuals born in Maryland after 1942.

MD Dept. of Health and Mental Hygiene

410-764-3038

877-463-3464 Toll-Free

TTY 800-735-2258

<http://vsa.maryland.gov>

The Vital Records Administration provides copies of birth, death, marriage, divorce, adoption, etc., records for a fee.

TTY users can call
Maryland Relay 711

Volunteer Assistance and Opportunities

AA County Dept. of Aging and Disabilities/Foster Grandparent Program

410-222-4464

www.aacounty.org/aging

Is an intergenerational volunteer program that engages income-eligible persons 55 and older to mentor children with exceptional needs. Volunteers give back to the community by helping to guide and support children by serving 20-40 hours at Head Start centers, family support centers, public schools and other youth facilities. Eligible volunteers receive a tax-free stipend.

AA County Dept. of Aging and Disabilities/Friendly Visitor Program

410-222-4464

www.aacounty.org/aging

Provides weekly friendly volunteer visitors to isolated homebound residents of the County who are 55 or older or adults with disabilities. No hands-on care given. Volunteers are recruited, trained and supported.

AA County Dept. of Aging and Disabilities/Life Enrichment Program

410-222-0738

www.powlemm.org

Trains volunteers to be friendly visitors to nursing homes, assisted living facility and hospital residents who are without regular visitation. Volunteers also visit under the "Pets on Wheels" program and with their small children under the "Mom and Me" program.

AA County Dept. of Aging and Disabilities/RSVP Program

410-222-6713

www.aacounty.org/aging

RSVP invites older adults to put their experience to work solving problems close to home. Whether teaching children to read, delivering services to frail elderly, creating a recycling program, or providing support to non-profit agencies, RSVP volunteers make the community stronger. Volunteers are over 55 years of age and can volunteer a few hours every week. They receive supplemental accident and liability insurance, the opportunity to keep involved and the satisfaction of knowing they are making a difference.

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

410-222-4464

www.aacounty.org/aging

SHIP provides health insurance assistance and information to Medicare-eligible persons and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental

options, Medicare Advantage options and Medicare Part D options. Provides guidance with making an informed decision regarding long-term care insurance.

AA County Dept. of Aging and Disabilities/Telephone Reassurance

410-222-4464

www.aacounty.org/aging

Provides daily telephone calls to seniors who may be frail, isolated, living alone. Volunteers check in with senior clients 365 days a year and clients may call ahead to a 24-hour message line to inform volunteers of schedule changes. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family or county police.

AA County Dept. of Aging and Disabilities/Volunteer Income Tax Assistance Program (VITA)

410-222-4464

www.aacounty.org/aging

VITA is sponsored by the IRS in cooperation with Retired and Senior Volunteer Program (RSVP) and the AA County Senior Centers. Volunteers are recruited through RSVP, trained and qualified annually by the IRS. Volunteers work at all Senior Centers, preparing uncomplicated tax returns during tax season.

American Cancer Society/ Gambrills Office

410-721-4304

www.cancer.org

Information and support programs for persons with cancer and caregivers. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Call for times and locations. Volunteer opportunities are available.

American Red Cross of Central MD

410-764-7000

410-624-2000

800-787-0091 Toll-Free

www.redcross-cmd.org

Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Anne Arundel Medical Center Volunteer Program

443-481-5050

www.aahs.org/about/volunteer.php

There are many opportunities for you to help fulfill AAMC's mission of providing patient-centered, high quality, cost-effective health care services to our community. Must have physical endurance to be considered.

Bay Community Support Services, Inc.

410-224-4205, Ext. 101

www.baycss.org

Provides residential and vocational services to people with disabilities in Maryland. Volunteer opportunities support them, such as office support, home maintenance, fund raising, board membership, and quality assurance in addition to special projects.

Chores and More/St. Margaret's Episcopal Church

410-757-5333

A volunteer program that offers temporary help for shut-ins of any age in the Broadneck area only. Services include picking up medicines, fixing meals, reading, and transportation to doctor's appointments.

Friends of Arundel Seniors, Inc. SPG

410-222-4257

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

Habitat for Humanity of the Chesapeake

410-366-1250

www.chesapeakehfh.org

Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute "sweat equity" and house payments are recycled to build additional houses. Also runs Baltimore and Pasadena "ReStore," retail outlet thrift shops for home improvement items. Proceeds go to Habitat.

Hospice of the Chesapeake

410-987-2003

800-745-6132 Toll-Free

877-461-1101 Toll-Free

www.hospicechesapeake.org

Provides health care to people with any life limiting illness by providing nurses, home health, social workers, counselors, and volunteers for the terminally ill. Medicare generally covers hospice services but no one is denied care. Serves AA and PG counties. The Life Center provides counseling to anyone in the community grieving a death. The Life Center: 410-987-2129

*Please see our ad on page 57***Meals on Wheels of Central MD SPG**

410-626-7543

410-431-5257

866-558-0827 Toll-Free

www.mealsonwheelsmd.org

Volunteers deliver two meals a day to homebound clients - one hot and one cold - between the hours of 11 a.m. and 1:30 p.m. Monday through Friday, including holidays that fall during the week. Fees on a sliding scale.

Partners in Care SPG

90B Ritchie Highway

Pasadena, MD 21122

410-544-4800

301-682-5588

800-227-5500 Toll-Free

www.partnersincare.org

A volunteer, credit exchange program designed to create community by linking frail elderly and adults with disabilities with volunteers to help with errands and other tasks including transportation to medical appointments, grocery shopping. Handyman program. Loans wheelchairs, walkers, tray tables, etc.

*Please see our ad on page 51***Partners in Care Transportation Services**

410-544-4800

800-227-5500 Toll-Free

www.partnersincare.org

The Ride Partners program provides neighborly transportation to members at no cost by volunteer drivers. In addition, wheelchair accessible van service is available to members and the greater community at affordable rates.

*Please see our ad on page 51***Pets on Wheels /Life Enrichment/Mom and Me**

410-222-0738

www.powlemm.org

Pets on Wheels/Life Enrichment/Mom and Me Programs volunteers with pets and/or children regularly visit isolated people in nursing homes, assisted living facilities and hospitals.

Rebuilding Together/AA County Inc.

410-923-9992

www.rebuildingtogetheraac.org

Home repairs for low income and elderly homeowners and/or homeowners with disabilities. Applications taken year round. Volunteers welcome.

Service Corps of Retired Executives (SCORE)

410-266-9553

www.score390.org

Low cost workshops and free counseling are offered by volunteers with business experience to those wanting to start a new small business or improve their existing small business.

South County Faith Network. Inc.

410-867-1128

www.southcountyfaithnetwork.org

The South County Faith Network, Inc., through its volunteers, provides a variety of services to elderly adults and adults with disabilities. These services include minor home repair, maintenance, grocery shopping, light housekeeping, telephone reassurance, yard work, care giver relief, and friendly visits. Areas served are Churchton, Deale, Friendship, Galesville, Harwood, Lothian, Shady Side, Tracy's Landing, and West River.

State's Attorney's Office/Volunteer Program

410-222-1740

www.statesattorney-annearundel.com

Volunteers work hand-in-hand with all staff in SAO to support and expand services to victims of crime.

UCP (United Cerebral Palsy) of Central Maryland

410-484-4540

TTY 800-451-2452

http://affnet.usp.org/ucp_localsub/cfm/81

Supports individuals with disabilities in achieving independence, productivity, and quality of life. Serves Baltimore City and 18 counties including northern Anne Arundel County.

Volunteer Center for AA County

410-897-9207

www.volunteerannearundel.org

This organization makes it easy for individuals, families and groups to volunteer. It assists in finding volunteer opportunities that utilize a person's knowledge, skills, and positive energy. A member of the Points of Light – Hands On Network.

Voting**AA County Board of Elections**

410-222-6600

www.aacounty.org/Elections

Manages the voting process in AA County including voter registration, absentee ballots, change of address, deceased lists, and change of affiliation. Citizens with disabilities can request assistance or absentee ballots. Volunteers accepted for Election Officials.

What Services Are Available:

Alphabetical index by type of service

Abuse (see Elder Abuse).....	35	Estate Planning (see Elder Law and Financial Services)	36, 44	Job Counseling (see Employment)	43
Active Adult Communities	24	Eviction (see Temporary Shelter)	72	Kidney Disease (see Health Organizations).....	46
Adult Day Care	24	Exercise (also see Parks and Recreation)	43, 66	Lawyers (see Elder Law)	36
Advance Directives (see Elder Law)	36	Eye Care	44	Libraries	62
Advocacy (also see Elder Law)	24, 36	Financial Services (also see Income Assistance)	44, 60	Licenses, hunting, fishing, etc. (see Parks and Recreation)	66
Alzheimer's Disease (see Health Organizations)	46	Food and Nutrition (also see Lunch Sites).....	45, 63	Lifeline (see Emergency Response).....	42
Arthritis (see Health Organizations).....	46	Food Stamps (see Food and Nutrition)....	45	Literacy (see Education)	34
Assisted Living	25	Fraud (See Medicare and Medicaid).....	64	Living Wills (see Elder Law).....	36
Assistive Telephone	29	Fuel Assistance (see Income Assistance)..	60	Loan Closets	63
Bereavement	29	Funeral Homes	46	Long Term Care Insurance (see Insurance Services)	62
Bike Riding (see Exercise, Walking & Biking).....	43	Geriatricians (see Physicians)	68	Lunch Sites	63
Birth Certificates (see Vital Records)	74	Golf (see Parks and Recreation)	66	Mall Walking Programs (see Exercise Programs)	43
Blind (see Disability Services).....	31	Grandparents (see Support Groups)	70	Marriage/Divorce Certificates (see Vital Records)	74
Cancer (see Health Organizations).....	46	Guardianship (see Elder Law)	36	Meals-on-Wheels (see Food and Nutrition)	45
Caregivers Support (see Support Groups)	70	Handyman Services (see Home Improvement, Design, Repairs, and Maintenance).....	58	Media	64
Case Management	29	Health Organizations	46	Mediation.....	64
Cemeteries	30	Hearing Aids (also see Disability Services)	31, 52	Medical Assistance, Medicare (see Medicare & Medicaid).....	64
Chore Services (see Home Health Care)..	53	Home Care (Non-Medical)	52	Medical Products and Services	64
Clinics (see Physicians)	68	Home Health Care (also see Respite Care).....	53, 69	Medical Society (see Physicians)	68
Complaints and Information	30	Home Improvement, Design, Repairs, and Maintenance	58	Medicare and Medicaid	64
Congregate Housing (see Subsidized Housing).....	30, 70	Home Organization.....	59	Mental Health	65
Consumer Complaints (see Complaints and Information)	30	Home Visiting (see Home Health Care and Volunteer Assistance Opportunities).....	53, 74	Money Management (see Financial Services).....	44
Consumer Credit	31	HMOs (see Insurance Services)	62	Moving/Relocation Services.....	65
Consumer Services	31	Hospice (also see Home Health Care)	53, 59	Muscular Dystrophy (see Support Groups)	70
Continuing Care Retirement Communities.....	31	Hospitals	59	Nursing Care Facilities	66
Day Care (see Adult Day Care).....	24	Housecleaning.....	60	Nursing Homes (see Nursing Care Facilities).....	66
Death Certificates (see Vital Records).....	74	Housing Authority (see Subsidized Housing).....	70	Nutrition (see Food and Nutrition, Lunch Sites).....	45, 63
Dentists	31	Housing Counseling.....	60	Nutrition Sites (see Food and Nutrition) ...	45
Diabetes (see Health Organizations).....	46	Income Assistance	60	Ombudsman (see Advocacy, Assisted Living, Nursing Care Facilities).....	24, 25, 66
Disability Services (also see Transportation).....	31, 72	Information & Assistance/MAP	61	Parkinson's Disease (see Health Organizations).....	46
Discounts	34	In-Home Assistance (see Home Health Care).....	53	Parks and Recreation	66
Discrimination	34	Insurance Advocacy (see Insurance Services).....	62	Pets and Pet Care Services	67
Domestic Violence (See Elder Abuse).....	35	Insurance Services	62	Pharmacy Assistance	67
Driving (see Education)	34	Interior Design (see Home Improvement, Design, Repairs, and Maintenance).....	58, 62	Physical Fitness (see Exercise Programs) ..	43
Education	34	Investments (see Financial Services).....	44	Physical Therapy (see Rehabilitation).....	69
Elder Abuse, Crisis, Violence	35			Physicians	68
Elder Law	36			Prescriptions (see Pharmacy Assistance)..	67
Emergency Information	39				
Emergency Response	42				
Employment and Job Counseling	43				
Energy Assistance (see Income Assistance)	60				

Who Can Help:

Alphabetical index by department, organization, or business

Listings in **red** indicate advertisers

Ramps (see Home Improvement, Design, Repairs, and Maintenance).....	58	2-1-1 Maryland	62	AA County Dept. of Aging and Disabilities/ Housing Program	25, 60, 61
Real Estate Services	68	A Place 4 Seniors	26	AA County Dept. of Aging and Disabilities/Life Enrichment Program	66, 74
Recreation (see Parks and Recreation)....	66	A Place for Mom	26	AA County Dept. of Aging and Disabilities/Main Office	24, 35
Red Cross (see Health Organizations)	46	AA Community and Constituent Services	61	AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program	25, 31, 61
Rehabilitation	69	AA Community College, Adult Basic Skills	31	AA County Dept. of Aging and Disabilities/Medicaid Waiver for Older Adults	26, 53
Relocation Assistance (see Real Estate Services).....	68	AA Community College, Adult Basic Education	34	AA County Dept. of Aging and Disabilities/Medicaid Waiver for Older Adults	26, 53
Respite Care (also see Home Health Care).....	53, 69	AA Community College, Aging Studies Programs	34	AA County Dept. of Aging and Disabilities/Medical Asst. Personal Care Services	55
Retirement (see Active Adult Communities, Financial Services) ..	24, 44	AA Community College, Center on Aging	35	AA County Dept. of Aging and Disabilities/National Family Caregivers Program	69, 70
Reverse Mortgage Counseling (see Financial Services, Housing Counseling)	44, 60	AA Community College, Disability Support Services	31, 35	AA County Dept. of Aging and Disabilities/O'Malley Senior Activity Center	70
Safety Devices (see Home Improvement, Design, Repairs, and Maintenance)	58	AA Conflict Resolution Center	64	AA County Dept. of Aging and Disabilities/Ombudsman Program	25, 26, 35, 66
Section 8 Housing (see Subsidized Housing).....	70	AA County and City of Annapolis Offices of Emergency Management	39	AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center	70
Senior Activity Centers	40, 41, 69	AA County Animal Control Agency	67	AA County Dept. of Aging and Disabilities/Pascal Senior Activity Center	70
Social Security (see Income Assistance) ...	60	AA County Board of Elections	75	AA County Dept. of Aging and Disabilities/RSVP Program	74
Social Services (see Elder Abuse and Mental Health)	35, 65	AA County Commission on Disability Issues	31	AA County Dept. of Aging and Disabilities/Senior Center Plus	70
Spanish Information (see Information and Assistance)	61	AA County Community and Constituent Services	24	AA County Dept. of Aging and Disabilities/Senior F.E.A.S.T. Program ..	45
SSI (see Income Assistance)	60	AA County Conflict Resolution Center ..	30	AA County Dept. of Aging and Disabilities/Senior Health Insurance Assistance Program (SHIP) ...	25, 61, 62, 74
Subsidized Housing	70	AA County Crisis Response System	65	AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol)	25, 61, 65
Support Groups	70	AA County Dept of Aging and Disabilities/ Respite Care Referral Program	69	AA County Dept. of Aging and Disabilities/South County Senior Activity Center	70
Swimming (see Parks and Recreation)	66	AA County Dept. of Aging and Disabilities/Adult Evaluation and Review Services	29	AA County Dept. of Aging and Disabilities/Taxi Voucher Service ...	34, 72
Tax Information	72	AA County Dept. of Aging and Disabilities/Adult Public Guardianship ...	61	AA County Dept. of Aging and Disabilities/Telephone Reassurance	42, 55, 74
Taxi Service (see Transportation)	72	AA County Dept. of Aging and Disabilities/Annapolis Senior Activity Center	69	AA County Dept. of Aging and Disabilities/Volunteer Income Tax Assistance Program (VITA)	72, 74
Temporary Shelter	72	AA County Dept. of Aging and Disabilities/Arnold Senior Activity Center	70		
Transportation	72	AA County Dept. of Aging and Disabilities/Brooklyn Park Senior Activity Center	70		
Veterans (also see Physicians)	68, 73	AA County Dept. of Aging and Disabilities/Community Care Partnership Program.....	30, 53		
Victim and Witness Assistance	74	AA County Dept. of Aging and Disabilities/Congregational Liaison Program	29		
Vital Records	74	AA County Dept. of Aging and Disabilities/Foster Grandparent Program	74		
Volunteer Assistance/Opportunities	74	AA County Dept. of Aging and Disabilities/Friendly Visitor Program	52, 74		
Voting Information	75				
Walking Programs (see Exercise Programs, Parks and Recreation)	43, 66				
Weatherization Assistance (see Home Improvement, Design, Repairs, and Maintenance).....	58				
Websites (see Information & Assistance).	61				
Widowed (see Support Groups)	70				
Wills (see Elder Law).....	36				

Who Can Help:

Alphabetical index by department, organization, or business (continued)

Listings in **red** indicate advertisers

AA County Dept. of Aging/ Transportation72	America the Beautiful–National Parks and Federal Recreational Lands Senior Pass AND National Parks and Federal Recreational Lands Access Pass.67	Aspire Services, Inc. (Aspire School of Learning)35
AA County Dept. of Health49, 65, 74	American Cancer Society47, 71	Assisted Living Well Compassionate Care, LLC26
AA County Dept. of Health/Medical Assistance Transportation72	American Cancer Society/ Gambrills Office71, 74	Associated Black Charities25
AA County Dept. of Recreation and Parks66	American Diabetes Association47, 71	At Home Chesapeake25, 71
AA County Dept. of Social Services– Annapolis and Glen Burnie45, 60	American Heart Association47, 71	Atria Manresa27
AA County Dept. of Social Services/ Adult Protective Services35	American Lung Association47, 71	Baltimore Neighborhoods, Inc. (BNI) ..34, 60
AA County Dept. of Social Services/ Kin Connections70	American Parkinson Disease Association47, 71	Baltimore Washington Senior Care68
AA County Fire Dept. Headquarters ..39, 42	American Red Cross of Central MD 39, 47,71, 73, 74	Baltimore-Washington Medical Center .59
AA County Food Bank45, 63	American Speech, Language and Hearing Center52	Baltimore-Washington Medical Center Physician Referral Service68
AA County Human Relations Commission34	Americans with Disabilities Act Office ...32	Bay Community Support Services, Inc.32, 49, 75
AA County Lawyer Referral Service36	Amputee Center of MD71, 73	Bay Forest Senior Apartments/ Nutrition Site63
AA County Literacy Council35	Anatomy Gifts Registry30, 47	BayWoods of Annapolis31
AA County Mental Health Agency65	Angel Care Network52, 55	Beall Funeral Home46
AA County Office of Finance72	Angels of Care55	Behavioral Health Building– Adult Addiction Services68
AA County Ostomy Association, Inc. ...49	Annapolis City Police Dept.36, 42, 64	Bello Machre, Inc.32
AA County Police Dept./Community Relations42	Annapolis Healthcare Supplies64	Beltone Hearing Center52
AA County Public Library Headquarters ...62	Annapolis Human Relations Commission34	Blind Industries and Services of MD ...32, 63
AA County Public Schools, Senior Citizen Event Card34	Annapolis Outreach Center/Clinic @ Stanton Center31, 68	Brain Injury Support Group71, 73
AA County Register of Wills36	Annapolis Senior Activity Center/ Nutrition Site63	BrightStar55
AA County Veterans Affairs Commission73	Annapolis Transportation Dept.72	Brightview South River27
AA Dental Access Program31	Annapolis Veterans Acupuncture Clinic ...73	Brooklyn Park Senior Activity Center/Nutrition Site63
AA Workforce Development Corporation/Senior Focused Program .43	Annapolitan Assisted Living26	Burwood Senior Housing/Nutrition Site ...63
AAMC Community Health Center68	Anne Arundel County Ostomy Association, Inc.71	Byrd & Byrd LLC38
AAMC Lifeline Emergency Response System42	Anne Arundel Medical Center59	Candice Beckett—Chesapeake Elder Law, LLC36
AARP–Grandparent Information70	Anne Arundel Medical Center Volunteer Program74	Capital City Nurses52
AARP–55 Alive Program35	Anne Arundel Medical Center’s Abuse and Domestic Violence Center36, 74	Captain Avery Museum Inc.67
AARP–Membership Services25	Anne Arundel Medical Society68	Catherine E. Stavelly Attorney at Law39
Abilities Network31	Answers for the Aging, Senior Life Services61	Catholic Charities/Main Office60, 70
Accessible Homes for Seniors58	Arnold Senior Activity Center/ Nutrition Site63	Center for Help (Centro de Ayuda) ...35, 61
Accessible Resources for Independence31, 61	Arthritis Foundation, Southern MD Branch49	Changing Focus71
Accredited Home Health Care55	Arundel Community Development Services, Inc.58	Changing Keys by Susan65
Active Day of Annapolis24	Arundel House of Hope–Patriot House ..73	Charles Ballard Senior Center49, 70
Adventist Community Service Center ...60	Arundel House of Hope–Winter Relief Program72	Charlotte Hall Veterans Home27
Aging Services Management, LLC30	Arundel House of Hope–Medical Clinic ...68	Chesapeake Estate Services...38, 43, 66, 68
Alcoholics Anonymous–Annapolis Area Intergroup Inc.70	Arundel Mills Milers43	Chesapeake Eye Care & Laser Center ...44
All Around Town Personal Concierge ...43	Arundel Olympic Swim Center67	Chesapeake Handyman Services58
ALS Association (ALSA)46, 70	Asbury Church Assistance Network60	Chesapeake Hearing Centers, Inc.52
Alzheimer’s Association Greater MD Chapter46, 60, 71	Ask AAMC68	Chores and More/St. Margaret’s Episcopal Church52, 75
Alzheimer’s Association MedicAlert and Safe Return Program42		City of Annapolis Parks and Recreation Dept.67
Ameri-Maid55, 60		Claiborne Place/Nutrition Site63
		College Parkway Place/Nutrition Site63
		ComForCare Home Care56
		Commissioner of Financial Regulation ..31
		Community Action Agency of AA County43, 60

Compass Pointe Golf Course	67	Guide to Retirement Living Source Book	64	MD Accessible Telecommunications (MAT)	29, 32
Congregate Housing Services Program	30, 70	Habitat for Humanity of the Chesapeake	58, 75	MD Attorney General's Consumer Protection Office	30
Consumer Credit Counseling Service of MD and DE	31	Hanley Center	73	MD Crime Victims' Resource Center, Inc. (MCVRC)	74
Cranberry Cottage Assisted Living, Inc. ..	27	Harbor Hikers at the Centre at Glen Burnie	44	MD Dept. of Health and Mental Hygiene ..	74
Crofton Care and Rehabilitation Center	59, 66, 69	Health & Mobility	64	MD Dept. of Natural Resources	60
Crofton Family Eye Care	44	Health Watch Distributors/ Partners In Care	42	MD Dept. of Natural Resources– State Parks	67
Cypress Creek Therapy Associates	69	HEAR NOW–Hearing Aid Bank	32, 52	MD Dept. of Transportation MVA/Annapolis and Glen Burnie	33
Decisions with Dignity	64	Heartfields Assisted Living–Bowie	27	MD Dept. of Veterans Affairs	25, 73
Delmarva Foundation for Medical Care ..	65	Heartland Hospice Services	59	MD Disability Law Center	33
Dependable Landcare, LLC	62	Heartlands at Severna Park	28	MD Health Insurance Plan (MHIP)	62
Designability, LLC	62, 69	Heritage Harbor Health and Rehabilitation Center	66	MD Kidney Disease Program	49
Developmental Disabilities Administration (DDA)	32	Heritage Harbour Health Group	49	MD Office for Refugees and Asylees (MORA)	25
Division of Rehabilitation Services– Glen Burnie	32, 69	Home Helpers of the Greater Chesapeake	56	MD Office of People's Counsel	30
Division of Rehabilitation Services– Annapolis	32, 69	Home Instead Senior Care	53, 56	MD Poison Center/University of MD	42
Djawdan Center for Implant and Restorative Dentistry	31	Homeowner's Property Tax Credit Program (HOPTC)	72	MD Primary Adult Care Program	67
Document Roadmap	59	Hospice of the Chesapeake	29, 59, 75	MD Relay	29, 32
Donaldson Funeral Home & Crematory, P.A.	46	Household of Angels of Severna Park, Inc.	28	MD Secretary of State's Office	30
Dr. R. Robinson, Audiologist Hearing Solutions Audiology Center	52	Housing Authority of the City of Annapolis	70	MD Senior Mediation Project	64
Easter Seals Society of Central MD	32	Housing Commission of AA County	70	MD Senior Olympics	44
Eileen K. Cochran, P.C.	38	Idle Time Advertising, LLC	64	MD State Employment/Job Service	43
Eisenhower Golf Course	67	James Mason, Esq., CPA Attorney at Law	38, 72	MD State Law Library	62
Eldercare Locator	61	Jo's Angels, LLC	53	MD State Library for the Blind and Physically Handicapped	33, 63
Elena S. Boisvert, Attorney at Law	37	John M. Taylor Funeral Home, Inc.	46	MD Technology Assistance Program	33
Elizabeth Cooney Care Network	56	Joint Commission on Accreditation of Healthcare	66	MD Transit Administration (MTA)/Mobility/Para-transit	33, 73
Equal Employment Opportunity Commission	34	Kalas Funeral Home	46	MD Transit Administration (MTA)/ Reduced Fares	33, 34, 73
Equity Mortgage Lending	68	Koons Mobility Center	64	MD Transit Administration (MTA)/ Taxi Access II Service	33, 73
ergoSTYLE Furnishings	46	Kris-Leigh Assisted Living, LLC	28	MD Veterans Cemetery/Crownsville ..	30, 73
Erin C. Lueders HECM Retirement Solutions	44	Kris-Leigh Assisted Living, LLC/ Cypress Cove	28	MD Volunteer Lawyers Service	62
Errands Made Simple, LLC	43	Kris-Leigh Assisted Living, LLC/ Davidsonville	28	Meals on Wheels of Central MD	45, 75
Express Auctioneers	43	Lakemont Memorial Gardens	30	Medical Assistance (Medicaid)	65
EyeCare America	44	Lasting Tributes by Fellows, Helfenbein & Newnam\Cremation and Funeral Care, P.A.	46	MedicAlert Foundation	43, 49
Fairfield Nursing & Rehabilitation Center	66	Laurel Advocacy and Referral Services ..	25	Medicare	65
Family and Children's Services ..	56, 65, 69	Law Offices of Robert Z. Bohan	37	Mental Health Association of Maryland ..	65
FIRN, Inc.	62	Law Offices of Valerie A. Rocco, P.C. ..	38	Metropolitan Washington Ear, Inc.	33
Foundation Fighting Blindness	32	Legal Aid Bureau of AA County	38	Mobile Optical	44
Friends of Arundel Seniors, Inc.	58, 75	Legal Aid Bureau, Inc./Long Term Care Assistance Project	38	Moran Insurance	62
FutureCare Chesapeake	66	Leukemia and Lymphoma Society	49	Morningside House of Friendship	28
Gallagher Services for People with Development Disabilities	32, 60	Library by Mail, AA County Library	62	Morris Hill Community Center/ Nutrition Site	64
Gardens of Annapolis	24	Light House	72	Muscular Dystrophy Association, Inc. ...	33, 71
Ginger Cove	27	Living at Home: MD Community Choices	32	Myasthenia Gravis Foundation of America/MD/DC/DE Chapter	71
Glen Burnie Health and Rehabilitation Center	66	Low Vision Center	32	NARFE (National Active and Retired Federal Employees Association)	25
Glen Burnie Health Center	68	Magothy Health Center	68	National Alliance for the Mentally Ill MD (NAMI)	65
Glen Forest/Nutrition Site	64	Magothy United Methodist Church of the Deaf	32	National Alliance on Mental Illness (NAMI) AA County Inc.	71
Glen Square Senior Housing/ Nutrition Site	64	Marley Station Milers Walking Program ..	44	National Cancer Institute/Information ..	62
Glenwood/Nutrition Site	64	Mary Ann Downey & Associates	56	National Federation of the Blind (NFB)	33, 72
Golden Age Communities Golden Age Adult Day Care of Bowie	24	Maryland Estate Planning	38	National Kidney Foundation of MD	49, 72
Golden Age Retirement	24, 27			National Multiple Sclerosis Society/ MD Chapter	51, 72
Goodwill Industries of the Chesapeake ..	43			Network of Care	73
Griswold Home Care	53, 56, 69				

Who Can Help:

Alphabetical index by department, organization, or business (continued)

Listings in **red** indicate advertisers

New York Life / Renee Kremm44	Pumphrey/Nutrition Site64	State's Attorney's Office/ Victim/ Witness Assistance Center74
Next Step Partners/Long & Foster68	REACH, AA County Dept. of Health51	State's Attorney's Office/ Volunteer Program75
North Arundel Aquatic Center67	Rebuilding Together/AA County, Inc.59, 75	Stay at Home Senior Care58
North Arundel Health and Rehabilitation Center66	Regency Park Assisted Living29, 69	Sunrise Assisted Living of Annapolis29
North County Emergency Outreach (NCEON)60	Regent Healthcare57, 69	Sunrise Independent & Assisted Living of Severna Park29
North County Health Services68	Renter's Tax Credit Program (RTC)72	Synergy Home Care of Anne Arundel County53, 58
North County Health Services Center31	Response Senior Care, LLC57, 69	T.J. Bozek General Contractors, Inc.58
NovaGold, LLC43	Right at Home—In Home Care & Assistance57	Telephone Tax Exemption Program72
Nurses Available53, 56	Road Scholar35	The Arc Central Chesapeake Region25, 32
O'Malley Senior Activity Center/ Nutrition Site64	Roberts Home Medical64	The Insurance Lady Susan Curan62, 65
Oak Lodge Senior Home Assisted Living 28	Salvation Army/Annapolis60	The O'Malley Marchers44
Office of Home Energy Program (OHEP) ..60	Sarah's House72	Timely Transitions®66
Offices of Emergency Management43	Schaefer + Associates, LLC62	Towne Transport73
OHLA (Organization of Hispanic/Latin Americans of Anne Arundel County) ..62	School-Based Mental Health Services ..33, 65	UCP (United Cerebral Palsy) of Central Maryland33, 51, 75
On Our Own of Anne Arundel County, Inc.65	ScriptSave Prescription Discount Program68	United Seniors of MD25
On Our Own of Maryland, Inc.65	Seasons Hospice & Palliative Care59	United Way Community Partnership of AA County62
Opportunity Builders, Inc.33	Security One Lending68	University of MD Extension35
Options for Senior America Corp.56	Senior Accounts45	University of MD School of Dentistry ...31, 68
Parents Place of MD33	Senior Citizens' Law Project of AA County39	V-LINC (LINC and Volunteers for Medical Engineering)34
Parkinson's Disease and Movement Disorder Center at Johns Hopkins University School of Medicine51, 72	Senior Transitions, Inc.66	Veterans Administration Glen Burnie Outpatient Clinic68, 73
Parole Health Center68	Service Coordination, Inc.33, 39, 62	Veterans Administration MD Health Care System60, 73
Partners in Care63, 75	Service Corps of Retired Executives (SCORE)75	Veterans of Foreign Wars62, 74
Partners in Care Transportation Services73, 75	Severna Park Assistance Network (SPAN)60	Villa Maria of Anne Arundel County33
Partners in Care/Repairs with Care59	Sexual Assault Crisis Center36	Visiting Angels of Annapolis, Glen Burnie and Severna Park58
Pasadena Senior Activity Center/ Nutrition Site64	Sheppard Pratt Therapy Referral Services65	Visiting Angels of South and West Counties58
Pascal Senior Activity Center/ Nutrition Site64	Sheriff's Office/AA SALT Council/ TRIAD Plus30, 39	Volunteer Center for AA County75
Peartree House Assisted Living29	Simplicity Plan of Maryland46	Von Paris Moving & Storage66
People's Community Health Centers68	Sinclair Prosser Law, LLC39	Walgreens Home Infusion Services58
People's Community Health Dental Center31	Sixty Plus Legal Program39	Weatherization Assistance Program59
Pets on Wheels /Life Enrichment/ Mom and Me75	Social Security Administration/ Annapolis and Glen Burnie61	Wells Fargo Private Bank45
Pets on Wheels/Life Enrichment/ Mom and Me67	Somerford Place29	West Arundel Crematory67
Pinewood Village I Senior Housing/ Nutrition Site64	South County Assistance Network (SCAN)61	West River/Nutrition Site64
Pinewood Village II Senior Housing/ Nutrition Site64	South County Faith Network, Inc.53, 59, 75	Westfield Annapolis Walkers Program ..44
Primary Adult Care (PAC)51	South County Senior Activity Center/Nutrition Site64	Whaddya Got to Sell? Ebay drop-off store43
Pro Bono Counseling Project65	SPCA (Society for Prevention of Cruelty to Animals)67	What's Up? Media64
Professional Healthcare Hospice Bereavement Services29	Spectra Home Loans68	Wheelchair Society63
Professional SportsCare and Rehab69	State Anatomy Board30, 31	WNAV Radio64
Providence Center33	State's Attorney's Office31	Woods Adult Day Care Center24
	State's Attorney's Office Mediation Center64	Young Aphasia Communications Club .72
		YWCA Domestic Violence Program36