



Free

Confidential

Counseling

about

Medicare

Prescription

Drug

Plans (Part D)!

Call for an Appointment:

- **Garvey Senior Activity Center**
Leonardtown, MD
301.475.4200, ext. 1064
- **Northern Senior Activity Center**
(Tuesday and Thursday)
Charlotte Hall, MD
301.475.4002, ext. 1004
- **Loffler Senior Activity Center**
(Monday, Wednesday and Friday)
Great Mills, MD
301.737.5670, ext. 1654

A Note to Resource Guide Businesses and Organizations:

Many of our community seniors and their family members view the Resource Guide as a valuable tool in locating services and programs. Thus far, the St. Mary's County Department of Aging has been able to offer this publication at no charge to the public and hope to continue to do so in the future. To sustain this goal we are requesting contributions from the businesses and organizations listed in the guide to assist with offsetting the \$2.00 per booklet printing charge. Considering the shelf-life and large distribution points of this publication, we hope that you view it as a valuable marketing tool as you would with any paid advertising venue.

Contact Sherrie Wooldridge at 301.475.4200, ext. 1073 with questions regarding how the Resource Guide is used and the distribution points it reaches.

Checks may be written to: St. Mary's County Department of Aging.

Contributions may be mailed to:

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

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

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

www.stmarysmd.com/aging

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ADVOCACY SERVICES

Commission On Aging

Phone: 301.475.4200, ext. 1051

Fax: 301.475.4503

Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650

Service: Commission members are appointed by the Board of Commissioners for St. Mary's County to assist the Department of Aging in obtaining their goals and objectives. Meetings are open to the public and are held the 4th Monday of the month at 1 p.m. at the Garvey Senior Activity Center in Leonardtown.

Community Mediation Center

Phone: 301.475.9118

Address: 41620 Courthouse Drive, Rear Entrance
P.O. Box 853
Leonardtown, MD 20650

Email: communitymediationstmarys@hotmail.com

Website: www.st.marys.mediation.org

Service: Provides free conflict management services through education and empowerment of people to create their own solutions.

Health Advocacy to Attorney General's Office

Phone: 410.528.1840

Fax: 410.576.7040

Address: 200 St. Paul Place
Baltimore, MD 21201

Website: www.oag.state.md.us

Service: Provides consumer information and mediates complaints related to health care and insurance and consumer issues.

Northern Senior Activity Center Council

Phone: 301.475.4002, ext. 1001
Address: 29655 Charlotte Hall Rd.
Charlotte Hall, MD 20622
Service: Supports the Department of Aging in the operation of the Northern Senior Activity Center. This council will assist as necessary to promote the general interest, health, welfare and social interaction among seniors of St. Mary's County and work with the designated Department of Aging operations manager by providing support and assistance in the day-to-day operation of the center, identify programs and activities for the seniors and advise the operations manager of modifications to ensure a well-organized, efficient operation.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301.884.4498
Fax: 301.884.6099
Address: 30265 Charlotte Hall Road
P.O. Box 657, Charlotte Hall, MD 20622
Email: FrontAdmin@smcil.org
Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community.

Voices for Quality Care (LTC), Inc.

Phone: 1.800.600.2375
Address: P.O. Box 2251
Leonardtown, MD 20650
Website: <http://voicesforqualitycare.org>
Service: Works to improve the quality of long-term care in Maryland. Provides assistance to residents and family members with problems in nursing homes and assisted living facilities.

AGING SERVICES

St. Mary's County Department of Aging

Phone: 301.475.4200, ext. 1050
Address: 41780 Baldrige St., P.O. Box 653
Leonardtown, MD 20650
Website: www.stmarysmd.com/aging
Service: Provides support to senior residents and Medical Adult Day Services. The goal is improvement or maintenance of health and welfare of the over 60 population. Community and Senior Center activities include: information and referral; outreach; nutrition; recreation; physical fitness; continuing education; community based services; transportation to centers; Senior Rides program; and Retired and Senior Volunteer Program (RSVP) volunteer opportunities.

Garvey Senior Activity Center

Phone: 301.475.4200, ext. 1050
Fax: 301.475.4503
Address: 41780 Baldrige Street
P.O. Box 653
Leonardtown, MD 20650

Loffler Senior Activity Center

Phone: 301.737.5670, 1658
Fax: 301.737.5683
Location: 21905 Chancellor's Run Road
Great Mills, MD 20634
Mailing Address:
P.O. Box 653
Leonardtown, MD
20650

Northern Senior Activity Center

Phone: 301.475.4002, ext. 1001
Fax: 301.475.4034
Location: 29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Mailing Address:
P.O. Box 653
Leonardtown, MD
20650

Oakley Nutrition Site

Phone: 301.475.4200, ext. 1050
Ridge Nutrition Site (Wednesday only)

Vivian Ripple Medical Adult Day Services

Phone: 301.475.4200, ext. 1061
Fax: 301.475.4503
Email: Rebecca.Kessler@co.saint-marys.md.us
Service: A community-based, medically supervised program for adults (aged 16 and older) whose physical or mental condition necessitates medical attention throughout the day. This comprehensive program provides a variety of health, social, and related support services in a protective, caring setting. Transportation is provided to and from the centers. A daily fee applies. The program operates in the following location:

| | |
|---------------------------------------|-------------------------|
| Ripple Adult Day Services | Mailing Address: |
| 24400 Mervell Dean Road | Department of Aging |
| Hollywood, MD 20636 | P.O. Box 653 |
| 301.373.6515 | Leonardtown, MD 20653 |
| Phone: 301.475.4200, ext. 1061 | |

Marcey House

Phone: 301.475.4701
Address: P.O. Box 622
Leonardtown, MD 20650
Email: www.stmarysmd.com/marceyhouse
Service: The primary objective of Marcey House is to facilitate the recovery process from the disease of addiction through the establishment of a supportive, structured and drug-free environment, which encourages individuals to accept responsibility for their own recovery and to develop a fulfilling, productive life.

Walden Sierra, Inc.

Phone: 301.997.1300
Fax: 301.997.1321
Address: 26845 Point Lookout Rd.
Leonardtown, MD 20650
Website: www.waldensierra.org
Service: Residential and outpatient substance abuse treatment services are available.

**ALCOHOLISM/
SUBSTANCE ABUSE**

Alliance for Alcohol/Drug Abuse Prevention

Phone: 301.475.4200, ext. 1847
Fax: 301.475.4631
Address: St. Mary’s County Department of Human Services
P.O. Box 653, Leonardtown, MD 20650
Website: www.stmarysmd.com
Service: Works to provide information on all elements of alcohol and other drugs in the areas of law enforcement, treatment, prevention, education, legislation, and public information.

ASSISTED LIVING

Assisted living facilities listed are licensed by the Maryland Department of Health and Mental Hygiene for five or more beds.

**Cedar Lane Apartments
(St. Mary’s Home for the Elderly)**

Phone: 301.475.8966
Fax: 301.475.1629

COMMUNITY BASED SERVICES

Address: 22680 Cedar Lane Road
Leonardtown, MD 20650

Website: www.cedarlaneapts.com

Service: Provides three levels of assisted living care. Residents have private apartments with private bath. Fees are private pay and include: Three meals a day plus two snacks; medication management and administration; assistance with activities of daily living; weekly housekeeping; laundry; 24-hour security and awake staff availability; emergency call system in each resident's apartment; wellness checks every two hours each night; social and recreational activities; and more. Equal Housing Opportunity.

Taylor Farm Assisted Living, Inc.

Phone: 301.769.3702

Fax: 301.769.3429

Address: P.O. Box 26
Bushwood, MD 20618

Email: TaylorFarm@Hughes.net

Website: www.TaylorFarmAssistedLiving.com

Service: A village of 3 homes with 24 private rooms and 6 managed senior apartments located on a beautiful farm. Provides 24/7 care for all levels, meals, laundry, medication administration, Hospice, and more.

Charlotte Hall Veterans Home

Phone: 301.884.8171

Fax: 301.884.4964

Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622

Website: www.charhall.org

Service: Residency is available to eligible Maryland veterans and their spouses.

Adult Evaluation Review Services

Phone: 301.475.4176

TTY: 301.475.4724

Fax: 301.475.4350

Address: St. Mary's County Health Department
21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650

Website: www.smchd.org

Email: healthdept@smhd.com

Service: Evaluates and assesses an individual's needs through a home visit and links the client with appropriate services.

Family Caregivers Support Program

Phone: 301.475.4200, ext. 1057

Fax: 301.475.4503

Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650

Email: Joan.Willy@co.saint-marys.md.us

Website: www.stmarysmd.com/aging

Service: Provides respite, caregiver support services, caregiver training, medical supplies, and medical equipment for family members caring for disabled adults 60 and over. Caregivers receive services that conform to their specific needs.

In-Home Service Funding

Phone: 301.475.4200, ext. 1057

Fax: 301.475.4503

Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650

Email: Joan.Willy@co.saint-marys.md.us

Service: Provides funding for services that can assist disabled adults 60 and over in the community.

Living At Home Waiver

Phone: 410.767.5235
1.866.417.3480 (Registry)
Service: A Medical Assistance Waiver available to adults ages 18 - 64 years old currently residing in or meeting nursing home level of care. Applicants must currently have Medical Assistance or be able to meet financial qualifications.

Meals On Wheels Program

Phone: 301.475.4200, ext. 1060
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Email: Bridget.Maddox@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Service: This service is for homebound seniors 60 and over that show a moderate to severe disability that prevents them from shopping or cooking for themselves. Depending on the need, a hot meal can be provided five days a week or a frozen meal weekly. A health assessment tool is used to determine eligibility.

Medicaid Waiver for Older Adults

Phone: 301.475.4200, ext. 1061 or
Waiver Registry, 1.866.417.3480
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Email: Rebecca.Kessler@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Service: This is a service program designed specifically for people who wish to remain in their homes and avoid nursing home placement, or for individuals who reside in a Maryland nursing home and wish to move home or to assisted living, with the appropriate support in place. For individuals living at home, there

is a state operated registry (waiting list). Nursing home residents may apply immediately. Must be at least 50 years of age, meet a nursing home level of care, and be income and asset eligible.

Senior Care Program

Phone: 301.475.4200, ext. 1055
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Email: Kathleen.Goodspeed@co.saint-marys.md.us
Service: Individuals age 65 and over, who meet financial and medical qualifications, may receive case management, emergency response systems, financial assistance for prescriptions, durable medical equipment, nutritional supplements, incontinent supplies, and in home services.

Senior Companion Program

Phone: 410.535.0817
Address: So. MD Tri County Community Action Committee
8383 Old Leonardtown Road, P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Free companionship provided to seniors by seniors who are 60 and older.

TRIAD/SALT Council (Seniors and Law Enforcement Together)

Phone: 301.475.4200 ext. 1073
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Email: Sherrie.Wooldridge@co.saint-marys.md.us
Service: Meets monthly to plan and implement educational programs and training which promote a safer quality of life and enhanced sense of security for seniors in St. Mary's County.

DAY PROGRAMS

Pathways, Inc.

Phone: 301.373.3065
Fax: 301.373.3265
Address: 44065 Airport View Drive, P.O. Box 129
Hollywood, MD 20636
Website: www.pathwaysinc.org
Email: info@pathwaysinc@erols.com
Hours: Monday – Friday, 8 a.m. – 2 p.m.
Service: Provides psychiatric rehabilitation assessment, goal-planning and recovery-based informational/educational group presentations. Emphasis is placed on independent living skill development, community resource education and linkage.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301.884.4498
Fax: 301.884.6099
Address: 30265 Charlotte Hall Road
P.O. Box 657, Charlotte Hall, MD 20622
Email: FrontAdmin@smcil.org
Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community.

St. Mary's County Adult Day Services

Phone: 301.475.4200, ext. 1061
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
P.O. Box 653, Leonardtown, MD 20650

Email: Rebecca.Kessler@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Service: A community-based, medically supervised program for adults (aged 16 and older) whose physical or mental condition necessitates medical attention throughout the day. This comprehensive program provides a variety of health, social, and related support services in a protective, caring setting. Transportation is provided to and from the centers. A daily fee applies.

The program operates in the following location:

| | |
|----------------------------------|--------------------------------|
| Ripple Adult Day Services | Mailing Address: |
| 24400 Mervell Dean Road | Department of Aging |
| Hollywood, MD 20636 | P.O. Box 653 |
| 301.373.6515 | Leonardtown, MD 20653 |
| | Phone: 301.475.4200, ext. 1061 |

St. Mary's County Senior Center Plus

Phone: 301.475.4200, ext. 1061
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Email: Rebecca.Kessler@co.saint-marys.md.us
Service: A social day program for adults age 50 and over who need assistance with two instrumental activities of daily living. This program serves clients who require too much assistance to safely remain in the senior center but do not need as much care as provided in medical adult day services. A daily fee applies.

DENTAL SERVICES

Greater Baden Medical Services

Phone: 301.753.4630 (Nanjemoy)
301.888.2233 (Baden/Brandywine)
Service: Dental services are available to qualifying individuals at 75% of the normal fee.

Donated Dental Services

Phone: 877.337.7746
Fax: 410.964.9978
Address: 6410 Dobbin Road, Suite F
Columbia, MD 21045
Website: www.nfdh.org
Service: Free dental services are provided to seriously disabled individuals who are unable to afford the care they need. Services are donated by local dentists. Program by application.
Hours: 8:30 a.m. – 4:30 p.m., Monday – Friday.

St. Mary's County Health Department

Phone: 301.475.4297 **TTY:** 301.475.4724
Fax: 301.475.4350
Address: 21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650
Website: www.smchd.org
Email: healthdept@smhd.com
Service: Limited dental services are available to individuals who have an infectious, dental emergency and do not have insurance that provides dental coverage.

University of Maryland, School of Dentistry

Phone: 410.706.7063
Service: Offers a complete line of dental services performed by dental students under the supervision of licensed dentists. Fees are 30 - 50% less than normal. Transportation is not provided.

DISABILITY SERVICES FOR SPECIAL POPULATIONS

The Arc of Southern Maryland

Phone: 301.475.5652
Fax: 301.475.3357
Address: Breton Market Place
25470 Point Lookout Road, Unit H
Leonardtown, MD 20650
Website: www.arcsomd.org
Service: Family support services for children who are developmentally disabled include, but not limited to, purchase of medical supplies, specialized and adaptive equipment, installation of ramps, assistance with purchasing of disposable briefs, formal and informal counseling, respite care information, and crisis information.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301.884.4498 or 301.884.5110
Fax: 301.884.6099
Address: 30265 Charlotte Hall Road
P.O. Box 657, Charlotte Hall, MD 20622
Email: FrontAdmin@smcil.org
Service: Provides services and advocacy to help empower

persons with disabilities to lead self-directed, independent, and productive lives in the community.

The Center for Life Enrichment

Phone: 301.373.8100
Fax: 301.373.3019
Address: 25089 Three Notch Road, P.O. Box 610
Hollywood, MD 20636
Email: contact@tcle.org

Website: www.tcle.org
Service: A day program for developmentally disabled adults in vocational and habilitative settings. Transportation is provided. Provides supported employment and individual support services.

Disability Entitlement Advocacy Program

St. Mary's County Department of Social Services

| | |
|--|---|
| Leonardtwn Office | Lexington Park Office |
| Phone: 240.895.7000 | Phone: 240.725.5700 |
| Fax: 240.895.7099 | Fax: 240.725.5705 |
| Address: P.O. Box 509 23110 Leonard Hall Dr. Leonardtwn, MD 20650 | Address: 21775 Great Mills Rd. Lexington Park, MD 20653 |

Website: www.dhr.state.md.us/how/srvadult/deap.htm
Service: Persons who are eligible for cash benefits under the TCA, TEHMA, PCA, or Foster Care programs may receive assistance with the Social Security Disability or Supplemental Security Income applications. Attorneys are provided to individuals who require representation at Social Security hearings.

Maryland Relay

Phone: 1.800.552.7724 **TTY:** 410.767.6960
Fax: 410.767.4276
Address: 301 W. Preston Street, Suite 1008A
Baltimore, MD 21201
Website: <http://www.mdrelay.org>

Service: A free public service that allows persons with hearing or speech loss to stay independent on the telephone.
Hours: 8 a.m. – 5 p.m., Monday – Friday.

Division of Rehabilitation Services (DORS)

Phone: 301.880.2790
Fax: 301.475.2541
Address: Carter State Building
23110 Leonard Hall Drive, P.O. Box 509
Leonardtwn, MD 20650
Website: www.dors.state.md.us

Service: Provides vocational and independent living services to individuals with disabilities. To be eligible for this program, individuals should be at least 16 years of age with a physical, mental, or emotional disability.

Maryland Assistive Technology Guaranteed Loan Program

Phone: 1.800.552.7724 **TTY:** 410.767.6960
Fax: 410.767.4276
Address: 301 W. Preston Street, Suite 1008A
Baltimore, MD 21201
Website: <http://www.mdrelay.org>
Email: moreinfo@mdrelay.org
Service: Distributes free amplified phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone. They may be deaf, hard of hearing, DeafBlind, Speech or mobility disabled. To qualify, applicants must be receiving SSI (Supplemental Security Income) SSDI (Social Security Disability Insurance), TDAP (Temporary Disability Assistance Program), TANF (Temporary Assistance for Needy Families, VA (Veterans), SSA (Social Security) benefits or Pharmacy, Medical or Housing Assistance.

Motor Vehicle Administration

Phone: 800.950.1682
Address: 27351 Point Lookout Road
Leonardtown, MD 20650
Service: Provides a handicapped parking permit or handicapped plates to individuals with disabilities. A doctor must sign a statement certifying disability. Nominal fee applies.

Resource Coordination Program

Phone: 301.475.4389 **TTY:** 301.475.4724
Fax: 301.475.9427
Address: St. Mary's County Health Department
21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650
Website: www.smchd.org
Email: healthdept@smhd.com
Service: Assists individuals with developmental disabilities to apply for services under the Developmental Disabilities Administration (DDA) and provides advocacy and monitoring services for eligible individuals.

St. Mary's County Department of Social Services

| Leonardtown Office | Lexington Park Office |
|---|---|
| Phone: 240.895.7000 | Phone: 240.725.5700 |
| Fax: 240.895.7099 | Fax: 240.725.5705 |
| Address: P.O. Box 509 23110 Leonard Hall Dr. Leonardtown, MD 20650 | Address: 21775 Great Mills Rd. Lexington Park, MD 20653 |

Website: www.dhr.state.md.us/stmarys.htm
Service: Provides assistance to individuals that may have difficulties arising from aging, chronic illness, physical or mental disabilities, neglect and abuse, or interpersonal relationships. Respite Care is available to eligible disabled individuals and their families, which provides caregiver services to help a disabled client and to give breaks to family members.

United Cerebral Palsy of Southern Maryland

Phone: 301.863.8870
Address: 21815 Three Notch Road, Suite H
Lexington Park, MD 20653
Website: www.ucp.org
Service: This program offers supported employment, residential, family, and individual support services, community supported living arrangements, transportation and children's services.

EDUCATION

The roots of education are bitter, but the fruit is sweet.

Aristotle

College of Southern Maryland

Phone: 240.725.5300
Address: 22950 Hollywood Road
Leonardtown, MD 20650
Website: www.csmd.edu
Service: Offers a wide variety of college courses to persons age 60 and over at a reduced fee.

AARP Defensive Driving Course

Phone: 301.475.4200, ext. 1050
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
P.O. Box 653, Leonardtown, MD 20650
Service: A two-day class conducted by AARP focuses on driving skills for persons age 50 and over. Classes are offered either at the Garvey, Northern, and Loffler Senior Activity Centers. Classes are also available at St. Mary's Hospital. Pre-registration is required and a nominal fee applies.

Cooperative Extension

Phone: 301.475.4482
Fax: 301.475.4483
Address: P.O. Box 663, 21580 Peabody Street
Leonardtown, MD 20650
Service: Provides educational classes on nutrition, food safety, horticulture and home gardening.

Elderhostel

Phone: 877-426-8056
Fax: 877-426-2166
Address: 75 Federal Street
Boston, MA 02110
Website: www.elderhostel.org
Service: A non-profit educational program for adults age 60 and over, offering short-term academic programs hosted by educational institutions around the world.

Health Connections

Phone: 301.475.6019
Address: St. Mary's Hospital
25500 Point Lookout Road, P.O. Box 527
Leonardtown, MD 20650
Website: www.smhwecare.com
Service: Each month the hospital offers free or low cost informative, supportive and educational programs for young and old alike. Call for a list of monthly activities. Get Connected to Health, a low-cost primary care service for uninsured St. Mary's County residents, is offered on Mondays, 1 – 5 p.m., at the Lexington Park Library. Diabetes Education also offered.

Learning Is ForEver (L.I.F.E.)



Phone: 301.475.4200, ext. 1063
Fax: 301.475.4503
Address: Department of Aging
P.O. Box 653
Leonardtown, MD 20650
Email: Alice.Allen@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Service: This program offers stimulating educational and enrichment opportunities for adults who share a dedication to the enjoyment of continued learning for growth and fulfillment.

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

Phone: 301.863.4847
Address: Lexington Park Library
21677 FDR Blvd., Lexington Park, MD 20653
Service: Provides basic educational tutoring, including reading and basic life skills, for adults. Services are provided free of charge. Office hours are on Tuesday, Wednesday, and Thursday.

Senior Adult Study Group

Phone: 301.475.4200, ext. 1050
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Service: This group meets on the 2nd and 4th Monday at the Garvey Senior Activity Center and Tuesday at the Northern Senior Activity Center. Seniors who want to age more creatively by talking with others about how to continue their growth are encouraged to participate.

St. Mary's County Department of Recreation and Parks

Phone: 301.475.4200, ext. 1800
Address: 23115 Leonard Hall Drive, P.O. Box 653
Leonardtown, MD 20650
Website: www.stmarysmd.com/recreate
Service: Offers adult and youth sports, fitness, crafts, and dancing programs available year round.

ELDER ABUSE AND NEGLECT

Adult Protective Services

Phone: 240.895.7016
Fax: 240.895.7099
Address: St. Mary's County Department of Social Services
23110 Leonard Hall Drive, P.O. Box 653
Leonardtown, MD 20650
Service: Anyone can confidentially report a situation of suspected abuse, neglect, self-neglect, and financial exploitation of a vulnerable adult to the Department of Social Services. The situation will be assessed/investigated and case management will be provided if necessary and desired.

Ombudsman Services

Phone: 301.475.4200, ext. 1055
Fax: 301.475.4503
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Email: Kathleen.Goodspeed@co.saint-marys.md.us
Service: Serves as an advocate and mediator to residents of long term care and assisted living facilities. Helps resolve complaints made by, or on behalf of residents of these facilities.

Nursing Home Resident Rights

- Be treated with respect, dignity and consideration
- Be informed of your total health status
- Be free from mental, verbal, and physical abuse and restraints
- Be notified of a transfer or relocation and the right to refuse
- Make complaints and express grievances
- Keep possessions
- See family and visitors and make phone calls
- Be informed of facility services and charges

ELDER LAW ATTORNEY

Office of Kimberly Talbert Myers

Phone: 301.863.0500
1.888.333.MYERS
Address: 23338 Kingston Creek Road
California, MD 20619
Email: ktmyers@aaahawk.com
Website: www.estateplanning.com/ktmyers
Service: Provides counseling in Elder Law, Medicaid, Estate and Trust Planning, Special Needs Trusts, Tax Trusts, Wills and Probate. Free monthly workshops offered.



EMERGENCY

Emergency Notification System

Website: www.co.saint.marys.md.us/emergencycodered.asp
Service: Sign up to be notified by your local emergency response team in the event of emergency situations or critical community alerts. The Emergency Notification System is a service of Emergency Communications Network, Inc. (ECN). ECN is a Florida-based organization that specializes in providing

high-speed emergency communication services to governmental agencies, businesses and private individuals. St. Mary's County Government encourages you to review the privacy statements of ECN so that you can understand how those Web sites collect, use and share your information. St. Mary's County Government is not responsible for the privacy statements or other content on Web sites outside of our Official Web site.

St. Mary's County Department of Public Safety Emergency Management Division

Phone: 301.475.4200, option 3

Website: www.stmarysmd.com

Emergency Preparedness

Phone: 301.475.4330

Address: St. Mary's County Health Department
21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650

Website: www.smchd.org

Email: healthdept@smhd.com

Service: St. Mary's County Health Department program designed to protect and promote the health of St. Mary's County citizens by providing education for residents about what steps to take to prepare for an emergency.

Special Needs Registry

Website:

www.co.saint.marys.md.us/Emergencycomm/specialneedsregistry.asp

Service: The Special Needs Registry seeks to assist individuals that may have difficulty evacuating during an emergency situation on their own.

EMERGENCY RESPONSE UNITS

These units provide access to a dispatcher 24 hours a day, 7 days a week. In the event of an emergency, the dispatcher will notify emergency personnel and individuals listed under the client's emergency contact. Call the St. Mary's County Sheriff's Office at 301.475.4200, ext. 2276.

EMPLOYMENT

Job Connections

Phone: 240.725.5785

Fax: 240.725.5787

Address: 21783 N. Coral Drive
Lexington Park, MD 20653

Service: Assists individuals who are seeking employment with their search by matching them with potential employers.

Maryland Job Services

Phone: 301.880.2800

Fax: 301.475.4106

Address: Maryland Dept. of Labor, Licensing, & Regulations
Joseph Carter Building
23110 Leonard Hall Dr., P.O. Box 282
Leonardtown, MD 20650

Website: www.dllr.state.md.us

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

Service: Offers a wide range of employment and training services for employers and job seekers.

Senior Employment Program

Phone: 301.645.8712 ext. 301

Email: c.morain@dllr.state.md.us

Service: Employment is available to persons age 55 and older, who meet income guidelines. Hours: 9 a.m. - 3:30 p.m.

FINANCIAL ASSISTANCE

Catholic Charities

Phone: 301.769.2788
Address: P.O. Box 113
Avenue, MD 20609
Hours: Monday through Friday,
10 a.m. – 3 p.m.
Service: Assists individuals with financial hardships with rental assistance, energy bills, heating bills, and some prescription drug costs. Call for appointment. Food pantry hours: Tuesday through Thursday, 10 a.m. – noon and 1 – 3 p.m.

Extra Help Program for Medicare Part D

Phone: 1.800.772.1213
Address: Social Security Administration
6110 Allentown Road
Suitland, MD 20746
Website: www.ssa.gov.
Service: This program provides a federal subsidy towards the premium, deductible, and co-payments for eligible persons enrolled in the Medicare Part D program. Applications are available on-line and at the Garvey, Loffler, and Northern Senior Activity Centers.

Food Stamps

St. Mary's County Department of Social Services

Leonardtown Office Lexington Park Office

Phone: 240.895.7000 **Phone:** 240.725.5700
Fax: 240.895.7099 **Fax:** 240.725.5705

Address: P.O. Box 509 **Address:** 21775 Great Mills Rd.
23110 Leonard Hall Dr. Lexington Park, MD 20653
Leonardtown, MD 20650

Service: Qualified applicants can receive financial assistance on a monthly basis with the purchase of food.

Christmas In April

Phone: 301.863.2905
Address: P.O. Box 705
Hollywood, MD 20636
Website: www.christmasinaprilmc.org
Service: Provides home repairs to individuals based on need, finances, and disability. Applications are accepted May – October for repairs that will be made in April of the following year. Applications are available at the Garvey, Northern, and Loffler Senior Activity Centers.

Electric Universal Service Program (EUSP)

Phone: 301.475.5574, ext. 200
Address: So. MD TriCounty Community Action Committee
8371 Old Leonardtown Road, P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Qualified individuals may receive a grant applied towards their electric bills. This is not an emergency program. Applicants 60 and over can apply at the Garvey, Loffler, and Northern Senior Activity Centers. Applicants under 60 must apply with the Southern Maryland Tri County Community Action Committee.

Helpers Overcoming Problems Effectively

Phone: 301.737.2870
Fax: 301.863.7973
Address: 21641 Great Mills Road
Lexington Park, MD 20653
Service: A telephone hotline to request assistance with

emergency needs for food, fuel, rent, electricity, and prescriptions.
Call Monday through Thursday, 9 a.m. – 12 noon.

Homeowners' Property Tax Credit

Phone: 800.944.7403
Address: Department of Assessments and Taxation
301 W. Preston Street, 9th Floor, Room 900
Baltimore, MD 21201
Service: Individuals with limited incomes may receive a credit applied towards their property tax bills. Persons age 60 and over may apply at the Garvey, Loffler, and Northern Senior Activity Centers.

Immaculate Heart of Mary Church

Phone: 301.863.8193
Hours: Phone open: Monday, Wednesday, Friday
9:30 a.m. – 12 p.m.
Service: Assists Great Mills and Lexington Park residents with rent, electric, heating, food pantry, and prescription expenses.

Maryland Energy Assistance Program (MEAP)

Phone: 301.475.5574, ext. 200 or 410.535.0817
Address: So. MD Tri County Community Action Committee
8371 Old Leonardtown Road, P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org
Service: Qualified individuals can receive a heating assistance grant applied to their fuel supplier or utility company account. Applicants 60 and over can apply at the Garvey, Loffler, and Northern Senior Activity Centers. Applicants under 60 must apply with the Southern Maryland Tri County Community Action Committee.

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

Phone: 301.475.4200, ext. 1064 (Department of Aging)
240.895.7000 (Department of Social Services)

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

Renter's Tax Credit Program

Phone: 800.944.7403, option 2
Address: Renter's Tax Credit Program
State Department of Assessment and Taxation
301 W. Preston Street, Room 900
Baltimore, MD 21201
Service: Small rebates on rent paid for income eligible persons. Eligibility is based on income, amount of rent paid, and length of residency. Applications are available at the Loffler, Garvey and Northern Senior Activity Centers.

U.S. Department of Veterans Affairs

Phone: 1.800.827.1000
Address: 31 Hopkins Plaza, Baltimore, MD 21201
Website: www.VA.gov
Service: Provides income and/or medical benefits to qualified veterans and their families.

St. Mary's County Housing Authority

Phone: 301.866.6590
Address: The Gateways, 21155 Lexwood Drive
Lexington Park, MD 20653

Website: www.stmarysmd.com/housing/gateways
Service: Provides rental assistance to eligible individuals under the Section 8 program, homeownership opportunities, community improvements, and housing rehabilitation for all citizens of need and for the benefit of the county's economy.

St. Mary's County Property Tax Credit

Phone: 301.475.4472 or 301.475.4473
Address: St. Mary's County Treasurer's Office
P.O. Box 642
Leonardtown, MD 20650
Service: Persons age 70 and over who received the Homeowner's Property Tax Credit may be eligible to receive an additional credit from St. Mary's County. This program may not be available on an ongoing basis.

Supplemental Security Income

Phone: 800.772.1213 **TTY:** 1.800.325.0778
Address: Social Security Administration
6110 Allentown Road, Suitland, MD 20746
Website: www.socialsecurity.gov
Service: Individuals who are disabled and/or over 65 that meet financial and asset criteria may be eligible to receive a monthly SSI check, and, if eligible, will also receive Medical Assistance benefits. Applications can be taken by phone or in person. Representatives are available from 9 a.m. – 2 p.m. at the College of Southern Maryland Leonardtown Campus, Building A, 22950 Hollywood Rd., on the 2nd Wednesday of the month, and at the Southern Maryland Higher Education Center, 44219 Airport Rd., California, on the 4th Wednesday of the month.

Tel-Life Unit

Phone: 800.525.0145
Address: Maryland Department of Human Resources
311 W. Saratoga Street, Baltimore, MD 21201

Service: Low cost phone services for Maryland residents receiving Supplemental Security Income (SSI) or Aid to Families with Dependent Children (AFDC). Applications will be taken over the phone.

FOOD PANTRIES/ SOUP KITCHENS

St. Paul's United Methodist Church, Leonardtown
Tuesdays & Thursdays 11 a.m. – 12:30 p.m.
Food bags available on Thursday only.
301.475.7200

Department of Social Services
240.895.7000; Limited *Emergency* Food Pantry

Helping Hands
301.373.6990, Food Pantry.
Monday, Wednesday, and Friday, 10 a.m. – 1 p.m.
Donations of food and money accepted.

H.O.P.E
301.737.2870; Food Pantry

Lexington Park Baptist Church
301.862.2552; Limited Pantry – call first

St. Mary's Caring
20850 Langley Road
Lexington Park, MD
301.863.5700
Open: Monday – Saturday
Breakfast 8:30 a.m. – 10 a.m.
Lunch: 11:30 a.m. – 1 p.m.

Mt. Zion United Methodist Church – Hungry Team
301.884.4132; Food Pantry.

Tuesday and Thursday, 9 a.m. – noon
Meals for Seniors: 2nd Thursday, 10 a.m. – noon.

SHARE Food (Lexington Park & Leonardtown)

301.863.8490 or 301.475.0027

Receive \$45 worth of food for \$19/month.

St. Vincent de Paul of Immaculate Heart of Mary Church

301.863.8193; Food Pantry.

Trinity Evangelical Lutheran Church

301.863.9512; Food Pantry.

Wednesday, 6 – 7:30 p.m.

Zion United Methodist Church, Lexington Park

301.863.5161; Food Pantry

Thursdays 5:30 – 7 pm

**HEALTH INSURANCE
INFORMATION**

Senior Medicare Patrol Program

Phone: 301.475.4200, ext. 1064

Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650

Email: Debbie.Barker@co.saint-marys.md.us

Service: This program informs the public on how to detect and report possible fraud, waste, and abuse in the Medicare and Medicaid systems. Persons who suspect fraud are encouraged to report it to the program coordinator.

HealthShare

**St. Mary's County Department of Social Services
Leonardtown Office**

Phone: 240.895.7169

Address: P.O. Box 509
23110 Leonard Hall Dr.
Leonardtown, MD 20650

Service: HealthShare is a gift from the community that allows eligible persons to receive reduced rates for doctor visits, prescriptions and some hospital services that are incurred in St. Mary's County. Applications are taken at the Department of Social Services, Monday, Wednesday, and Friday, 8 – 11:30 a.m.

Delmarva Foundation for Medical Care, Inc.

Phone: 800.492.5811

Address: 9240 Centreville Road
Easton, MD 21601

Service: Ensures that Medicare patients receive care that is medically necessary, given in the appropriate health care setting, and meets professionally accepted standards of care. Investigates written complaints about quality of care in hospitals, nursing homes, home health agencies, and reviews appeals on denial of hospital stay.

Kidney Disease Program

Phone: 410.767.5000

Address: Kidney Disease Program of Maryland
201 West Preston Street, Room SS-3
Baltimore, MD 21201

Service: Serves as the payer of last resort for dialysis treatment related to end stage renal disease. Eligibility is not based on income; however, some enrollees will be responsible for a monthly participation fee. Program includes coverage of prescription drugs.

Maryland Breast and Cervical Cancer Program

Phone: 410.767.6787

Address: Maryland Department of Health and Mental Hygiene
Center of Cancer Surveillance and Control
Family Health Administration
P.O. Box 13528
Baltimore, MD 21203

Service: Provides health insurance coverage to Maryland residents who have been diagnosed with breast and/or cervical cancer who meet income and other eligibility requirements. This program only covers medical costs and prescriptions related to breast or cervical cancer.

Maryland Health Insurance Plan (MHIP)

Phone: 888.444.9016

Website: www.marylandhealthinsuranceplan.state.md.us

Service: MHIP is an insurance plan available to Maryland residents who are unable to obtain private health insurance due to pre-existing medical conditions, have lost COBRA coverage, or have a qualifying medical condition. Eligibility is not based on income; however, applicants can not have other health insurance including Medicare.

Medicare

Phone: 800.444.4606

Address: Social Security Administration
6110 Allentown Road
Suitland, MD 20746

Website: www.medicare.gov

Service: Health insurance for persons age 65 and over or who receive Social Security Disability. Helps to pay for inpatient hospital care, outpatient services, home health care, and durable medical equipment, as well as skilled nursing care. Applications are made through the Social Security Administration. Social Security personnel are available from 9 a.m. to 2 p.m. on the

fourth Wednesday of each month at the Southern Maryland Higher Education Center, 44219 Airport Road, California, MD 20619 and from 9 a.m. to 2 p.m. on the second Wednesday of each month at the College of Southern Maryland, Building A 22950 Hollywood Road, Leonardtown, MD 20650
Many questions can be answered at the Social Security Administration's website located at www.socialsecurity.gov.

Medical Assistance

St. Mary's County Department of Social Services

Leonardtown Office

Phone: 240.895.7000

Fax: 240.895.7099

Address: P.O. Box 509
23110 Leonard Hall Dr.
Leonardtown, MD 20650

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

Service: Health insurance and prescription program for persons who are below the Federal Poverty Level. Applications are taken Monday, Wednesday, and Friday from 8 a.m. – 11:30 a.m.

Lexington Park Office

Phone: 240.725.5700

Fax: 240.725.5705

Address: 21775 Great Mills Rd.
Lexington Park, MD 20653

Senior Health Insurance Assistance Program

Phone: 301.475.4200, ext. 1064

Fax: 301.475.4503

Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650

Email: Debbie.Barker@co.saint-marys.md.us

Service: Free counseling services are available to persons age 60 and persons receiving Medicare benefits due to disability. Assistance is available with Medicare, Medigap, Medicaid, prescription drug plans (Part D), etc. at the Garvey, Loffler and Northern Senior Activity Centers.

U.S. Department of Veterans Affairs

Phone: 1.800.827.1000

Address: 31 Hopkins Plaza
Baltimore, MD 21201

Website: www.VA.gov

Service: Provides comprehensive health care to qualified veterans. To apply, applicant must have DD.214.

HEALTH SERVICES AND INFORMATION

Some fees for services may apply.

Alzheimer's Association of Southern Maryland

Phone: 800.331.7299 or 301.934.5856

Helpline: 1.866.272.3900

Fax: 301.934.5858

Address: 511 E. Charles Street, P.O. Box 1889
LaPlata, MD 20646

Website: www.alz.nca.org/nca

Service: Provides education, information, 24-hour helpline, and support services.

American Cancer Society

Phone: 410.721.4304 or 1.800.227.2345

Address: Gambrills Office, Bldg. A, 1041 Rt. #3N
Gambrills, MD 21054

Website: www.cancer.org

Service: Provides resource information, educational materials, drug therapy studies, and support groups. Transportation to chemotherapy appointments may also be provided.

American Diabetes Association of Maryland

Phone: 1.800.DIABETES or 410.265.0075
Fax: 410.235.4048
Address: 800 Wyman Park Drive, Suite 110
Baltimore, MD 21211
Website: www.diabetes.org
Service: Education and assistance provided to individuals with diabetes and their families on how to cope with this disease.

American Heart Association, Southern Maryland Division

Phone: 800.242.8721
Address: 415 N. Charles St.
Baltimore, MD 21201
Website: www.americanheart.org
Service: Stroke club, CPR courses, educational material, medical research and educational resources to combat effects of cardiovascular disease and stroke.

American Lung Association of Maryland, Inc.

Phone: 800.445.6016 or 410.560.2120
Address: Executive Plaza, Suite 600
11350 McCormick Rd.
Hunt Valley, MD 21031
Website: www.mdlung.org
Service: Provides lung disease support services and newsletter.

American Red Cross, St. Mary's Southern Maryland Chapter

Phone: 888.276.2767
Fax: 301.753.4042



Address: 9255 W & W Industrial Rd., P.O. Box 507
LaPlata, MD 20646

Website: www.southernmaryland.redcross.org

Service: Provides assistance to persons with emergency needs in times of disaster including house fires. Provides training in family caregiving, CPR, First Aid, swimmer safety and other safety classes.

Arthritis Foundation, So. Maryland Branch

Phone: 410.544.5433
Address: 714 B & A Boulevard, Severna Park, MD 21146
Website: www.arthritis.org
Service: Education, information and classes available to persons who are living with arthritis.

Bio Medical Applications (BMA)

Phone: 301.475.3362
Fax: 301.475.6525
Address: 40865 Merchants Way
Leonardtown, MD 20650
Service: Provides kidney dialysis.

Colorectal Cancer Screening Program

Phone: 301.475.4330 **MD Relay:** 711
Fax: 301.475.4350
Address: St. Mary's County Health Department
21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650
Website: www.smchd.org
Email: tyebb@smhd.com
Service: Provides free colon cancer screenings to St. Mary's County residents 50 and over who have little or no health insurance and are low income. Limited funds available.

St. Mary's Health Center

Phone: 301.997.1029
Fax: 301.997.1489
Address: 23140 Moakley Street
Leonardtown, MD 20650
Website: www.gbms.org/clinics.html
Service: Reduced fee health services to low-income individuals include: physical exams, disease prevention and treatment, lab services, and case management. Private insurance, Medicare, and Medicaid accepted.

St. Mary's Hospital Health Centers

St. Mary's Hospital

Phone: 301.475.8981
Address: P.O. Box 527, 25500 Point Lookout Road
Leonardtown, MD 20650
Website: www.smhwecare.com
Service: A full-service acute care facility. Fully licensed and Joint Commission accredited with a medical staff of over 250 physicians in all major specialties and many sub-specialties. A directory of physicians and services is published annually.

St. Mary's Hospital Express Care

Phone: 301.290.1499
Fax: 301.290.5906
Address: St. Mary's Medical Center at Charlotte Hall
37767 Market Drive
Charlotte Hall, MD 20622
Service: Walk-in care for minor illnesses and injuries. The hours are Monday – Friday, 4 - 10 p.m., and weekends and holidays, 10 a.m. – 8 p.m.

Health Connections

Phone: 301.475.6019
Address: 25500 Point Lookout Road, P.O. Box 527
Leonardtown, MD 20650
Website: www.smhwecare.com
Service: Each month the hospital offers free or low cost informative health and educational programs for young and old alike. Call for a list of monthly activities. Diabetes Education also offered. Get Connected to Health, a low-cost primary care service for uninsured St. Mary's County residents, is offered on Mondays, 1 – 5 p.m., at the Lexington Park Library.

St. Mary's Medical Center

Phone: 301.290.0184
Address: 37767 Market Drive
Charlotte Hall, MD 20622
Service: Provides lab services, nutritional counseling, express care, and Health Connections activities.

Smoking Cessation Program

A partnership between the St. Mary's County Health Department and St. Mary's Hospital Health Connections

Phone: 301.475.4356 or 301.475.6019
Website: www.smchd.org or www.smhwecare.com
Service: This free, 8-week program is open to St. Mary's County residents 18 and over.

Veterans Outpatient Clinic

Phone: 202.745.8247
Address: 29431 Charlotte Hall Road
Charlotte Hall, MD 20622
Service: Qualified veterans may receive primary health care services and prescriptions at the clinic Monday - Friday, 8 a.m. – 4:30 p.m. Appointments are required. With questions, call the Medical Advise Line at 202.745.8247.

Women's Wellness of St. Mary's

Phone: 301.475.4391 **TTY:** 301.475.4724
Fax: 301.475.4345
Address: St. Mary's County Health Department
21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650
Website: www.smchd.org
Email: healthdept@smhd.com
Service: Provides mammograms, clinical breast exams, and pap smears every other year for women age 40 and over who meet financial eligibility.

**The best time to get your flu shot is in the fall,
before the start of flu season.**

HOME HEALTH SERVICES

Home Health Agencies

Adventist Home Health Agency

Phone: 1.800.734.0090
Address: 6 Industrial Park Drive, Suite E
Waldorf, MD 20602
Service: Provides nursing service, physical, occupational, and speech therapy, home health aides, and medical social work. All services require a doctor's order, with the exception of home health aides.

Chesapeake-Potomac Home Health Agency

Phone: 301.274.9000, ext. 117
Fax: 301.274.9009
Address: 7627 Leonardtown Road
Hughesville, MD 20637
Service: Provides skilled nursing, physical, occupational, and speech therapy, home health aides, and medical social work. All services require a doctor's order. Offers in-home medication management and private duty phlebotomy services. Certified wound enterostomal specialist on staff. Accepts private insurance, Medicare and Medicaid.

MedStar

Phone: 1.800.862.2166
Website: www.medstarhealthvna.org
Email: info@medstarhealthvna.org
Address: 4061 Powder Mill Rd., Suite 210
Calverton, MD 20705
Service: Provides skilled nursing, physical, speech, and occupational therapy, IV therapy, home health aides, and medical social work. All services require a doctor's order. Private insurance, Medicare and Medicaid accepted.

Southern Maryland Home Health Agency

Phone: 301.475.5016
Address: 23000 Moakley Street, Suite 205
Leonardtown, MD 20650
Service: Providing skilled nursing, physical, occupational therapy, medical social work, and home health aides to homebound clients. Requires a physician's order. No private pay.

Other Home Health Services

Adventist Home Assistance

Phone: 301.932.7319
Address: 6 Industrial Park Drive, Suite 6E
Waldorf, MD 20602
Website: Adventisthealthcare.com
Service: Provides non-medical, in-home care services, and private duty.

Alliant Senior Care

Phone: 301.654.1002
Address: 29190 Three Notch Road
Mechanicsville, MD 20659
Website: www.alliantstaffing.com
Service: Provides skilled nursing, home health aides, and companion care. All private pay work. Insurance not accepted.

Circle of Care

Phone: 410.414.2646
Address: P.O. Box 1024
Prince Frederick, MD 20678
Website: mdcircleofcare.com
Email: info@mdcircleofcare.com
Service: Provides non-medical, in-home care services in Southern Maryland and Tri-County area.

Hospice of St. Mary's, Inc.

Phone: 301.475.2023
Fax: 240.434.7082
Address: 22699 Washington St., P.O. Box 625
Leonardtown, MD 20650
Website: www.smhwecare.com/hospice

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

Home Helpers

Phone: 1.866.517.8488 (Toll free)
Fax: 410.535.5846
Address: 230 W. Dares Beach Road, Suite 103
Prince Frederick, MD 20678
Website: www.homehelpers.cc
Service: Provides personal emergency response systems.

Options

Phone: 301.562.3100 (Corporate) or 301.392.1387 (LaPlata)
Fax: 301.562.1133
Service: Specialists in live-in care. Services are paid for by long-term care insurance or private pay. Medicare and Medicaid are not accepted.

Response Senior Care

Phone: 410.571.2744 or 1.800.689.0599
Address: 1831 Forest Drive, Suite G
Annapolis, MD 21401
Email: garyfranklin@responselink.com
Service: Provides non-medical, in-home care services and Geriatric care management.

Senior Companion Program

Phone: 410.535.0817
Address: So. MD Tri County Community Action Committee
8383 Old Leonardtown Road, P.O. Box 280
Hughesville, MD 20637
Website: www.smtccac.org

Service: FREE companionship provided to seniors by seniors who are 60 and older.

Visiting Angels

Phone: 301.583.8820

Fax: 301.583.8768

Website: www.visitingangels.com/largo

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

HOUSING

Cedar Lane Apartments (St. Mary's Home for the Elderly)

Phone: 301.475.8966

Fax: 301.475.1629

Address: 22680 Cedar Lane Road
Leonardtown, MD 20650

Website: www.cedarlaneapts.com

Service: This non-profit facility offers senior living (with or without supportive services), congregate housing and comprehensive assisted living to seniors 62 years of age and older with a percentage of the apartments dedicated to those under 62 who are disabled. HUD subsidized and market rate apartments. Equal Housing Opportunity.

Housing Authority of St. Mary's County

Phone: 301.866.6590

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

Website: www.stmarysmd.com/housing/gateways

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

Joe Baker Village

Phone: 301.862.2652

Address: 45990 Great Mills Court
Lexington Park, MD 20653

Service: Equal housing opportunity complex for the elderly and disabled. The Village is a tax credit property set up for moderate-income families.

Leah's House

Phone: 301.994.9580

Fax: 301.994.9581

Address: P.O. Box 203
Callaway, MD 20620

Email: leahshousemd.org

Service: Emergency and transitional services for homeless women and children.

Lexington Park Adult Community

Phone: 240.725.0111

Address: 21895 Pegg Road, Lexington Park, MD 20653

Email: lexingtonpark@vistacm.com

Service: A senior independent living community for persons age 55 and older. One and two bedroom unfurnished apartments; utilities included in rent. Lots of amenities. Housing vouchers are accepted.

New Towne Village

Phone: 301.475.3161

Fax: 301.475.0097

Address: 22810 Dorsey Street
Leonardtown, MD 20650

Email: 0945@ncr.org

Service: A 35 unit, independent living building for seniors age 62 and over; 10% of which are set aside for disabled residents.

Three Oaks Center

Phone: 301.863.9535
Address: 46905 Lei Drive, P.O. Box 705
Lexington Park, MD 20653
Website: threeoakscenter.org
Service: Provides supportive housing services to homeless individuals and families.

Tri-County Community Action Committee, Inc.

Phone: 301.274.4474 or 301.870.3770
Address: 8371 Leonardtown Road, P.O. Box 280
Hughesville, MD 20637
Website: smtccac.org
Service: Assists qualified individuals with home ownership.

Villages of Wildewood

Phone: 301.863.0068
Address: 23154 Wetstone Lane
California, MD 20619
Service: A 55 and older retirement community. Villas, condos, and single-family homes are available for purchase.

INFORMATION AND ASSISTANCE

Libraries

Website: www.stmalib.org
Branch: Charlotte Hall Library
Phone: 301.884.2211
Address: 37600 New Market Road, Charlotte Hall, MD 20622
Branch: Leonardtown Library
Phone: 301.475.2846

Address: 23250 Hollywood Road, Leonardtown, MD 20650
Branch: Lexington Park Library
Phone: 301.863.8188
Address: 21677 FDR Blvd., Lexington Park, MD 20653
Hours: Monday – Thursday, 9 a.m. – 8 p.m.; Friday and Saturday, 9 a.m. – 5 p.m.; Sunday (Lexington Park only), 1 – 5 p.m.

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

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

Maryland State Library for the Blind

Phone: 800.964.9209 or 410.230.2424
TDD: 800.934.2541 or 410.333.8679
Address: 415 Park Avenue, Baltimore, MD 21201.3603
Website: www.lbph.lib.md.us
Email: reference@lbph.lib.md.us
Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

Division of Rehabilitation Services (DORS)

Phone: 410.974.7608
Service: Provides rehabilitation services for the blind.

St. Mary's County Department of Aging Senior Information and Assistance

Phone: 301.475.4200, ext. 1064
Fax: 301.475.4503
Address: 41780 Baldrige St.
Garvey Senior Activity Center
P.O. Box 653, Leonardtown, MD 20650
Hours: Monday – Friday, 8 a.m. – 5 p.m.
Email: Debbie.Barker@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Phone: 301.737.5670, ext. 1654
Fax: 301.737.5683
Address: Loffler Senior Activity Center
21905 Chancellors Run Road
Great Mills, MD 20634
Hours: Monday, Wednesday, and Friday, 8 a.m. – 5 p.m.
Email: Melissa.Meatyrd@co.saint-marys.md.us
Phone: 301.475.4002, ext. 1004
Fax: 301.475.4034
Address: Northern Senior Activity Center
29655 Charlotte Hall Road
Charlotte Hall, MD 20622
Hours: Tuesday and Thursday, 8 a.m. – 5 p.m.
Email: Melissa.Meatyrd@co.saint-marys.md.us
Service: Provides information as it relates to senior services, benefits, and assistance programs. Appointments are available for persons who require assistance completing Maryland Energy Assistance Program, Electric Universal Service Program, Homeowner's Tax Credit, and Renter's Tax Credit forms.

LEGAL SERVICES

Attorney General, State of Maryland Consumer Protection Division

Phone: 410.528.8662
Address: 200 St. Paul Place
Baltimore, MD 21202
Website: www.oag.state.md.us
Service: Investigates public complaints regarding unfair and deceptive business practices. All complaints must be sent in writing to the Consumer Protection Division at the above address.

Guardianship

Contact your own lawyer for guardianship of a family member. For public guardianship for a person under 65, call the Department of Social Services: **240.895.7000**. For public guardianship of a person 65 and over, call Rebecca Kessler at the Department of Aging, **301.475.4200, ext. 1061** for information.

Legal Aid Bureau, Inc.

Phone: 301.884.5935
Fax: 301.274.0713
Address: 15364 Prince Frederick Road
P.O. Box 249, Hughesville, MD 20637
Email: southern.md@mdlaborg
Service: The Department of Aging has a contract with the Legal Aid Bureau to provide limited assistance and advice on the following services to persons age 60 and over: assistance with appealing benefit denials, consumer complaints, landlord/tenant disputes on behalf of the tenant, and the Health Care Decision Act. These services are also available to persons under 60 who meet income criteria. Problems pertaining to nursing homes or assisted living facilities should be directed to 1.800.367.7563.

Maryland Senior Legal Helpline

Phone: 1.800.896.4213

Service: Callers age 60 and over will receive free legal advice from hotline attorneys. Service is available Monday-Wednesday, Friday 9:30 a.m. – 3p.m. and on Thursday from 9:30 am – 1 p.m.

Maryland Volunteer Lawyer Service

Phone: 1.800.510.0050

Website: www.mvlslaw.org

Service: Volunteer lawyers provide their services free of charge to eligible clients. Types of cases handled include: simple divorce, tax problems, bankruptcy, adult guardianship, deed change, wills, powers of attorneys, etc. Criminal and fee generating cases are not accepted. Hours: Tuesday – Friday, 9 a.m. – 12 noon.

People's Law Library

Website: www.peoples-law.org

Service: A legal information and self-help website tailored to Maryland residents. Directs users through legal proceedings and referrals to free legal service providers.

Sixty Plus Legal Program

Phone: 1.800.999.8904 ext. 7760 and 410.951.7760

Service: Persons age 60 and over with limited incomes may receive assistance with wills, deeds, small estate administration (probate), living wills and powers of attorney in their area for a small fee.

Southern Maryland Center for Family Advocacy

Phone: 301.373.4141

Fax: 301.373.4147

Address: 23918 Mervell Dean Road
Hollywood, MD 20636

Service: Legal services to victims of domestic violence.

MEDICAL EQUIPMENT

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

Phone: 301.769.4199

Address: 21808 Colton Point Rd., P.O. Box 54
Bushwood, MD 20618

Service: Provides the temporary use of in-home convalescent equipment, such as hospital beds, wheelchairs, and walkers.

Home Health Products Express

Phone: 240.298.7329 or 301.884.2944

Service: Specializing in retail sale and delivery of health care products used in home, office and institutional settings; fittings for compressions stockings; portable ramps; first aid supplies, gloves, bathroom safety equipment and incontinence items.

Neighbor Care Home Medical Equipment

Phone: 301.843.9302

Address: 3460 Leonardtown Road
Waldorf, MD 20601

Service: Complete line of medical equipment and oxygen available for sale or rent. Medicare approved. Home delivery is available.

Pharmco

Phone: 301.856.1491

Address: 10403 Hospital Drive, Suite 104
Clinton, MD 20735

Service: Offers a complete line of medical equipment, oxygen, and diabetic supplies. Medicare approved. Home delivery available.

Willow Medical

Phone: 301.373.7850
Fax: 301.373.2626
Address: 24484 Mervell Dean Rd.
Hollywood, MD 20636
Service: Medical equipment and oxygen supplies available.
Free delivery and equipment setup. Will bill most health insurance companies.

MENTAL HEALTH SERVICES

Department of Human Services – Core Service Agency for Mental Health

Phone: 301.475.4200, ext. 1682
Fax: 301.475.4000
Address: 23115 Leonard Hall Drive, P.O. Box 653
Leonardtown, MD 20650
Website: www.stmarysmd.com/humanservices
Service: Provides administrative oversight to the public mental health system. Resource information and support available for individuals with mental health concerns.

Pathways, Inc.

Phone: 301.373.3065
Fax: 301.373.3265
Address: 44065 Airport View Drive, P.O. Box 129
Hollywood, MD 20636
Website: www.pathwaysinc.org
Emai: info@pathwaysinc@erols.com
Hours: Monday – Friday, 8 a.m. – 2 p.m.
Service: Provides psychiatric rehabilitation assessment, goal-planning and recovery-based informational/educational group presentations. Emphasis is placed on independent living skill development, community resource education and linkage.

Pastoral Counseling Center of St. Mary's

Phone: 301.863.9333
Address: P.O. Box 914
Lexington Park, MD 20653
Service: Provides marriage, individual, and family counseling services to individuals regardless of their ability to pay.

Pro Bono Counseling Project

Phone: 410.323.5800
Website: www.probonocounseling.org
Service: Provides free mental health services for men and women over age 50 to prevent victimization from abuse, neglect and financial exploitation. This program links the victim and/ or family member to a licensed mental health professional who will provide care at no cost.

St. Mary's Hospital

Phone: 301.475.8981
Address: 25500 Point Lookout Road
P.O. Box 527, Leonardtown, MD 20650
Website: www.smhwecare.com
Service: Provides 24 hour emergency psychiatric evaluations, day treatment and inpatient programs.

TRICO Corporation

Phone: 301.862.4961
Address: 21770 FDR Blvd.
Lexington Park, MD 20653
Service: Provides mental health services to clients on a sliding scale fee. Medicaid accepted.

Walden Sierra, Inc.

Phone: 301.863.6661
24 -Hour Emergency Hotline: 301.863.6661
Fax: 301.863.3368
Address: 26845 Point Lookout Rd.
Leonardtown, MD 20650
Service: Primarily deals with substance and domestic violence abuse in conjunction with the Core Service Agency for Mental Health, Pathways, and Affiliated Sante. Medicaid accepted. Sliding scale fees. Emergency crisis services available 24 hours.

NURSING HOMES

Charlotte Hall Veterans Home

Phone: 301.884.8171
Fax: 301.884.4964
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Website: www.charhall.org
Service: Residency is available to eligible Maryland veterans and their spouses.

Chesapeake Shores

Phone: 301.863.7244
Fax: 301.863.8550
Address: 21412 Great Mills Road
Lexington Park, MD 20653
Service: Nursing and rehabilitation center, offers 125 beds, comprehensive care for the elderly including nursing, rehabilitation therapy, recreation, and other health care services.

St. Mary's Nursing Center, Inc.

Phone: 301.475.8000
Fax: 301.475.3085
Address: 21585 Peabody Street
Leonardtown, MD 20650
Email: donlewis@smnci.org
Service: 200 bed facility providing long-term care, rehabilitation, and respite services to residents under the supervision of their attending physician and the facility's health care team.

NUTRITION

St. Mary's County Department of Aging

Phone: 301.475.4200, ext. 1050
Fax: 301.475.4503
Address: P.O. Box 653
Leonardtown, MD 20650

Congregate Meal Program

Phone: 301.475.4200, ext. 1063
Email: Alice.Allen@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Service: The congregate meal program is a lunch time meal program available to seniors through the Department of Aging. Meals are served Monday through Friday at the Garvey, Loffler, and Northern Senior Activity Centers and the Oakley Nutrition site. The Ridge Nutrition site has lunch on Wednesdays only. The cost of the meal is by donation for anyone age 60 or older. Reservations must be made at least 24 hours in advance by calling 301.475.4200, ext. 1050. Come out and enjoy a nutritious lunch in the company of other interesting seniors!

Meals On Wheels Program

Phone: 301.475.4200, ext. 1060
Address: St. Mary's County Department of Aging
41780 Baldrige St., P.O. Box 653
Leonardtown, MD 20650
Email: Bridget.Maddox@co.saint-marys.md.us
Website: www.stmarysmd.com/aging
Service: This service is for homebound seniors age 60 and over that show a moderate to severe disability that prevents them from shopping or cooking for themselves. Depending on the need, a hot meal can be provided five days a week or a frozen meal weekly. A health assessment tool is used to determine eligibility.

Senior Gold Card Club

Phone: 301.475.6019
Address: St. Mary's Hospital
25500 Point Lookout Road, P.O. Box 527
Leonardtown, MD 20650
Service: Sponsors a monthly luncheon for seniors at St. Mary's Hospital. While members enjoy a heart healthy lunch, they are treated to educational programs on topics of interest to seniors.

PERSONAL SERVICES

Elder Help by Hour

Phone: 410.474.5634
Address: P.O. 2179
Lusby, MD 20657
Email: elderhelpbyhour@yahoo.com
Service: Provide services for a fee in a personalized, patient and courteous manner to seniors, including those with Alzheimer's or Dementia and long distance caregivers responsible for the care of loved ones.

Home Helpers

Phone: 1.866.517.8488 (Toll free)
410.535.5844.
Fax: 410.535.5846
Address: 230 W. Dares Beach Road, Suite 103
Prince Frederick, MD 20678
Website: www.HomeHelpers.com
Service: Provides transportation, friendly visiting, housekeeping, and assistance with personal business. Service provided in St. Mary's county through the emergency response system only.

Infinite Errands

Phone: 410.414.5222
Address: P.O. 986, Huntingtown, MD 20639
Email: jan@infiniteerrands.com
Website: www.infiniteerrands.com
Service: A concierge service providing assistance with errands and personal services for a fee. Discounts to senior citizens.

Sensitive Solution, LLC

Phone: 240.577.1897 or 301.737.7673
Address: 20060 Tippet Road
Lexington Park, MD 20653-3016
E.mail: sensitivesolution@md.metrocast.net
Website: www.sensitivesolution.com
Service: Clears out and cleans the home of a passed loved one so the family doesn't have to face that painful and time-consuming burden. We offer additional supportive services like DVD inventory, memory quilts, memory wreaths, photo archiving, scrapbook pages, shredding and cleaning.

PHYSICAL FITNESS

Department of Aging Programs

Phone: 301.475.4200, ext. 1050

Address: 41780 Baldrige St.
Leonardtown, MD 20650

Website: www.stmarysmd.com/aging

Service: Fitness is important to everyone, young and old alike. The Department of Aging offers a variety of fitness classes which are described below. Some classes require a fee as the Department contracts with certified instructors in order to provide high quality, safe fitness programs.

Arthritis Foundation Exercise Program

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

EnhanceFitness

This evidence-based group exercise class improves balance, flexibility, bone density, endurance, coordination, strength, and decreases your risk of falling. The class includes a 20 minute cardiovascular workout of a low to moderate impact. Classes are available at the Garvey, Northern, and Loffler Senior Activity Centers. Fee.

Intermediate Clogging

Learn the latest clogging routines. This class is for experienced cloggers and is held at the Garvey Senior Center. No fee.

Line Dance Classes

Dancing is great exercise! Learn fundamentals and advanced steps while enjoying the latest dances all while having a wonderfully physical workout at the same time. Classes are held at the Garvey and Northern Senior Activity Centers. No fee.

Low Impact Aerobics

This terrific workout is a great way to improve the aerobic component of a fitness program and have fun at the same time. Enjoy a cardiovascular workout through the use of various dance and walking steps that help raise the heart rate without stressing the knees. Classes are at the Garvey Senior Activity Center. Fee.

Strength Training

It has been shown that strength training is the most effective way to slow and possibly reverse the loss of muscle tissue, bone density, and strength that occurs as one ages. (Strength and Power Training, Harvard Medical School, 2004). Strong muscles help utilize oxygen and nutrients from the blood. They help absorb blood sugar so the body stays sensitive to insulin, helping to prevent or control Type 2 Diabetes. Strong muscles promote weight control by increasing your metabolism. Balance, flexibility, and bone density are also improved by strengthening muscles. Arthritis pain is often reduced and self-confidence is improved. It is recommended that you participate in two to three sessions/week with at least one day in between to allow your muscles to recover. Classes are held at the Loffler, Northern, and Garvey Senior Activity Centers. A class designed just for men is available at the Garvey Senior Activity Center. Fee.

Video Aerobics

Richard Simmons is the video instructor for this group of regular exercisers. Come join the fun and improve your physical condition. No fee.

Walking Clubs

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

Yoga

This calm and tranquil experience offers benefits for inner awareness as well as physical balance and flexibility. Improve

muscle strength and tone while learning ways to reduce stress and relax. Classes are available at the Northern, Loffler, and Garvey Senior Centers. Fee.

Great Mills Swimming Pool

Phone: 301.866.6560

Address: 21100 Great Mills Road
Great Mills, MD 20634

Website: www.co.saint-marys.md.us/recreate/facilities/

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

PRESCRIPTION DRUGS

Maryland Primary Adult Care Program (PAC)

Phone: 1.800.226.2142

Address: P.O. Box 386
Baltimore, MD 21203.0386

Website: www.dhmh.state.md.us/mma/pac/index.htm

Service: Covers primary health care, certain outpatient mental health services, and prescription drugs for certain low income eligible Maryland residents. Applicants must be 19 years of age or older, not eligible for Medicare, and a U.S. citizen or a qualified alien who meets all requirements for benefits.

Medbank

Address: 100 Hospital Road
Prince Frederick, MD 20678

Website: www.medbankmd.org

Service: Provides access to prescription drugs at little or no cost. Eligible persons must be 18 and over, meet financial guidelines, and have no other prescription drug coverage.

Medicare

Phone: 1.800.444.4606

Website: www.medicare.gov

Service: All Medicare beneficiaries regardless of income may choose to enroll in the Medicare prescription program during the annual open enrollment season. Individuals will have several companies to choose from; each of which will have a monthly premium, deductible, and co-insurance. Eligibility for extra help is determined by the Social Security Administration. Assistance with enrollment is available at the Garvey, Loffler, and Northern Senior Activity Centers.

Senior Prescription Drug Assistance Program

Phone: 1.800.551.995

Website: www.marylandspdap.com

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

PROGRAMS

Accessible Homes for Seniors

Phone: 301.475.4200, ext. 1064
301.737.5670, ext. 1654

Service: Provides a 0% interest home improvement loan to eligible persons age 55 and over who wish to make accessibility

improvements to their home such as wheelchair ramps, bathroom modifications, widening of doorways, etc. Loans are provided through the Maryland Department of Housing and Community Development.

Cell Phones for Seniors

Phone: 301.475.4200 ext. 1073
Address: St. Mary's County Department of Aging
41780 Baldrige Street
Leonardtown, MD 20653
Email: Sherrie.Wooldridge@co.saint-marys.md.us
Service: Free emergency-use only cell phones for seniors.

Cell Phone Recycle/ Reuse Program

Phone: 301.475.4200, ext. 1073
Address: St. Mary's County Department of Aging
41780 Baldrige Street
Leonardtown, MD 20653
Email: Sherrie.Wooldridge@co.saint-marys.md.us
Service: Donations of used cell phones may be dropped off at any county senior center for recycling.

File of Life

Phone: 301.475.4200, ext. 1073
Address: St. Mary's County Department of Aging
P.O. Box 653, Leonardtown, MD 20650
Email: Sherrie.Wooldridge@co.saint-marys.md.us
Service: Magnetic "File of Life" packets are designed to be placed on the refrigerator and contain a person's pertinent medical information in the event of an emergency. Recipients receive a sticker to be located near the front entrance to alert emergency personnel that the individual has a "File Of Life" and where to locate the information.

Hello Are You O.K.?

Sheriff's Office: 301.475.4040
Department of Aging: 301.475.4200, ext. 1098
Service: A computerized pre-recorded message will call at a pre-designated time for senior citizens, disabled persons and shut-ins. A deputy is alerted if a reassurance call is not answered.

Home Repair Loan Programs

Phone: 301.866.6590, ext. 1433
Address: Housing Authority of St. Mary's County
21155 Lexwood Drive, Suite C
Lexington Park, MD 20653
E-mail: sandra.johnson@co.saint-marys.md.us
Service: Provides home repair loan programs to help citizens who meet the program requirements, make necessary repairs to their homes such as: public sewer connections, replacement or installation of wells, septic systems, roofs, windows, doors, electric service, closing costs, and accessibility concerns. Loan funds are also available to property owners who rent to income eligible tenants. Interest rates vary from 0 -7% and monthly payments and terms vary based on income and affordability. Applicants must be credit worthy. There is no minimum income limit.

Project Lifesaver

Phone: 301.475.4200, ext. 1922 (Sheriff's Office)
301.475.4200, ext. 1073 (Department of Aging)
Website: www.firstsheriff.com
Service: Persons with Alzheimer's and other related Mental Dysfunction Disorders are fitted with a personalized tracking system that can assist in locating the individual if they wander from home. A small fee may apply.

Safe Return Program

Phone: 1.800.331.7299 or 301.934.5856
24 Hour: 1.800.272.3900
Fax: 301.934.5858
Address: Alzheimer's Association
511 Charles St., P.O. Box 1889
LaPlata, MD 20646
Website: www.alz.nca.org
Service: Persons who wander and are memory impaired receive a bracelet or necklace, clothing labels and wallet cards to help locate and return them home safely. Fee.

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

Phone: 301.475.4200, ext. 1073
Address: St. Mary's County Department of Aging
P.O. Box 653, Leonardtown, MD 20650
Email: Sherrie.Wooldridge@co.saint-marys.md.us
Service: To develop and implement effective senior citizen crime prevention and educational programs.



RECREATION

St. Mary's County Department of Aging

The following senior/nutrition sites are open Monday through Friday:

Loffler Senior Activity Center: 301.737.5670, ext. 1656
Garvey Senior Activity Center: 301.475.4200, ext. 1050
Northern Senior Activity Center: 301.475.4002, ext. 1001
Oakley Site: 301.475.4200, ext. 1050
The following site is open on Wednesday only:
Ridge Site: 301.475.4200, ext. 1050

Service: Provides a variety of craft classes and activities, special interest classes, card games, fitness classes, trips, special events, and more. These passes allow free admission for one senior and a guest of any age to all St. Mary's County Public School sponsored extracurricular activity, such as sporting events and concerts.

National Park Service

Website: www.buynationalparks.org/golden.asp
Service: Persons age 62, blind, or permanently disabled can receive a free entrance into most national parks, monuments, historic sites, recreation areas and national wildlife refuges to qualified individuals. Passes can be obtained for a one time only fee of \$10 at any federal site that charges an entrance fee; proof of age or disability is required.

St. Mary's County Department of Recreation and Parks

Phone: 301.475.4200, ext. 1800
Website: www.stmarysmd.com/recreate
Address: 23150 Leonard Hall Drive, P.O. Box 653,
Leonardtown, MD 20650
Service: Sponsors numerous special interest activities, classes, and physical fitness classes. Costs vary according to activity.

REFERENCE SERVICES

1.800.DOCTORS

Service: A free service which links individuals with medical professionals in their area.

Administration on Aging

Phone: 202.619.0724
Address: U.S. Administration on Aging
Washington, DC 20201
Website: www.aoa.dhhs.gov
Service: AoA is an agency under the Department of Health and Human Services that is responsible for overseeing programs funded by the Older Americans Act.

American Association of Retired Persons (AARP)

Phone: 1.888.687.2277
Address: 601 E. Street NW, Washington, DC 20049
Website: www.aarp.org
Service: Offers information and products of interest to the senior population.

Benefits Checkup

Website: www.BenefitsCheckUp.org
Service: A free service which lists hundreds of assistance programs available to seniors.

Elder Care Locator

Phone: 1.800.677.1116
Website: www.eldercare.gov
Service: A free service which links older adults and their caregivers with services throughout the United States that can enhance the well being of older citizens and those who care for them.

First Call For Help

Phone: 1.800.492.0618
Service: A free, confidential information and referral hotline to health and human services 24 hours a day, seven days a week.

Maryland Department of Aging

Phone: 1.800.243.3425
Fax: 410.333.7943
Website: www.mdoa.state.md.us
Address: 301 West Preston Street, Suite 1007
Baltimore, MD 21201
Service: This department is responsible for funding and overseeing programs at all Maryland Area Agencies on Aging.

Maryland Department of Health and Mental Hygiene

Phone: 1.877.463.3464
Website: www.dhmh.state.md.us
Service: Responsible for overseeing the Medical Adult Day Services, Medicaid Waiver, Maryland Primary Adult Care Program (PAC), and Medicaid programs.

Senior Listserv

Email: clare@clarewhitbeck.com
Service: Keep up to date on issues important to the senior community by registering with the senior listserv.

Southern Maryland Health Link

Website: www.somdhealthlink.com

Service: A database of healthcare providers, pharmacies, hospitals, and fitness centers in the Southern Maryland area.

WebMD

Website: www.webmd.com

Service: A great resource for information on medical conditions from A to Z.

SENIOR GROUPS

Department of Aging Alzheimer's Caregivers Support Group

Phone: 301.475.4200, ext. 1050

Fax: 301.475.4503

Address: St. Mary's County Department of Aging
P.O. Box 653, Leonardtown, MD 20650

Service: Groups available for seniors who want to age more creatively by talking with others.

Fifth District Homemaker's

Phone: 301.472.4020

Service: The mission of this group is to strengthen, extend and promote programs of continuing education for the improvement of the quality of living in the home and community. Meet on the 2nd and 4th Tuesday at 10 a.m. at the Northern Senior Activity Center in Charlotte Hall.

Military Officers Association of America

Phone: 301.373.3889

Service: This group protects the medical and retirement benefits for active and retired military personnel.

National Active & Retired Federal Employees Association (NARFE), St. Mary's Chapter # 969

Phone: Judith Loflin, Chapter President, 301.872.0064

Pat Myers, President-Elect (June '09), 301.884.8714

Service: NARFE is the only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their spouses by sponsoring and supporting members on issues such as legislation, COLA's, taxation and retirement income. Chapter 969 also contributes to the well being of the local community through volunteer service. Luncheon meetings are held the third Friday of each month (with the exception of July & August) at Olde Breton Inn, Leonardtown.

Chapter 969 operates two NARFE Service Centers where trained, capable and qualified federal government retiree volunteers are ready to assist you in obtaining the benefits to which you are entitled as former employees of the U.S. and D.C. governments.

Centers are located at the old Frank Knox School in Lexington Park from 9 a.m. - 12 p.m., Tuesday, Wednesday and Thursday, and the Northern Senior Activity Center from 9 a.m. - 12 p.m. on Wednesday. An appointment is recommended by calling the Frank Knox School location at 301.757.4121, or the Northern Senior Activity Center at 301.475.4002, ext. 1001.

Retired and Senior Volunteer Program (RSVP)

Phone: 301.737.5670, ext. 1653
Fax: 301.737.5683
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Website: www.stmarysmd.com/aging
Email: Jayne.Hunsinger@co.saint-marys.md.us
Service: Citizens age 55 and over are eligible to participate in this program. Volunteer opportunities are available at over 50 stations in the county. Skills needed by these stations are comprehensive and can provide ample challenges to the volunteers that will keep them as active participants in the life of the county. We work one-on-one with the volunteers to ensure a good match for them.

St. Mary's County Public Schools Retirees Association

Phone: 301.475.2069
Address: P.O. Box 1037
Leonardtown, MD 20650
Service: Raises funds for scholarships, lobbies for retired teacher benefits, and assists teachers who are ready to retire. The organization also provides services to community organizations and nursing centers. If interested in joining, call the phone number above and leave a message.

Veterans of Foreign Wars Post# 2632

Phone: 301.862.3247
Address: P.O. Box 86
California, MD 20619
Service: Must have DD.214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community. Meetings are held the 2nd Tuesday of the month at 7:30 p.m.

SUPPORT GROUPS

Alzheimer's Caregivers Support Group

Phone: 301.475.4200, ext. 1050
Address: St. Mary's County Department of Aging
41780 Baldrige Street, P.O. Box 653
Leonardtown, MD 20650
Service: Meets on the first and third Monday of each month (except holidays) from 10:30 a.m. to 12 p.m. at the Garvey Senior Activity Center in Leonardtown.

Breast Cancer Support Group

Phone: 301.475.6760
Service: Meet the 2nd Monday of the month at 6:30 p.m.

Cancer Support Group

Phone: 301.475.6070
Service: Provides support to cancer patients and their families. Meetings are held at St. Mary's Hospital Multipurpose room on the 1st and 3rd Wednesday of every month at 7 p.m.

Columbia Light House for the Blind

Phone: 202.454.6400
Address: 1825 K Street, NW, Suite 1103
Washington, DC 20006

Good Grief Support Group

Phone: 301.475.6423
Address: Hospice of St. Mary's

THERAPIES

22699 Washington St., P.O. Box 625
Leonardtown, MD 20650

Meetings: 3rd Tuesday of every month at 6:30. 8 p.m.

Service: Provides persons who have lost a loved one with a support system and an opportunity to share life experiences with those who have faced similar circumstances.

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

Phone: 301.997.1066

Address: 41660 Park Avenue
Leonardtown, MD 20650

Service: This wellness and recovery center is open Monday through Friday, 10 a.m. – 5 p.m., to adults who have a mental illness.

Parkinson's Support Group

Phone: 1.888 332.4847

Address: Civista Medical Center
#5 Garrett Ave.
La Plata, MD 20646

Service: Meetings are held on the 4th Saturday of the month in the cafeteria, 2 – 4 p.m.

Southern Maryland Ostomy Support Group

Phone: 301.274.9000 ext. 227

Address: Chesapeake Potomac Home Health Agency
7627 Leonardtown Road
Hughesville, MD 20637

Service: Call for dates and times of support group meetings.

Chaney Aqua Therapy

Phone: 301.373.5827

Address: 26045 Sotterly Heights Road
Hollywood, MD 20636

Chesapeake Shores

Phone: 301.863.7244

Fax: 301.863.8550

Address: 21412 Great Mills Road
Lexington Park, MD 20653

Coordinated Movements, Inc.

Phone: 301.290.0800

Address: 29770 Three Notch Road, Suite 201
Charlotte Hall, MD 20622

Gateau Physical Therapy

Phone: 301.862.5177

Address: 22454 Three Notch Road
Lexington Park, MD 20653

Henry Chiropractic

Phone: 301.737.0662

Address: 22780 Three Notch Road
California, MD 20619

Website: www.henrychiropractic.com

Koth Therapy

Phone: 301.884.0331

Address: 30387 Three Notch Road
Charlotte Hall, MD 20622

NovaCare Rehabilitation

Phone: 301.475.5830
Address: 23000 Moakley Street, Suite 101
Leonardtown, MD 20650
Website: www.novacare.com

Southern Maryland Physical Therapy and Chiropractic

Phone: 301.862.9187
Address: 23127 Three Notch Road
California, MD 20619

Rehabilitation Center of Southern Maryland

Phone: 301.997.0172
Address: 41900 Fenwick Street
Leonardtown, MD 20650

Division of Rehabilitation Services (DORS) Rehabilitation Services for the Blind

Phone: 410.974.7608
Address: 2001-A Commerce Park Drive, Suite 1 & 2
Annapolis, MD 21401

St. Mary's Hospital

Phone: 301.475.8981
Address: 25500 Point Lookout Road, P.O. Box 527
Leonardtown, MD 20650
Website: www.smhwecare.com
Service: Provides physical, speech, and occupational therapy.

St. Mary's Nursing Center, Inc.

Phone: 301.475.8000
Fax: 301.475.3085
Address: 21585 Peabody Street
Leonardtown, MD 20650

St. Mary's Regional Rehab

Phone: 301.373.2588
Address: 24035 Three Notch Road
Hollywood, MD 20636

Ultimate Therapy

Phone: 301.997.1155
Fax: 301.997.1199
Address: 40900 Merchants Lane Blair Building, Suite 202
Leonardtown, MD 20650
Website: www.ultimate-therapy.com

Winters Chiropractic and Physical Therapy

Phone: 301.884.3423
Address: 29955 Three Notch Road
Charlotte Hall, MD 20622

TRANSPORTATION

AAA Transportation

Phone: 301.290.1078
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Service: Provides medical transportation services within
Southern Maryland to include transfers from facility to hospital,

inter-facility transports, and wheelchair transportation services.
All major insurances accepted.

Chesapeake Cab Inc.

Phone: 301.863.1151
Service: Provides transportation in St. Mary's County 24 hours a day.

MASS, Inc.

Phone: 301.373.4407 (Martin Shuttle Service)
240.298.7592
Address: 42572 Anne Ct.
Hollywood, MD 20636
Email: gomassinc@aol.com
Service: Provides door-to-door service to local errands and appointments. Transportation is also provided to Washington, D.C., Baltimore, and Northern Virginia. Service also provided to airport, train and bus terminals, errands, and medical appointments.

Maryland Transit Administration

Phone: 410.767.3441 or 410.547.2100
Fax: 410.333.4347
Address: 6 St. Paul Street
Baltimore, MD 21202-6806
Website: www.mtmaryland.com
Service: Seniors age 65 and older can receive a MTA photo identification that can provide them with a reduced fare on bus, light rail, Metro, and MARC service. Service is available from California and Charlotte Hall to Washington, DC, Monday – Friday.

Patriot Medical Transport System, LLC

Phone: 301.290.5202
Fax: 301.290.0911
E-Mail: info@patriotmedicaltransport.com

Website: www.patriotmedicaltransport.com
Service: Provides medical transportation services within Southern Maryland to include transfers from facility to hospital, inter-facility transports, and wheelchair transportation services.
All major insurances accepted.



Senior Rides Program

Phone: 301.475.4200, ext. 1066
Fax: 301.475.4503
Address: P.O. Box 653
Leonardtown, MD 20650
Website: www.stmarysmd.com/aging
Service: Volunteer drivers provide door to door transportation for low to moderate-income seniors who are unable to access of other forms of public transportation and lack other reliable transportation options. Fees do apply.

Smart Ride, Inc.

Phone: 410.535.6932
Fax: 301.866.9228
Address: P.O. Box 1846
Prince Frederick, MD 20678
Website: www.smartrideinc.com
Service: Provides 24 hrs./ 7 days a week airport shuttle, train stations, bus stations, doctor appointments, and group trips. Fares vary with trip; advanced reservations required. 10% Senior Citizen Discount, and Late and Early Pickups (10 p.m. to 5 a.m.) with additional \$10 fee.

**St. Mary's County
Health Department Medical Transportation**

Phone: 301.475.4296
Fax: 301.475.4350
Address: 21580 Peabody Street, P.O. Box 316
Leonardtown, MD 20650
Service: This program is strictly for medical appointments and is a last resort service. You must have a valid Medical Assistance card.

**St. Mary's County
Transit System/Public Transportation (STS)**

Phone: 301.475.5100 or 301.866.6799
Fax: 301.866.6797
Address: 44829 St. Andrews Church Road
P.O. Box 409
California, MD 20619
Website: www.stmarysmd.com/dpw/transit/stsstart.asp
Service: Public transportation is available for everyone. Specialized transportation is available for senior citizens and disabled adults for medical appointments and visits. Route and fare information is available by calling the number above.

VISION SERVICES

Eye Care America

Phone: 1.800.222.3937
Fax: 415.561.8567
Address: P.O. Box 429098, San Francisco, CA 94142
Email: pubserv@aa.org
Website: www.eyecareamerica.org
Service: Provides free dilated, medical eye examinations and treatment for any diagnosed disease. To qualify individuals must

be a US citizen, 65 or older, do not belong to an HMO or VA, and have not seen an ophthalmologist in three or more years. Eyeglasses, prescription drugs, hospital services, and other medical professional fees are not provided.

Division of Rehabilitation Services

Phone: 301.997.0172
Service: Case management and teaching services are available to individuals who are blind or visually impaired.

Maryland State Library for the Blind

Phone: 1.800.964.9209 or 410.230.2424
TDD: 1.800.934.2541 or 410.333.8679
Address: 415 Park Avenue, Baltimore, MD 21201-3603
Website: www.lbph.lib.md.us
Email: referenc@lbph.lib.md.us
Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

National Federation of the Blind

Phone: 410.659.9314
Address: 1800 Johnson Street, Baltimore, MD 21230
Website: www.nfb.org
Service: Serves as a resource center for services, assistive services, and educational materials for persons who are blind. Free phone service is available to transmit same day newspaper articles via phone.

VITAL RECORDS

Division of Vital Records

Phone: 410.764.7938
Address: 6550 Reistertown Rd. (Reistertown Plaza)
Baltimore, MD 21215

Website: www.vsa.state.md.us
Service: Provides records of birth, death, and marriage for a small fee.

St. Mary's County Health Department Vital Records Division

Phone: 301.475.4427 **TTY:** 301.475.4724
Address: 21580 Peabody St., P.O. Box 316

Leonardtown, MD 20650

Website: www.smchd.org
Email: healthdept@smhd.com
Service: St. Mary's County residents born after 1943 can fill out an application, bring it to the health department with a photo ID, and a birth certificate is issued. The fee for each certificate is \$20. This service is available Monday – Friday, 8:30 a.m. to 4:30 p.m. If you were born before 1939, the information must be processed through the Maryland State Division of Vital Records.

VOTER REGISTRATION

St. Mary's County Board of Elections

Phone: 301.475.7844
Address: 41650 Tudor Hall Rd., P.O. Box 197
Leonardtown, MD 20650
Website: www.co.saint-marys.md.us
Service: Voter registration and absentee ballots.
Supervises conduct of elections and provides voter information and assistance.

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