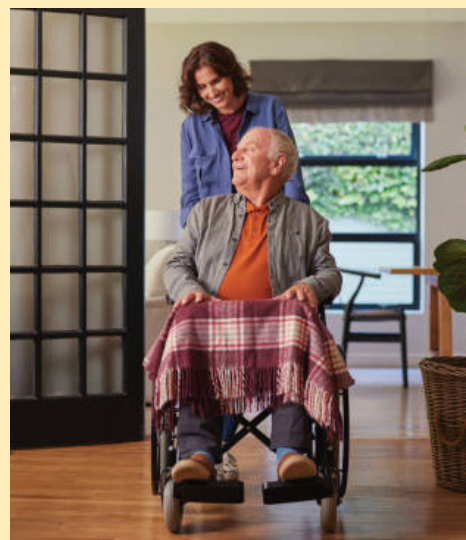


2025 - 2026



ANNE ARUNDEL COUNTY DIRECTORY

FOR OLDER ADULTS, INDIVIDUALS WITH DISABILITIES, VETERANS,
CAREGIVERS AND THEIR FAMILIES, AND ANYONE PLANNING THEIR FUTURE



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CONTENTS

FOR OLDER ADULTS, INDIVIDUALS WITH
DISABILITIES, VETERANS, CAREGIVERS AND
THEIR FAMILIES, AND ANYONE PLANNING THEIR
FUTURE IN ANNE ARUNDEL COUNTY 2025–2026

Letters

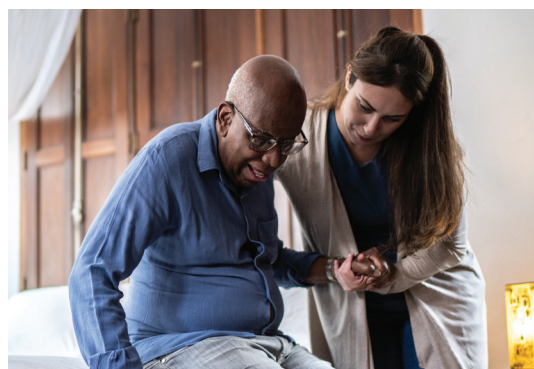
County Executive Steuart Pittman	6
Director Karrisa Kelly	8
Anne Arundel County Commission on Disability Issues (CODI)	10
Anne Arundel Senior Provider Group (SPG)	12
The Anne Arundel County Area Agency on Aging Advisory Council	14

Information

Assisted Living Program	18
Easy Travel Access Program	19
Senior Nutrition Program	19
The Veteran Services Coordination Center	20
Top 10 Things to Know About Medicare	24
Advance Directives	26
Knowing When It's Time to Step In... and the Best Way to Do It	28
The Prescription for Success: Evidence-Based Health Programs	30
Important Telephone Numbers	31
Presentations	34
Maryland Access Point	35
Abuse: Know The Signs And Where To Get Help	36
What is a Long-Term Care Ombudsman?	37
Senior Activity Centers	40
Community First Choice / Community Personal Assistance Services	47

Resources

for Older Adults, Individuals with Disabilities, Veterans, Caregivers and Their Families, or Anyone Planning Their Future in Anne Arundel County	46
Advertiser's Index	96



Department of Aging and Disabilities

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Department of Aging and Disabilities North

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Published annually through a partnership with the Anne Arundel County Department of Aging and Disabilities; the Anne Arundel Senior Services Provider Group, Inc.; and What's Up? Media. Anne Arundel County Department of Aging and Disabilities does not assume responsibility for content that changes during year. All rights reserved. No part of this publication may be reproduced in any form.

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What Services Are Available?

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

Anne Arundel County Department of Aging & Disabilities Programs	46	Information and Assistance	72
Active Adult Community	48	Insurance Services	74
Adult Day Care	48	Interior Design.....	74
Advocacy.....	49	LGBTQ+ Resources	74
Arts and Culture	50	Libraries	76
Assisted Living.....	50	Loan Closets.....	76
Assistive Telephones	52	Lunch Sites	77
Bereavement Services	52	Massage Therapy	77
Case Management	52	Media and Marketing	77
Cemeteries/Memorial Programs	52	Mediation	77
Complaints and Information.....	52	Medical Products & Services	77
Congregate Housing	53	Medicare, Medicaid.....	78
Consumer Credit	53	Memory Care.....	78
Consumer Services	53	Mental Health.....	78
Dentists.....	53	Movement Disorder.....	79
Disability Services	53	Moving Relocation Services	79
Discounts.....	57	Music Therapy	80
Discrimination.....	57	Nursing Care Facilities.....	80
Education	58	Parks and Recreation	80
Elder Abuse.....	59	Pets and Pet Care Services.....	81
Elder Law.....	59	Pharmacies and Pharmacy Assistance Programs	82
Emergency Information	60	Physical Therapy.....	82
Emergency Response	61	Physicians	83
Employment and Job Counseling	61	Podiatrists.....	84
Estate Planning	61	Professional Organizing.....	84
Estate Sale Services.....	61	Real Estate Services.....	84
Exercise, Biking, Walking.....	62	Referral and Planning Services	85
Eye Care	62	Rehabilitation, Physical Therapy.....	85
Financial Services and Programs	62	Respite Care	86
Food and Nutrition (See also Lunch Sites) ...	63	Retirement Communities.....	86
Funeral Homes	63	Senior Activity Centers (See also Lunch Sites)	86
General	63	Senior Lifestyle Planning	86
Health Organizations.....	64	Subsidized Housing	87
Hearing Aids.....	65	Support Groups.....	87
Home Based Primary Care	65	Tax Information and Assistance	89
Home Care	65	Temporary Shelter	89
Home Care, Non-Medical	66	Transportation	90
Home Health Care.....	68	Veterans.....	90
Home Improvement, Design, Repairs, and Maintenance.....	68	Victim and Witness Assistance	93
Hospitals.....	70	Vital Records.....	93
Hospice Care	70	Volunteer Assistance and Opportunities	93
House Cleaning	70	Voting	94
Housing/Housing Counseling	71		
Income Assistance.....	71		



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COUNTY EXECUTIVE



"Building on a commitment to serving our community's diverse needs, the Department of Aging and Disabilities has continued their work to host a variety of engaging programs, supporting our older adults and individuals with disabilities with opportunities to stay active, socialize, continue their education, and access the resources they need."



Iwelcome you to the 2025-2026 edition of The Directory for Older Adults, Individuals with Disabilities, Veterans, and Caregivers.

I want to express my deep appreciation for the work of the Department of Aging and Disabilities. Their dedication is truly invaluable, and I hope that you will continue to engage with the wonderful services that they provide.

Recently we celebrated the reopening of the Lula G. Scott Community Center, which now has an expanded parking lot to accommodate parking needs and improved ADA accessibility. Here, the Department of Aging and Disabilities provides a hot lunch and activities for

participants, and has onsite assistance to help older adults, caregivers, individuals with disabilities, and veterans navigate the resources they need to thrive.

Building on a commitment to serving our community's diverse needs, the Department of Aging and Disabilities has continued their work to host a variety of engaging programs, supporting our older adults and individuals with disabilities with opportunities to stay active, socialize, continue their education, and access the resources they need.

I look forward to this great work continuing, and I know that our Department of Aging and Disabilities will continue to find new, creative ways to serve our residents. This Directory will provide you with helpful information about our programs and offerings. Please stay connected and share your feedback. You can always connect with us at your local senior activity center, join the Area Agency on Aging Advisory Council, or call the Department of Aging and Disabilities at 410-222-4257. We're here to listen.

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

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Karrisa Kelly

DIRECTOR

Anne Arundel County Department of Aging and Disabilities



"Our team of professionals work tirelessly to ensure that our community members are able to age in place and live fulfilling lives. I am proud to work with these individuals and grateful to our partners, stakeholders, and supporters who share our commitment to serving the needs of older adults, individuals with disabilities, veterans, and caregivers in Anne Arundel County."



Welcome to the 2025-2026 edition of the Directory, your comprehensive guide to services and resources for older adults, individuals with disabilities, veterans, caregivers, and anyone who wishes to plan for the future in Anne Arundel County.

As we embark on a new year, I am deeply proud of the Department of Aging and Disabilities dedication to serving the most vulnerable residents and building community connections, all driven by our mission to "Make Life Better." We've successfully broadened our outreach, connecting with previously underserved communities and providing crucial support. Moving forward, we'll deepen our commitment to equity and inclusion, focusing on prevention and wellness through improved access to mental health programs, nutrition services, housing, transportation, and health-care. Our dedicated team and invaluable partnerships with local organizations are key to achieving these goals and expanding our offerings.

The department continues to offer more services, including veterans support, mental health programs, and dementia navigation, and expand its reach into communities not previously acquainted with our services through outreach and partnerships with local organizations. We have been able to connect with more individuals and families, and provide them with the tools they need to live independently and with dignity. Engaging the Department of Aging and Disabilities in planning for your future will be an experience where all people feel welcomed for their unique life perspectives, self-identity, and culture, and feel empowered to choose their self-determined path in life. We are here to honor and support you.

Our state's population of older adults is not only increasing, but also people are living longer and healthier lives, and Maryland has created a plan, Longevity Ready Maryland, that will meet the real life challenges older adults face throughout their lifespan, including access to employment opportunities, caregiver support, and equitable health care. Anne Arundel County's Department of Aging and Disabilities supports this initiative and will continue to make life better for the people of Anne Arundel County. We recognize the importance of equity, inclusion, and access when providing care and support, and will continue to focus on providing resources and support for mental health, nutrition, housing support, transportation, and socialization.

Our team of professionals work tirelessly to ensure that our community members are able to age in place and live fulfilling lives. I am proud to work with these individuals and grateful to our partners, stakeholders, and supporters who share our commitment to serving the needs of older adults, individuals with disabilities, veterans, and caregivers in Anne Arundel County. "Making Life Better" is not just a motto, it is a mission that the Department of Aging and Disabilities' team believe in and work toward everyday. On behalf of everyone, we look forward to a marvelous 2025-2026 season, and continuing to make Anne Arundel County a more inclusive, accessible, and welcoming place for those we serve.

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



Non-Discrimination Notice

Anne Arundel County Government does not tolerate any form of harassment including, but not limited to, sexual, racial, disability and national origin harassment. It is illegal to discriminate against an individual on the basis of race, ethnicity, color, ancestry, national origin, language, faith-based or religious affiliation, sex, sexual orientation, gender, gender identity, family/parental status, marital status, age, physical or mental disability, socioeconomic status, limited English proficiency, and any other protected lawful classifications, attributes or affiliations covered by the county, state and federal laws.

The County is committed to nondiscrimination and fostering a community that promotes equity, inclusion, and acceptance for all. Equal opportunity of access to programs shall be extended to all persons.

Anne Arundel County Commission on Disability Issues (CODI)



Welcome to the 2025-2026 edition of The Directory for Older Adults, People with Disabilities, Veterans, and Caregivers. The Anne Arundel County Commission on Disability Issues (CODI) invites you to explore and share this directory, which offers a comprehensive list of services and resources for people with disabilities in Anne Arundel County. Whether you or a loved one is living with a disability, this directory is designed to assist both caregivers and people by providing numerous contacts for service providers.

Established in 1995, CODI is dedicated to promoting and enhancing the quality of life for people with disabilities. The Commission advises county government on the coordination and development of policies, programs, services, and resource allocation for people with disabilities. It also proposes solutions to meet their needs and collaborates with local and county organizations to provide robust support and programs. During the pandemic, CODI worked alongside County programs to ensure that people with dis-

abilities had access to essential supplies, as well as accessible testing and vaccination clinics.

In October 2024, CODI hosted its annual Disability Awareness Day (DAD) at the Severn Senior Activity Center. The event celebrated the 34th anniversary of the Americans with Disabilities Act and honored Jillian Amodio, a remarkable advocate for individuals with disabilities and mental health awareness. A licensed social worker, Jillian has dedicated her career to uplifting those facing mental health challenges. Additionally, ten other people and organizations were recognized for their contributions to the disability community in Anne Arundel County.

The Commission consists of 15 voting members and several ex-officio representatives from county and state agencies involved with disability issues. CODI meets virtually on the second Tuesday of every other month, totaling six meetings per year. Together with the Anne Arundel County Department of Aging and Disabilities, CODI is committed to serving residents and visitors with disabilities. In alignment with the Americans with Disabilities Act, we strive to ensure that all facilities, programs, and services are accessible. If you are interested in serving on the Commission, please contact the Anne Arundel County Boards and Commissions Coordinator at (410) 222-1821. Applications can be submitted online at [Anne Arundel County Boards and Commissions Application] (<https://www.aacounty.org/county-executive/commission-membership/boards-commissions-application>).

For assistance and access to services, please contact the Department of Aging and Disabilities at 410-222-4257 or email disabilities_info@aacounty.org at least seven days before an event. TTY users can reach us via Maryland Relay at 7-1-1. All materials are available in alternative formats upon request to best meet the needs of our residents.



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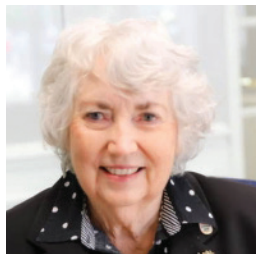
Michelle Henderson



Dawn Lewis



Elizabeth Balderrama



E. Marie Simpson



Kathy Sauve

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

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

gram can be found on the SPG website. The members of SPG are listed throughout The Directory. They can be easily identified by the SPG notation in red next to their business name. These members are a wonderful resource for the senior community and provide excellent options for care and services to families, caregivers, and professionals in Anne Arundel County.

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

Sincerely,

Nikia Thomas, President

On behalf of the 2025 Board of Directors



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The Anne Arundel County Area Agency on Aging Advisory Council

PRIMARY DUTIES OF THE ADVISORY COUNCIL INCLUDE:

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

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

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

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

Attending council meetings and actively participating in deliberations and activities.



Pictured: Russell Jones, Mary Ann Yarbrough, Angela Mickalide, Ettice Patton, Kathy McNally, and Jamarri Bright (Not pictured Shirley Norlem and Jordan Derby). **Voting Members:** Angela Mickalide – Public At Large, Vice Chair, Jamarri Bright – Pascal Senior Activity Center, Jordan Derby - Public At Large, Our Future's Past, Kathy McNally – O'Malley Senior Activity Center, Mary Ann Yarbrough – Arnold Senior Activity Center, Russell Jones – South County Senior Activity Center, Chair Shirley Norlem – Annapolis Senior Activity Center

The Anne Arundel County Area Agency on Aging Advisory Council is pleased to be a part of the 2025-2026 edition of The Directory for Older Adults, Individuals with Disabilities, Veterans, Caregivers, and Their Families. This publication provides valuable information on a myriad of life-enhancing services, programs, and resources available in Anne Arundel County. The Directory is available to anyone in the public and can be picked up throughout the year at various Department of Aging and Disabilities locations and other county facilities including local senior activity centers and libraries. English, Spanish, and Korean versions are also available online.

The Area Agency on Aging Advisory Council was established by the Older Americans Act of 1965 (Sec 1321.57) to serve in an advisory capacity to the Department of Aging and Disabilities and the County Executive on matters

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

As the interests and needs of older adults evolve, the council continues to bring new ideas to the Department of Aging and Disabilities and suggests innovative activities to implement at each of the eight senior activity centers. They strive to meet the county executive's and the department's vision and mission. Council members assist and contribute their time and efforts for large events held for older adults and people with disabilities, including Older Americans Month, which is celebrated every May.

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

Comprehensive support wherever you need it

The Luminis Health Gilchrist Lifecare Institute provides an integrated continuum of care for older individuals across all settings in Anne Arundel and Prince George's counties. We can help at home or in a senior living community such as assisted living or long term care.

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Assisted Living Program

There are over 150 licensed assisted living facilities in Anne Arundel County, of those 150, around 130 are smaller community-based assisted living facilities. This is defined as a facility having between 4 and 16 beds. Smaller assisted living facilities are an important option for senior housing in the county, but most people are unaware that they exist. These smaller assisted living facilities are often in single-family homes and therefore can have a cozy, homelike environment, and the monthly cost is often lower than the cost at a larger facility. If you are considering assisted living, we encourage you to take a look at smaller as well as larger facilities, so you can experience the wide variety of options available in Anne Arundel County.



To see a full listing of assisted living facilities, please use the QR Code to be redirected to see the Maryland Department of Health Office of Health Care Quality listing. You can also visit their website (health.maryland.gov/ohcq), go to the Programs tab, click Assisted Living Programs, then click Licensee Directory to be redirected to where the QR Code lands you.

How do I afford Assisted Living?

Generally, the cost of assisted living is covered by the individual's income and savings. Long-term care insurance policies may cover some expenses for a specific period of time. Veterans and their spouses may be eligible for Aid and Attendance benefits to help with the cost of assisted living. The Medicaid Community Options Waiver and Senior Assisted Living Subsidy are two programs that can provide financial assistance to help offset the cost of assisted living.

There are waitlists for both the Medicaid Community Options Waiver and Senior Assisted Living Subsidy. It's important to remain proactive and apply before a time of need or crisis. Feel free to contact our office for more information.

Remember to ask...

When touring an Assisted Living or conducting research, you may want to consider asking the following questions.

Does your facility charge a community or entrance fee?

Does your facility accept the Senior Assisted Living Subsidy or Community Options Waiver?

Are you contracted with a physician, pharmacy, or any other medical services?

What does your menu look like? Are you able to accommodate special diets?

What does your facility do for activities and engagement?

Are private bedrooms available, or only semi-private?

What does your staffing ratio look like? Do you have awake-overnight staff?

What are your visiting hours?

Do you allow pets at your facility?

Do you have a smoking policy?

Visit our
'Assisted Living
Program'
webpage here:



Easy Travel Access Program

Are you 55 or older, or an adult over 18 with a disability and looking for transportation at a reduced cost?

Anne Arundel County's Department of Aging and Disabilities can help you stay connected to your community! Our ETA Program (Easy Travel Access) offers two reduced-cost transportation options to get you where you need to go. Both programs offer accessible, on-demand transportation alternatives that help residents to travel at discounted prices.

The **Taxi Voucher Program** offers discounted taxi fares with participating cab companies. With the **Rides-On-Demand** program, an appropriately equipped car, van, or SUV operated by professional drivers will pick you up at your desired location and deliver you directly to your destination with ease. To return, you can simply call to request a return trip if you do not already have one scheduled.

Don't let transportation hold you back – we're here to help you stay active and independent!

Contact us at 410-222-4222. TTY users, please call via Maryland Relay 7-1-1.



Senior Nutrition Program

The Senior Nutrition Program is a vital part of the Anne Arundel County Department of Aging & Disabilities' commitment to supporting older adults in leading healthy, independent lives. Through our program, we provide more than just nutritious food—we foster community connections, reduce isolation, and promote overall well-being.

Each year, our dedicated team serves thousands of balanced meals to eligible older adults aged 60 and over throughout Anne Arundel County. We operate at 22 different locations, including 8 senior activity centers, where participants enjoy hot meals, socialize with peers, and engage in enriching activities. For those who are homebound, our home-delivered meals ensure they receive essential nutrition while maintaining their independence in the comfort of their own homes.

Meals are offered for a suggested donation, but no one is ever turned away for an inability to contribute. Our goal is to ensure every older adult in need has access to nourishing meals without barriers or judgment.

At the heart of our mission is a simple but powerful belief: no older adult in our community should ever go hungry. We work tirelessly to ensure that every older adult who needs a meal has access to one. Food is more than sustenance; it's a gateway to health, dignity, and connection.

The success of the Senior Nutrition Program is a reflection of the dedication of our staff, volunteers, partners, and community supporters. Together, we are building a stronger, healthier future for our older adults—one meal, one conversation, and one connection at a time.

To learn more, sign up for meals, or get involved, call 410-222-0256 or visit your local senior activity center.



The Veterans Services Coordination Center

Anne Arundel County's Department of Aging and Disabilities is proud to partner with the Veterans Affairs Commission to provide coordinated care for veterans and their families. The Veterans Services Coordination Center serves as a SINGLE ACCESS POINT for local, state, and federal government services and resources available to veterans and their families.

Our staff can provide one on one assistance to help you understand and access programs that help veterans with:

Veteran Benefits Assistance
Mental Health Resources
Food Stability
Transportation to Appointments
Substance Misuse Recovery Resources
Career Placement Assistance
Employment Readiness
Legal Assistance Referral
Burial Assistance
Housing Stabilization
and more...

For more information, contact the Veterans Services Coordination Center at:

veterans-assistance@aacounty.org
www.aacounty.org/services-and-programs/veterans-services-coordination-center
410-222-3500



The Veterans Affairs Commission (VAC)

The Veterans Affairs Commission serves as a forum for all Anne Arundel County Military Veterans. The purpose of the Commission is to establish a forum for all Anne Arundel County veterans of military service; to maintain coordinated communication with County and local governments, businesses, and veterans of the County; and to provide assistance, guidance, and information to the business and academic communities of the County and various levels of government to ensure adequate consideration of veterans in employment, education, training and public programs. It is our mission to advocate and help to enhance the quality of life for veterans of military service and their families who live or work in Anne Arundel County by advising the County Executive and the County Council on the development and coordination of government policies, programs, services and allocation of resources for veterans and their families. Your Commission members are all veterans from major military organizations. We are Veterans serving Veterans.

Veterans Affairs Commission
Anne Arundel County, Maryland

For more information:
aacounty.org/VAC
(410) 222-1550
exkitc22@aacounty.org





We nurture *independence* so you can live life to the fullest!

Spring Arbor assisted living and memory care residents enjoy a lifestyle focused on wellness, with on-site therapy and a full schedule of activities. Because each resident is unique, we have a thorough and ongoing assessment process to ensure that each resident receives the assistance they need, while maintaining as much independence as possible.

**Discover why seniors enjoy calling Spring Arbor home.
Call to schedule a tour today.**



Scan to visit our website:
SpringArborLiving.com

Spring Arbor of Crofton 1495 Riedel Rd., Crofton, MD 21114 | 410-451-1140

Spring Arbor of Severna Park 345 Ritchie Hwy., Severna Park, MD 21146 | 410-544-7774



Luminis Health
Gilchrist Lifecare Institute

gilchrist

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HEALTH PARTNERS



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www.avilahomecare.com

410-826-6100

info@avilahomecare.com

“Extraordinary Care with Joy and Kindness!”

No Long-Term Contract • Flexible Hours
2 Hours up to 24/7 Care

Customized Care Plans • Affordable Rates

Serving Clients In:

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Baltimore City

Baltimore County north to Hunt Valley
Howard County to Columbia and Ellicott City

Avila Home Care's 500 Caregivers serve 250 clients
in their own homes and in 30 Senior Living Communities in the
Annapolis and Baltimore regions.

Avila Home Care provides Personal Care and Companion Care, including
Memory Care, Hospice Support and Care for Veterans.

Avila's Caregivers can also help with Transportation, Light Housekeeping and
Laundry, Meal Preparation and Medication Reminders.

For a Free Hospital or In-home Assessment
by an Avila Nurse contact **410-826-6100**



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Live an active and fulfilling retirement in the heart of Annapolis

Give us a call to schedule
your tour and see why
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Gardens of Annapolis pairs award-winning
lifestyle programming with thoughtfully created
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ready to spend each day creating the day
they want instead of filling it with things
they have to do.

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you're not just part of a community,
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PHONE: (855) 405-8270
WEB: www.gardensofannapolis.com
E-MAIL: gardensofannap@greystar.com



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Premier Independent Senior Living

931 Edgewood Road
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Autumn Lake Healthcare's Network of Independently Owned and Operated Centers Each Provide:

Top level care, in a welcoming atmosphere

LONG TERM CARE • SHORT TERM REHABILITATION



ANNE ARUNDEL COUNTY LOCATIONS

Each facility is independently owned and operated.

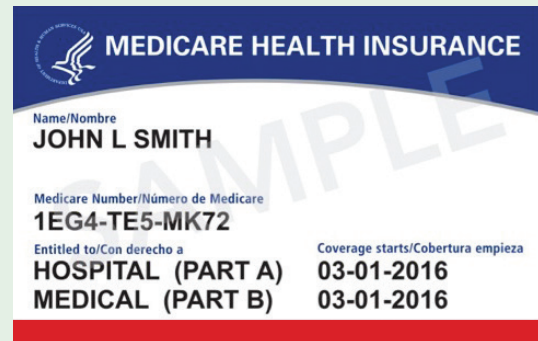


For more information visit:

www.autumnlakehealthcare.com

Autumn Lake Healthcare affiliated and licensed centers and companies are independently owned and operated. Autumn Lake Healthcare provides administrative and business support to its affiliated and licensed centers. Autumn Lake Healthcare is neither the owner nor operator of any licensed centers or companies.

TOP 10 THINGS TO KNOW ABOUT Medicare



1. What is Medicare? Medicare is health insurance for people who are 65 and older. Medicare is also available for people younger than age 65 who have been determined to be disabled under Social Security Disability rules.

2. What is Medicare Part A and how much does it cost? Medicare Part A is insurance for inpatient hospitalization, skilled nursing facility care, and hospice care. Medicare Part A is premium-free for most people. Medicare Part A has deductible and co-insurance amounts. These deductible and co-insurance amounts are detailed online at www.medicare.gov.

3. What is Medicare Part B and how much does it cost? Medicare Part B is insurance for outpatient health care. Medicare Part B has a monthly premium. The base premium for 2025 is \$185.00/month and the annual deductible is \$257.00. People who are higher earners pay more for their monthly Medicare Part B premiums. Deductible, co-insurance, and premium amounts are detailed online at www.medicare.gov.

4. What is Medicare Part D? Medicare Part D is outpatient prescription drug coverage. There are varying costs to this program including premium costs, deductible costs, and co-payment costs. Specifics on these costs are available online at www.medicare.gov.

5. What is Medigap insurance? Medigap (also called Medicare Supplement) is insurance sold by private companies to offset the out-of-pocket costs for Medicare Parts A and B.



HELP WITH MEDICARE PRESCRIPTION DRUG COST

If you are single and your income is below \$1,976 per month and your assets are below \$17,600 (not counting your home, personal possessions, or car), there could be help. If you are married and your combined income is below \$2,664/month and your combined assets are below \$35,130 (not counting your home, personal possessions, or cars), there could be help.

410-222-4257

Anne Arundel County
Dept. of Aging & Disabilities,
2666 Riva Road, Annapolis, MD 21401

6. What is Medicare Advantage (Part C)? Medicare Advantage (also called Part C) is an alternative to Original Medicare. These are private companies that have contracted with Medicare to offer Medicare coverage through a managed care design. These are typically through a Health Maintenance Organization (HMO) or Preferred Provider Organization (PPO) design.

7. Is there any help with the costs of Medicare? For people with limited income, help is available for both Medicare and Medicare prescription drug costs.

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

9. What resources does Medicare offer to help with these complex decisions? You may call 1-800-Medicare (1-800-633-4227) or visit www.medicare.gov for more information.

10. Is there any other source of one-on-one help with sorting out my Medicare options? The Anne Arundel County Department of Aging and Disabilities offers one-on-one counseling through the State Health Insurance Assistance Program (SHIP). SHIP counselors are specially trained volunteers who provide free, confidential, and unbiased information to help you make an informed Medicare decision.

Advance Directives

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

If you do not have an advance directive, the healthcare professional will seek out the following persons to make healthcare decisions for you. In order of priority:

1. Guardian of Person
2. Your spouse or domestic partner
3. Your adult child
4. Your parent
5. Your adult brother or sister
6. A friend or other relative who meets the criteria of a surrogate decision maker.

A surrogate decision maker makes decisions for you based on what you would have wanted if you were able to speak for yourself. Naming a surrogate decision maker can prevent guardianship. Your surrogate decision maker should be:

- familiar with your health wishes
- be either a close friend or relative
- have regular contact with you to be familiar with your health, your beliefs, and your activities.



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

Who can make an advance directive? An advance directive can only be made by someone who is competent, and it must be made voluntarily.

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

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

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

What is a psychiatric advance directive?

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

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

Do I need to hire an attorney to prepare my advance directive? No, it is not necessary, but if you prefer to do so, an attorney experienced in estate planning or elder law is a good choice. There are websites noted in the "Resources" section of this Directory and others online that offer advance directive forms and instructions on how to complete them. What should I do with my advance directive once it has been completed? Give a copy to your health care agent (and alternate, if you have named one), and your healthcare providers. If you live in an assisted living or nursing home, make sure they have a copy in your file or chart. You may also give copies to those individuals that are close to you.

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

RESOURCES

Maryland Attorney General Advance Directive:
www.marylandattorneygeneral.gov

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

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

Maryland State Anatomy Board:
410-547-1222

Anatomy Gifts Registry:
800-300-5433





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

Whether your parent or other older loved one lives down the street or in another state, there may come a time when it is unsafe for them to live alone.

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

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

- Have you noticed a change in their personal hygiene – untrimmed nails, body odor, poor oral hygiene, soiled clothing? Personal care may be getting more difficult; your loved one may be having difficulty getting in and out of the tub (or have a fear of falling while doing so); they might also be having a difficult time using the washer.
- If you notice the house is unkempt, he/she may be having difficulty completing household tasks due to arthritis, osteoporosis, a vision impairment, or memory loss.
- Is the individual losing weight? Is there food in the pantry and refrigerator? Do you see scorched pans? Spoiled food? Arthritis, strokes, or dementia can make it difficult to shop for and prepare meals.
- Do you notice any bruising or other injuries? Is your loved one able to manage steps? Does he/she appear unsteady on their feet? Are they avoiding exercising, socializing, getting in the shower because of a fear of falling?
- If your loved one is prescribed medication, can they read the fine print and understand the directions? Are the bottles easy to open? Are there medications left when the bottle should be empty?
- Check for increased sweepstakes and charity mailings, unexplained telephone charges, multiple magazine subscriptions? Con artists target seniors who live alone.
- Has mail piled up because he/she is unable to sort through the piles of junk mail and ads? Are bills being paid on time?
- Is your loved one socially active or does he/she appear to be lonely?

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

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

If your loved one wants to remain in their home and is cognitively able to do so, there are multiple options to support that decision. They can hire individuals or companies to do on-going home maintenance chores

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

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

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

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

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



The Prescription for Success: Evidence-Based Health Programs

What is the secret to a long, healthy life? While there are many schools of thought on what is best for promoting health and wellness, most people would agree that staying active and properly managing health conditions is a part of the answer. The Evidence-Based/Health Promotions program at the Department of Aging and Disabilities serves to connect older adults with evidence-based programs designed to promote health and prevent disease among older adults. Why evidence-based programs? Evidence-based programs are based on rigorous research and provide documented health benefits, so you can be confident they work.

Participants in evidence-based programs enjoy the following benefits:

- Improved quality of life
- Increased self-efficacy in managing one's health
- Increased or maintained independence, positive health behaviors, or mobility
- Reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- Reduced pain
- Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

The Evidence-Based Program offers a number of workshops for older adults ages 60 and over, along with health presentations covering a wide range of health topics. Current offerings include:

Diabetes Self-Management Program: a 6-week program that provides techniques to deal with the symptoms of diabetes, such as fatigue, pain, hyper- and hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.

Eat Smart, Move More, Weigh Less: a 15-week program designed to support older adults in your community to build the skills to live mindfully as they make choices about eating and physical activity.



Enhance Fitness: a 16-week program designed to help older adults through an exercise and fall prevention program developed specifically to promote physical activity, as well as social stimulation.

Savvy Caregivers: a 6-week program for family caregivers that expands family caregivers' knowledge, skills, and mastery related to dementia caregiving while also promoting caregiver self-care.

Tai Chi for Arthritis and Fall Prevention: an 8-week program developed by Dr. Paul Lam with tai chi and medical colleagues, the program utilizes Sun-style Tai Chi for its ability to improve relaxation, balance, and ease of use for older adults.

Tai Ji Quan: Moving for Better Balance: a 24-week program developed by Dr. Fu-zhong Li at the Oregon Research Institute, is an evidence-based fall prevention program derived from a contemporary routine known as Simplified 24-Form Tai Ji Quan.

Evidence-based programs are offered virtually and in person at the senior activity centers. To learn more information or register for a class, visit us online at <https://www.aacounty.org/aging-and-disabilities/services/living-well-series> or call Jennifer Jackson at (410) 222-4335.



Important Anne Arundel County Telephone Numbers

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

Storm Related Numbers

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

AA Co. Emergency Operations 410-222-0600

AA Co. Roads

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

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

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

AA Co. Water and Wastewater

Sewer Emergency Services 410-222-8400

(not storm related – faucet water)

FEMA (Federal Emergency

Management Agency) 800-621-3362

American Red Cross

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

BGE

To report power loss 877-778-2222

AA Co. Inspections and Permits

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

AA Co. Landfill Operations

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

AA Co. Health Department–Wells

Inspections for flooded private wells 410-222-7398

Additional Important Telephone Numbers

Fraud Hotline 855-303-9470

Governor's Office 410-974-3901

Maryland Attorney General 410-576-6300

Poison Control Center 800-222-1222

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

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

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

National Suicide & Crisis Lifeline..... Dial 988

National Veterans' Crisis Line Dial 988, Press 1 or Text 838255

Have confidence in every conversation.

Do you find it difficult to use a standard phone? Do people ask you to repeat yourself during telephone conversations? Do you miss important calls because you can't hear the phone ring? The **Maryland Accessible Telecommunications (MAT)** program gives Maryland residents the opportunity to apply for telecommunications equipment to independently make and receive calls. If you qualify, a skilled evaluator meets with you to determine how to make your day-to-day communications easier and more accessible. The **MAT** program has a variety of equipment solutions to support clearer communication, including:

- Amplified phones
- Phones with large and/or high contrast buttons
- Tablets
- Captioned Telephones
- Visual ring signalers
- Phones for memory loss
- Smartphones for the Blind



For more information:

800-552-7724 (Voice) | 410-767-7253 (TTY Direct)
410-801-9618 (Video Phone) | MDMAT.org



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Elena Sallitto, Esq.



Dalia Alezra, Esq.



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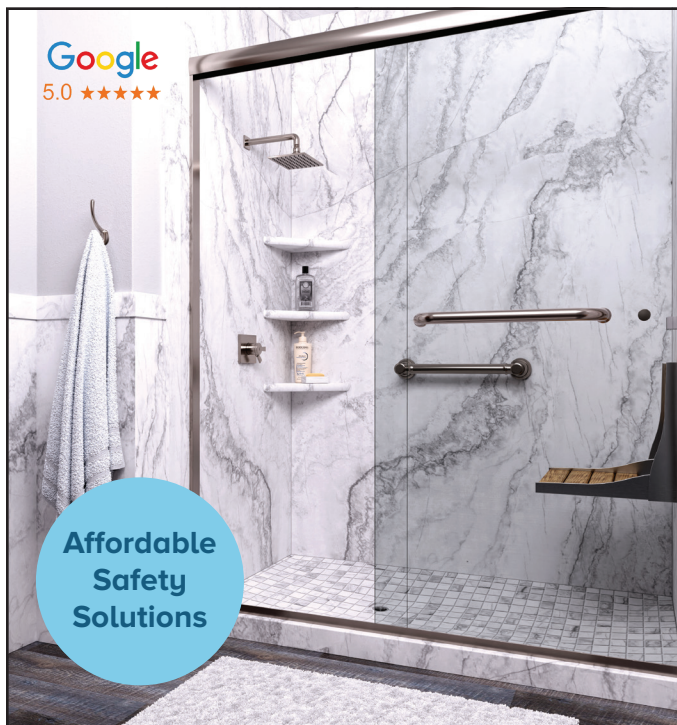
Contact us today
for a free consultation

124 South Street, Suite 1
Annapolis, MD 21401

410-268-9246

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stavelysallittoelderlaw.com

Google
5.0 ★★★★★



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Premium Bathroom Remodeling Services Made Affordable

Five Star Safety & Accessibility
options for all stages of life without
the Five Star Price

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Contact us today and let us help you find the option that is right for you. Servicing Annapolis, Anne Arundel and Beyond



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a Senior Lifestyle community

We're proud to offer exceptional care in a charming, upscale environment where your loved one can thrive. With our gracious hospitality and dedicated team members, we set a higher standard for assisted living and memory care. Come visit – we'd love to show you around and answer all your questions about senior living.

**When you experience it for yourself, you'll understand why we're
the community of choice for so many seniors and their families.**



Call 410-824-5246 to schedule your visit

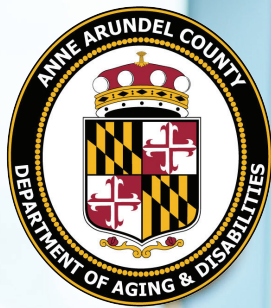
134 Ritchie Highway | Pasadena, MD 21122
Assisted Living | Memory Care
WWW.SENIORLIFESTYLE.COM



Follow Us On Pet Friendly

Presentations

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



Presentation topics include but are not limited to:

- Overview of Internal Programs/ Services
- Scams/Fraud
- Advanced Directives
- Benefits for Utilities, Property Taxes, etc.
- Medicare
- In-Home Care
- Tips for Family Caregivers
- Assistive Technology
- Nutrition for Older Adults

We can also cater to you if your group has a specific topic of interest.

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

410-222-4257



How Do I Get Help?



MARYLAND ACCESS POINT

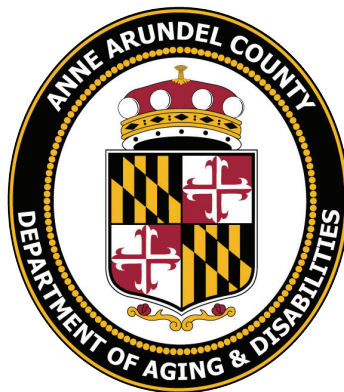
YOUR LINK TO HEALTH & SUPPORT SERVICES

The Anne Arundel County Department of Aging & Disabilities MAP is here for you!

If you have questions about services for older adults, individuals with disabilities, caregivers or wish to plan your future, **call MAP** and one of our highly-trained professionals will help you!

**If you prefer, visit one of our Department of Aging and Disabilities
Customer Service Centers at 2666 Riva Road, 2nd floor in
Annapolis or 7320 Ritchie Highway in Glen Burnie!**

**1-844-MAP-LINK (627-5465) or
410-222-4257**



ABUSE:

Know The Signs And Where To Get Help



➤ Emotional/Verbal Abuse

Behaviors such as threats, explosive temper, constant monitoring or "checking in," excessive calling or texting, insults, humiliation, intimidation, excessive jealousy/insecurity, or isolating someone.

➤ Physical Abuse

Any intentional use of physical force with the aim of causing fear or injury, such as hitting, shoving, biting, pinching, punching, kicking, choking, or using an object or weapon to harm.

➤ Financial Abuse/Exploitation

Using someone else's money, property, or accounts for one's own benefit without consent of the owner or through coerced consent.

➤ Sexual Abuse

Any unwanted sexual touching or action that affects someone's ability to control his or her sexual activity or the circumstances in which sexual activity occurs, including restricting access to birth control.

➤ Stalking

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

IN AN EMERGENCY ALWAYS CALL 911

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

Adults 18 And Older

AA County Adult
Protective Services

410-421-8400

Residents of Nursing Homes or Assisted Living

AA County Long-Term Care
Ombudsman Program

410-222-4257

Financial Abuse/Exploitation

AA County States Attorney

410-222-1740



What is a Long-Term Care Ombudsman?

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

How can the ombudsman help?

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

Who can contact the Ombudsman Program?

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

How do I contact an ombudsman?

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



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Directories

Do you need additional copies of this Directory?

If you would like additional copies of this Directory for your business, church, family, friends, etc., please call or email us and we would be happy to assist.

Contact us for more information:

410-222-4257

info_and_assistance@aacounty.org

Senior Activity Centers

FLIPPING THE SCRIPT ON AGING

When we talk about aging, most people think in terms of numbers such as actual age and percentages. When does a person become a “senior citizen?” According to the Maryland Department of Aging, there were 1.37 million Marylanders over the age of 60 in 2020, which is about 23% of the state’s population*. But what does that mean? Certainly, numbers and statistics are important to take into account, especially when planning for services and programs in senior communities, but aging isn’t all about numbers or what stage of life you are living. The truth is, aging is a process. From the moment we are born, we start aging. It is about development, growth, and progress. Aging is about stages of becoming. As we proceed through life, we become different things. We become students, friends, graduates, employees, spouses, parents, partners, teachers, grandparents, volunteers, caregivers, and retirees.

Many people see aging as a timeline, or as a prescribed set of steps we should take in life. Our lives follow this timeline, where we are told what we are supposed to do, from our childhood, through the teenage years to adulthood, then to middle age and when we eventually become “seniors.” But what if we stop thinking about getting older in this singular way? Why can’t we flip the script on aging? Aging is not about doing things in life in a specific order as we get older. Can we become students at age 60, 70, 80? Can grandparents become caregivers of young children? Can retirees go back to work? Can we make new friends, learn new things, and continue to grow and become someone else throughout our lives? Of course we can! And there is no better place to start exploring who and what we can become than your local senior activity center.

Senior activity centers help transform how society perceives, talks about, and approaches aging. These centers are vibrant, active, and dynamic places offering engaging programs and activities, including fitness and dance classes, fine arts classes, craft workshops, entertainment, technology classes, billiards, group travel opportunities, card games, special



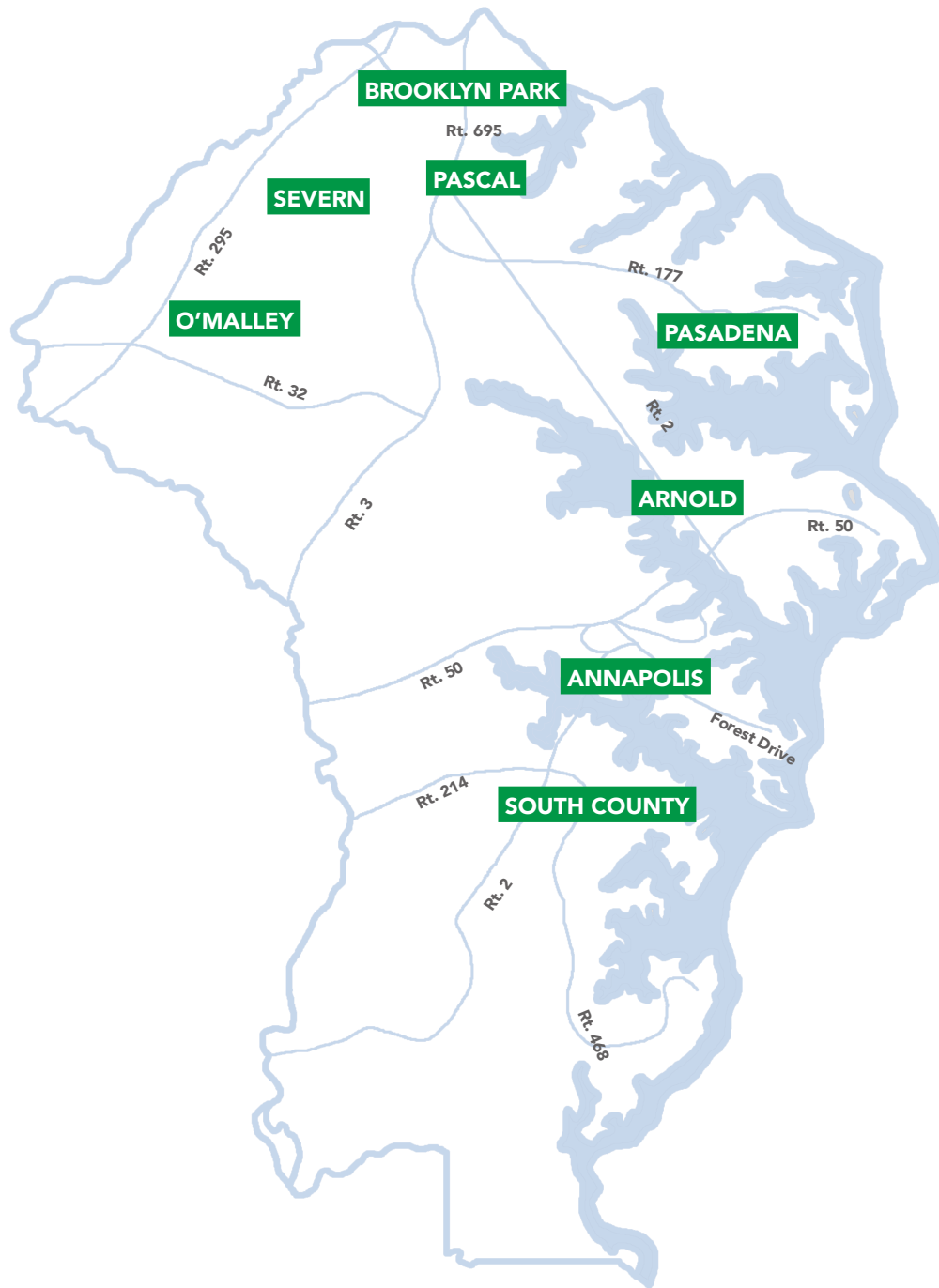
According to
the Maryland
Department of
Aging, there were

**1.37 MILLION
MARYLANDERS
OVER THE AGE OF
60 IN 2020,
which is about
23% OF
THE STATE'S
POPULATION**

Source: Maryland State
Plan on Aging 2022-2025

events, volunteer opportunities, shared meals with friends and so much more! Virtual programming is also available so you can participate in a class from your own home! There are eight senior activity centers throughout the county where older adults can participate in classes and activities, socialize with friends, learn new skills, access important resources and continue to enrich their lives, thrive, and become whatever they want to be. Senior activity centers help flip the script on ag-

ing every day! If you haven’t visited a senior activity center before, we invite you to come see what we have to offer. If you have been attending our centers, we are so happy to have you here. Come join us to flip the script on aging your way!



Annapolis

Wiley H. Bates
Heritage Park, 119
South Villa Avenue,
Annapolis, MD 21401;
410-222-1818

Arnold

Building Annex A,
101 College Pkwy,
Arnold, MD 21012;
410-222-1922

Brooklyn Park

202 Hammonds Lane,
Baltimore, MD 21225;
410-222-6847

O'Malley

1275 Odenton Road,
Odenton, MD 21113;
410-222-6227
O'Malley Annex,
1270 Odenton Road,
Odenton, MD 21113;
410-222-0140

Pasadena

4103 Mountain Road,
Pasadena, MD 21122;
410-222-0030

Pascal

125 Dorsey Road, Glen
Burnie, MD 21061;
410-222-6680

Severn

1160 Reece Rd,
Severn, MD 21144;
410-222-0300

South County

27 Stepney Lane,
Edgewater, MD 21037;
410-222-1927

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CFC

COMMUNITY FIRST CHOICE

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

ELIGIBILITY GUIDELINES:

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

SERVICES INCLUDE:

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

CPAS

COMMUNITY PERSONAL ASSISTANCE SERVICES

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

ELIGIBILITY GUIDELINES:

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

SERVICES INCLUDE:

- Personal Assistance
- Supports Planning
- Nurse Monitoring

These programs have no caps on the number of eligible individuals who can be enrolled. This means that anyone who meets the eligibility requirements is able to receive services through these programs. If interested in these programs please contact your local **Maryland Access Point at 410-222-4257.**

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SPG = Anne Arundel Senior Services Provider Group

ADV = Advertiser

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING & DISABILITIES PROGRAMS

AA County Dept. of Aging and Disabilities/Main Office – 410-222-4257; Toll-Free 800-492-2499; TTY users please call via MD Relay 711; www.aacounty.org/aging; Provides programs, services, information, education and special events to improve the quality of life for older adults, adults with disabilities and caregivers. Family members and caregivers also are encouraged to call for information and assistance.

AA County Dept. of Aging and Disabilities/MD Access Point (MAP) Program/Information & Assistance – 410-222-4257; Toll-Free 1-844-627-5465; TTY users please call via MD Relay 711; www.aacounty.org/aging; One-stop, user-friendly access at the county Dept. of Aging and Disabilities to services offered by multiple agencies for older adults, individuals with disabilities, and their caregivers. Information and Assistance Specialists continue to provide a single contact point for information about all programs and services, assist in defining needs and locating appropriate services, and help with completing forms and applications for benefit programs. Speakers are available for community presentations.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship – 410-222-4257; www.aacounty.org/aging; Serves as court-appointed public guardian of person, for Anne Arundel County residents who are 65 years or older, as the last resort, if there is no friend or family member who can act in that capacity. Provides information and education about medical advance directives, alternatives to guardianship, and the guardianship process.

AA County Dept. of Aging and Disabilities/Americans with Disabilities Act (ADA) Office – 410-222-4383; TTY users, call via MD Relay 711; www.aacounty.org/aging; www.ada.gov; Coordinates and serves as a resource for AA County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Serves as a resource for other private sector ADA and Federal Fair Housing issues. The staff supports and participates in the AA County Commission on Disability Issues.

AA County Dept. of Aging and Disabilities/Assisted Living Program – 410-222-4257; www.aacounty.org/aging; Monitors and provides technical assistance to Assisted Living Facilities (ALFs); administers a subsidy to financially and functionally eligible residents residing in these ALFs. Offers public information to professionals, proprietors, and consumers about regulatory requirements and assisted living options for older adults and those with disabilities. Works collaboratively with Adult Protective Services and the Long-Term Care Ombudsman Program to protect the rights and welfare of vulnerable adults residing in community-based settings.

AA County Dept. of Aging and Disabilities/Assistive Technology Loan Program – 410-222-4383; www.aacounty.org/aging; The Anne Arundel County ADA Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of 3 weeks or schedule a product demonstration with ADA staff free of charge. To schedule an appointment to see or borrow an Assistive Technology device, please call 410-222-4383, email agmart11@aacounty.org, or complete the online form.

AA County Dept. of Aging and Disabilities/Community First Choice – 410-222-4257; www.aacounty.org/aging; Provides personal care, assistance with dressing, toileting, meals, shopping, laundry and other activities of daily living. Recipients receive Supports Planning and Nurse Case Monitoring services. Medical eligibility must be established. Recipients must also have community Medical Assistance.

Department of Aging and Disabilities/Evidence-Based and Health Promotions Program – 410-222-4257; 410-222-4335; www.aacounty.org/aging; The Evidence-Based/Health Promotions program offers a variety of workshops designed to improve health and manage chronic conditions for older adults aged 60 and over. Evidence-based programs empower older adults to take control of their health by maintaining a healthy lifestyle through increased self-efficacy and self-management. Programs cover diabetes, fall prevention, health and fitness, and other chronic conditions. Programs are offered at no cost, virtually, and in person at the senior activity centers. To learn more about the program and see a list of current offerings, visit online at <https://www.aacounty.org/aging-and-disabilities/services/living-well-series>.

AA County Dept. of Aging and Disabilities/Grief Counseling Program – 410-222-0263; TTY 410-222-4355; www.aacounty.org/aging; A specialized program that provides grief counseling to individuals at home and in group settings. If you are experiencing a loss, our counseling sessions are a blend of support and education to find hope and strength in connection to others.

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – 410-222-4257; www.aacounty.org/aging; This state-wide program provides services to eligible individuals age 18 and older to enable them to remain in the community either in their own homes or in assisted living facilities rather than in nursing homes. Medical, financial and technical qualifications must be met.

AA County Dept. of Aging and Disabilities/Local office of the Long-term Care Ombudsman Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Advocates for residents in nursing homes and assisted living. Receives complaints; works to resolve problems and improve residents' care and quality of life. Educates the public about topics such as long-term care facilities and services, residents' rights, and elder abuse. A free, confidential service.

AA County Dept. of Aging and Disabilities/Long Term Care Bureau/In-Home Aide Services (IHAS) and Senior Care (SC) Program – 410-222-4366; www.aacounty.org/aging; In partnership with the AA County Department of Social Services, the SC/IHAS program provides case management and monitoring for clients 18 years and older who meet medical and financial eligibility. Some in-home services, such as assistance with personal care or housekeeping, are available for eligible clients. This program allows clients to remain in the community as they age.

AA County Dept. of Aging and Disabilities/National Family Caregiver Support Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Program for family caregivers to help relieve the stress associated with their role. It offers information, assistance, educational programs, support groups, respite and supplemental services.

AA County Dept. of Aging and Disabilities/Respite Care Referral Program – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging; Maintains a registry of pre-screened and trained self-employed caregivers who provide aide services in the client's home on an hourly, daily, or overnight basis for older adults or those with disabilities. Services provided are determined by the client's needs. The home care workers charge fees; there is no charge for the referral service.

AA County Dept. of Aging and Disabilities/Senior Center Plus – 410-222-1483; Toll-Free; 800-492-2499; www.aacounty.org/aging; Senior Center Plus is a staff guided activity program for a small group of seniors who may not be able to participate independently in the programs offered at the Senior Activity Centers. This program is offered at select Senior Activity Centers on select days and allows opportunities for socialization and recreation while providing respite for program participants' caregivers. Lunch is also served. There is a fee for this program.

AA County Dept. of Aging and Disabilities/Senior Nutrition Program – 410-222-0256; www.aacounty.org/aging; The Senior Nutrition Program promotes nutrition through education and meal programs. Programs include: Congregate Meal Program (meals served at senior centers, senior housing locations, and community centers), Home Delivered Meals Program, and Senior Farmers' Market Coupon Program.

AA County Dept. of Aging and Disabilities/State Health Insurance Assistance Program (SHIP) – 410-222-4257 or 410-222-4077; www.aacounty.org/aging; SHIP provides health insurance assistance and information to Medicare-eligible persons, their caregivers, and their families. Staff and trained volunteers assist clients with understanding Medicare benefits, Medicare supplemental options, Medicare Advantage options, and Medicare Part D options.

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

AA County Dept. of Aging and Disabilities/Telephone Reassurance – 410-222-4257; www.aacounty.org/aging; Provides a daily well-check telephone call to older adults and adults with disabilities who are living alone in Anne Arundel County. In case of an emergency, all clients authorize volunteers to confirm their well-being by consulting neighbors, family, or county police.

AA County Dept. of Aging and Disabilities/Veterans Services Coordination Center – 410-222-3500; veterans-assistance@aacounty.org; www.aacounty.org/aging-and-disabilities/veterans-services; The Coordination Center is a single access point for local, state, and federal government services and resources available to veterans and their families.

ACTIVE ADULT COMMUNITY

ADV Gardens of Annapolis – 931 Edgewood Road, Annapolis MD 21403; 855-405-8270; gardensofannap@grey-star.com; www.gardensofannapolis.com; Gardens of Annapolis is the premier active adult community in Annapolis, MD. Enjoy and appreciate all the comforts of independent living at this luxurious rental community created exclusive for seniors 62+.

SPG ADV Ginger Cove – 4000 River Crescent Drive, Annapolis, MD 21401; www.gingercove.com

ADULT DAY CARE

AA County Office of Community Engagement and Constituent Services – 410-222-1785; www.aacounty.org; The Office of Community Engagement and Constituent Services serves as the direct link between County Executive Stuart Pittman and the residents of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county The Best Place - For All.

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

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

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

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

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

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

Active Day of Annapolis – 2525 Riva Road, Suite 100, Annapolis, MD 21401; 410-573-9100; www.active-day.com; E-mail: info@activeday.com; Nutritious catered lunch, afternoon snack. PT/OT speech therapy. Yoga, activities, games, discussions, crafts. Nurse-assisted medication management. Travel to medical appointments, rehabilitation. Services for disability, dementia care, memory care.

The Arc Central Chesapeake Region – 410-269-1883 (Severn); TTY 800-735-2258; www.thearccr.org; Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, employment training, community living, individual support, and fiscal management services.

Associated Black Charities – 410-659-0000; www.associatedblackcharities.org; A public foundation that advocates and facilitates the creation of measurably healthier and more prosperous communities through responsible leadership and philanthropic investment.

Anne Arundel & Howard County Medical Society – 410-878-9404; www.aahcms.org; AAHCMS is a physician-led and driven organization affiliated with MedChi, The Maryland State Medical Society. Through advocacy, technical assistance, programming, and services, AAHCMS empowers physicians to lead on policies that impact the practice of medicine, access to healthcare, and public health. “Find a Physician” is a free physician referral service for Anne Arundel County. Use the following website to search for a physician near you: www.medchi.org/Physician-Finder/Physician-Finder

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

Laurel Advocacy and Referral Services (LARS) – 301-776-0442; www.laureladvocacy.org; Crisis intervention in the Laurel area by a group of religious member organizations. Hours of operation: Monday, Wednesday, and Friday from 9 a.m. – 2 p.m., with additional hours from 5 p.m. – 7:30 p.m. on Mondays.

MD Dept. of Veterans Affairs Regional Benefit Offices – 410-230-4444; Toll-Free 800-446-4926; www.veterans.maryland.gov; Provides information, assistance, and representation to veterans and their dependents about rights and entitlements.

MD Office for Refugees and Asylees (MORA) – 410-767-7514; dhr.maryland.gov/maryland-office-for-refugees-and-asylees; Provides referrals to refugees to ease their transition into American society.

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

NARFE (National Active and Retired Federal Employees Association) – 703-838-7760 (Alexandria, VA); Toll-Free 800-456-8410; www.narfe.org; Protects and improves the retirement benefits of federal retirees and their families. Provides information on federal retirement, health insurance, and life insurance benefits available to members and non-members. Federal retirement support services. Meetings held at various county sites each week. Call for locations, dates, and times.

SPG Senior Caregiver in Anne Arundel County – 1100 Niblick Court, Arnold, MD 21012

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

Woods Adult Day Care Center – 8227 Cloverleaf Dr. Ste 300, Millersville, MD 21108; 410-987-0360; www.woodsadult-dayservices.com; Offers programs of social/health-related services five days a week for persons who need 24-hour supervision. Includes nursing, therapeutic activities, counseling, hot lunch, and transportation.

ADVOCACY

SPG Ageless Insights, a senior advisory service – 600 Tayman Drive, Annapolis, MD 21403

SPG Hewes Health Consulting, LLC – P. O. Box 134, Arnold, Maryland 21012; heweshealthconsult.com

SPG Little Deeds – 8293 Shilling Road, Pasadena, MD 21122; www.littledeeds.com

SPG ADV Oasis Senior Advisors – 32 Ashley Way, Myersville, MD 21773; oasis-senioradvisors.com/frederick

SPG Partners In Care – 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org

SPG Senior Care Authority – 16701 Melford Blvd., Ste 400, Bowie, MD 20715; www.seniorcareauthority.com/annapolis

SPG Severn River Lions Club – PO Box 118, Severna Park, MD 21146; www.severnriverlions.org

SPG Upwell Advisors – PO Box 3043, Annapolis, MD 21403; www.upwell-advisors.com

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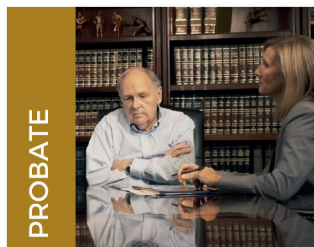
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LAW

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Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; Empower Motivation Fitness, a 501(c)3 organization offering programs to assist those with Parkinson's Disease and other Movement Disabilities with programs engaging the body and the mind. Programs include Rock Steady Boxing, Monthly Art Classes, Loud Voice Training, and Music Therapy. Support Groups are also offered. Some programs are offered at a small fee, scholarships are available based upon need.

ASSISTED LIVING

AA County Dept. of Aging and Disabilities/Assisted Living Program – 410-222-4257

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – Enrolled Participants: 410-222-4366; Registry Waitlist: 410-222-4257

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

SPG Aging Individualized, LLC – 901 Beech Tree Road, Severn, MD; agingindividualized.com

SPG Arbor Terrace Waugh Chapel – 2535 Evergreen Road, Gambrills, Maryland 21113; www.arborwaughchapel.com

SPG ADV Arcadia of Crofton I & II, Arcadia of Chester, Arcadia of Denton I & II, Arcadia of Easton – Multiple locations 888-880-6771; Arcadia-Living.com; Enhanced Care and Memory Care. Local, Family Owned & Operated. Providing individualized love and care in a comfortable home environment. Winner of Friendliest, Best Staff 13 years in a row!

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

SPG Brightview Annapolis – 1935 Generals Highway, Annapolis, MD 21401

SPG Brightview Crofton River Walk – 1301 Clarity Dr, Crofton, MD 21114, www.Brightviewcroftonriverwalk.com

SPG Brightview Severna Park – 469 Jumpers Hole Road, Severna Park, MD 21146; www.brightviewseniorliving.com



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SCREENING

TREATMENT

At Dockside Dermatology, our doctors are truly by your side. We are proud to offer all aspects of dermatology under one roof. **Dr. Natalia Biles, Dr. Lesley Sutherland, Rachel Midwinter PA-C, and Alexandra Crosswhite PA-C** form the foundation of our practice by providing skin cancer screenings, cosmetic services and urgent appointments for rashes, cysts, and infections. Dockside Dermatology is also proud to offer advanced treatment for skin cancer through Mohs surgery. **Dr. Stephanie Clements**, a Board Certified Dermatologist and Mohs Surgeon, is able to provide the Mohs surgery procedure, which offers a 99% cure rate for most types of skin cancer.



Phone: 410-934-5400
Fax: 410-934-0141
Hello@docksidederm.com
www.docksidederm.com



SPG ADV Brightview South River – 8 Lee Airpark Drive, Edgewater, MD 21037; 410-956-7310; brightviewseniorliving.com; Let your Bright Life shine at Anne Arundel County's Premier Senior Living Communities. Award-winning Brightview Senior Living offers residents the independent lifestyle they deserve plus experienced assisted living or dementia care if needed.

ADV Catholic Charities Senior Communities – 667-600-2000 Main; 667-600-2280 Senior Communities; 1-888-502-7589 (MD Only); catholiccharities-md.org/list-of-services; Supportive, affordable apartment communities which include a full range of services for adults 62 and older in Baltimore City, Baltimore, Anne Arundel, Garrett, and Harford Counties. The Caring Home Services (CHS) Program offers services to support safely aging in place. Services include daily meals served in a group setting, weekly housekeeping, laundry, and personal services, and service management provided by the on-site CHS Supervisor. See cc-md.org/senior-communities for a list of where CHS is available.

SPG Cypress Creek Waterfront Senior Living – 831 Ritchie Highway, Severna Park; www.cypresscreekalf.net

SPG Dementia Care Management, Inc. d/b/a Silver Stay – 1311 Waneta Court, Odenton, MD 21113; www.silverstay.com

SPG HeartHomes Assisted Living & Memory Care – P.O. Box 1107, Millersville, Maryland 21108; 443-871-3168; hearthomes.com; HeartHomes offers Assisted Living & Memory Care Services in 3 convenient locations: Bay Ridge, Pasadena, Piney Orchard. We offer exceptional care in a smaller setting (all private rooms), allowing for a more personalized overall experience. We pride ourselves in creating strong connections with our residents and their families, while meeting their diverse needs. Call us today for a tour and see for yourself what makes HeartHomes so special.

SPG ADV Inspirations Assisted Living & Memory Care – 833-346-8569; www.inspired-joy.com; Focuses on the individuality of each person living with dementia including learning what brings them energy and life; considering interests of their past and present. We look to the whole person, collaborate with their family, and deliver care that incorporates the latest research in Alzheimer's, other forms of dementia, and memory loss. We specialize in bringing Purpose, Joy, and Laughter to all those living in our communities.

SPG Lorien Harmony Hall – 6336 Cedar Lane, Columbia, Md 21044; lorien-health.com

SPG Morningside House of Ellicott City – 5330 Dorsey Hall Drive, Ellicott City, MD 21042; www.mhseniorliving.com

SPG Morningside House of Friendship – 7548 Old Telegraph Rd., Hanover, MD 21076; 410-863-0830; mhseniorliving.com/friendship; The Morningside House of Friendship community allows your loved one to balance their need for independence and support with personalized care, daily activities, and an inviting, friendly environment.

SPG ADV Peartree House Assisted Living – 8001 Middlebury Drive, Pasadena, MD 21122; 410-437-5050; 8004 Shadow Oak Lane, Pasadena, MD 21122; 410-439-4697; www.thepeartree-house.com; We are a small, home-like community offering each resident their own private room/bath. We provide nutritious meals, activities, laundry, and housekeeping, as well as assistance with bathing, dressing, and grooming. Rooms include furniture, an emergency call system, and cable TV. We treat each resident with dignity, compassion and respect. We have around-the-clock awake caregivers.

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

SPG Regency Park Senior Living Community – 730 MD Route 3 South, Gambrills, MD 21054; www.regencypark-assistedliving.com

Servants 4 Seniors – 8010 Catherine Avenue, Pasadena, MD 21122; 410-439-9353 or 410-977-2576; mmatthews@servants4seniors.com; www.servants4seniors.com; Servants 4 Seniors is a leading elder care and disability service organization in the state of Maryland. We are advocates for our elders and disabled families first. Using a hands-on approach, we develop trusting relationships with our clientele from our elders and disabled families in the community.

SPG ADV Spring Arbor Senior Living – 345 Ritchie Highway Severna Park, MD 21146; 1495 Riedel Rd, Crofton, MD 21114; SpringArborLiving.com; Spring Arbor strives to provide the best in Assisted Living and Memory Care. Residents enjoy a lifestyle focused on wellness with on-site therapy and a full schedule of activities, enabling our residents to live life to the fullest.

SPG Sunrise at Bay Village – 979 Bay Village Drive, Annapolis, Maryland 21403; integracare.com

SPG Sunrise of Annapolis – 800 Bestgate Road, Annapolis, MD 21401; 410-266-1400; sunriseniorliving.com

SPG Sunrise of Severna Park – 41 W. McKinsey Rd, Severna Park; sunrise-severnarpark.com

SPG ADV The Peartree House Assisted Living – 8001 Middlebury Dr, Pasadena MD 21122; www.thepeartree-house.com

SPG ADV The Sheridan at Severna Park – 134 Ritchie Hwy., Pasadena, MD 21122; 667-644-2500; With a modern, nautical-inspired design, we offer a charming, upscale environment. Beautifully appointed assisted living and memory care apartment homes, amenities and services are tailored to resident needs.

ADV Tribute at Melford – 17300 Melford Blvd, Bowie, MD 20715; 301-329-5565; 301-841-6459; cogirusa.com/communities/tribute-at-melford/contact-us; Tribute at Melford is a 140 Senior Living Apartment community offering various styles and a host of amenities. Services and transportation provided along with an on-call Delegating Registered Nurse to oversee needs.

ASSISTIVE TELEPHONES

MD Accessible Telecommunications (MAT) – Toll-Free 800-552-7724 V/TTY; 410-767-6960 V/TTY; doit.maryland.gov/mdrelay/Pages/default.aspx; moreinfo@mdrelay.org; MD Accessible Telecommunications distributes free amplified and captioned phones, hands-free phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

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

BEREAVEMENT SERVICES

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

SPG ADV Chesapeake Life Center at Hospice of the Chesapeake – 90 Ritchie Highway, Pasadena, MD 21122; 888-501-7077 / 410-987-2129; www.chesapeakelifecenter.org; Provides grief and traumatic loss support and education to children, adults, families and others in the community. Also, programs and services for those impacted by unexpected diagnosis or advancing illness.

CASE MANAGEMENT

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

SPG Aging Services Management, LLC – PO Box 267, Arnold, MD 21012; www.AgingServicesMgmt.com

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

SPG Servants 4 Seniors – 8010 Catherine Ave., Pasadena, MD 21122; www.servants4seniors.com

CEMETERIES/MEMORIAL PROGRAMS

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

SPG Epilogue Tributes – 7 Constitution Avenue, Annapolis, MD 21401; www.celebratingthedash.com

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

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

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

COMPLAINTS AND INFORMATION

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

MD Attorney General's Consumer Protection Office – 410-528-1840 Health Advocacy Unit Hotline; Toll-Free 877-261-8807; TTY 410-576-6372; www.marylandcares.org; Investigates medical billing complaints, reimbursement disputes, and denial of care. Complaint form online. Furnishes mediation services to consumers to help resolve complaints against businesses and health insurance carriers. For all other disputes or mediation (unrelated to insurance or medical issues) call the general number 410-528-8662.

MD Office of People's Counsel – 410-767-8150; Toll-Free 800-207-4055; www.opc.state.md.us; Consumer complaints, disputes about utility bills. Represents consumers of utility services before the Public Service Commission, certain federal agencies, and the courts.

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

CONGREGATE HOUSING

Congregate Housing Services Program – 410-267-8000 Annapolis Housing Authority - Morris Blum Apartments; 667-600-3160 Catholic Charities Arundel Woods; 410-519-6085 Catholic Charities Friendship Station; www.aacounty.org/aging-and-disabilities/services/housing-assistance-older-adults; Provides supportive services in various apartment buildings to low- and moderate-income seniors ages 62 years or older who have moderate difficulty with one or more activities of daily living. Services offered include congregate meals, housekeeping, laundry, personal assistance and service management. Financial assistance available based on income.

CONSUMER CREDIT

Commissioner of Financial Regulation – 410-333-3866 Fax; Toll-Free 888-784-0136; www.dllr.state.md.us/finance; The Maryland Department of Labor, Licensing, and Regulation (DLLR) is committed to safeguarding and protecting Marylanders. We're proud to support the economic stability of the state by providing businesses, the workforce, and the consuming public with high-quality customer-focused regulatory, employment and training services.

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

CONSUMER SERVICES

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

SPG GYMGUIZ Annapolis & Columbia – PO BOX 9, Millersville, MD 21108-9998; www.gymguyz.com/annapolis-columbia

DENTISTS

AA County Department of Health/ Dental Access Program – 410-222-7138 Annapolis; 410-222-6861 Glen Burnie; www.aahealth.org/programs/adult-health-services/dental; Assists income-limited adults in obtaining dental care from participating volunteer dentists at discounted rates.

AA County Department of Health/ Emergency Dental Care Coordination Program – 410-222-3090 or 410-222-7138; TTY 410-222-7153; www.aahealth.org/family-health/healthcare-and-insurance-access/reach-residents-access-coalition-health; Provides access to a Dental Care Coordinator, assistance with finding no-cost or low-cost dental care, and emergency dental services including relief from pain and infection.

Luminis Health Community Clinics – 410-990-0050; 701 Glenwood St. (inside Morris Blum senior housing), 1419 Forest Dr., #100, Annapolis, at Arundel Lodge at 2600 Solomons Island Rd., Edgewater, at the Stanton Center at 92 W Washington St., Annapolis; www.myaamg.org/community-clinic; Primary care medical center where a team of health professionals provides continuous, comprehensive, and coordinated care throughout a person's life.

North County Health Services Center – 410-222-6633; www.aahealth.org; Community health center which offers dental services to those who meet income eligibility requirements.

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

DISABILITY SERVICES

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

AA Community College/High School Diploma Program – 410-777- 1823; 7000 Arundel Mills Circle, Hanover, Maryland 21076; www.aacc.edu/resources/academic-services/adult-basic-skills-and-ged; Adult Basic Skills (ABS) classes are designed for students who do not have a high school diploma and need to review and improve basic skills in math, science, social studies and reasoning through language arts. Students in ABS classes may be referred to the GED Ready practice test once qualifying scores have been achieved.

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

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

Accessible Resources for Independence – 410-636-2274; www.arinow.org; Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. We provide independent living services to anyone with a disability at any age including children, seniors, and veterans at no charge. Our mission is to maximize the independence of people with disabilities so they enjoy self-directed, productive lives. ARI provides services to enhance the quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transitioning services and more.

Americans with Disabilities Act Office – 410-222-4383; TTY users, call via MD Relay 711; www.aacounty.org/aging; www.ada.gov; Coordinates and serves as a resource for AA County government programs and facilities to ensure accessibility and compliance with the Americans with Disabilities Act. Serves as a resource for other private sector ADA and Federal Fair Housing issues. The staff supports and participates in the AA County Commission on Disability Issues.

Assistive Technology Loan Program – 410-222-4383; www.aacounty.org/aging; The Anne Arundel County ADA Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of 3 weeks or schedule a product demonstration with ADA staff free of charge. To schedule an appointment to see or borrow an Assistive Technology device, please call 410-222-4383, email agmart11@aacounty.org, or complete the online form.

The Arc Central Chesapeake Region – 410-269-1883 Annapolis; TTY 800-735-2258; www.thearcccr.org; Advocates for the rights and respect of all people with developmental disabilities. Programs include family support, employment training, community living, individual support, and fiscal management services.

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

Developmental Disabilities Administration (DDA) – 410-234-8200; 443-253-4797; Toll-Free 1-877-874-2494; TDD 410-363-9430; dda.health.maryland.gov; Part of the MD Dept. of Health and Mental Hygiene. Services are obtained by contacting the Central MD regional office at the number above. Individuals must apply and be determined eligible for services.

Disability Rights Maryland – 410-727-6352, Ext. 0; Toll-Free 800-233-7201; TTY 410-235-5387; disabilityrightsmd.org; A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are accorded the full rights and entitlements afforded to them by state and federal laws.

Division of Rehabilitation Services (DORS) – 410-974-7608 (Annapolis); 410-636-9010 (Linthicum); TTY 866 326-7012; Videophone 410-220-1670; www.dors.maryland.gov; A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, and vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind include teaching individuals over age 55 who are not seeking employment, home-making skills, orientation, mobility, and Braille lessons. Counselor for all deaf clients located in this office.

Easter Seals Adult Day Services – 410-277-0940; www.easterseals.com/DCMDVA; Easter Seals Adult Day Services in Baltimore provides daily monitoring in a safe, home-like environment for medically diverse individuals that are frail with chronic conditions, cognitive impairments, dementia-related diagnosis such as: Stroke, Diabetes, Alzheimer's, COPD, Congestive Heart failure, mental illness, seizure disorders, Intellectual/Developmental Disabilities and neuromuscular diseases. Provides assistance with home care, assisted living and nursing home placement.

Foundation Fighting Blindness – 410-423-0600 (Columbia, Maryland); Toll-Free 800-683-5555; TTY 800-683-5551; www.fightingblindness.org; Seeks to drive the research that will provide prevention, treatments, and cures for people affected by retinitis pigmentosa, macular degeneration, Usher Syndrome and the entire spectrum of retinal degenerative diseases. FFB offers information and referral services for affected individuals and their families as well as for doctors and eye care professionals. The Foundation also provides comprehensive information kits on retinitis pigmentosa, macular degeneration, and Usher Syndrome, and the entire spectrum of retinal degenerative diseases.

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

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

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

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

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

MD Accessible Telecommunications (MAT) – Toll-Free 800-552-7724 V/TTY; 410-767-7253 V/TTY; Video: 410-801-9618; MAT.Program1@Maryland.gov; doit.maryland.gov/mdrelay/Pages/Equipment.aspx; MD Accessible Telecommunications distributes free amplified and captioned phones, hands-free phones, ring signalers, TTYs, and other assistive devices to qualified applicants who have difficulty using a standard telephone.

MD Dept. of Transportation MVA/Annapolis and Glen Burnie – 410-768-7000; Toll-Free 800-950-1682; TTY 800-492-4575; www.mva.maryland.gov; Licenses and regulates vehicles, dealers, driving schools, title services, auto dismantlers, and vehicle manufacturers. Provides disability/handicap passes and plates to those with written verification from a physician.

MD Relay – 410-767-6960; Toll-Free 800-552-7724 V/TTY; Video Phone 443-453-5970; doit.maryland.gov/mdrelay; moreinfo@mdrelay.org; MD Relay is a free public service that allows persons with hearing or speech loss to stay independent on the telephone. Dial 711 to place a Relay call.



Connect with us for services and partnership opportunities

Individuals and families impacted by Alzheimer's and other dementia can access free education programs and in-person and virtual support groups at alz.org/maryland.

Call for information and referral services at the 24/7 Helpline **800.272.3900**.

Raise funds for support services and medical research by registering for Walk to End Alzheimer's® at alz.org/maryland/walk.

Engage your business as a partner by emailing etorres@alz.org.

24/7 Helpline 800.272.3900 | alz.org/maryland

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It is difficult to lose a loved one whether they are a family member or a friend. Let family owned, Kirkley-Ruddick Funeral Home help celebrate their life. Our Funeral Directors believe in celebrating a life with meaning and to acknowledge a loss. Our staff will conduct the most healing of services combining memories with comfort and encouragement that truly honors a life well lived.



410.766.2200 • WWW.KIRKLEYRUDDICKFUNERALHOME.COM
421 CRAIN HIGHWAY S.E. | GLEN BURNIE

MD State Library for the Blind and Print Disabled – 410-230-2424; Toll-Free 800-964-9209; TTY 410-333-8679; TTY 800-934-2541; The Maryland State Library for the Blind and Print Disabled provides comprehensive library services to eligible blind and print disabled residents of the State of Maryland. The library provides books and magazines in specialized formats, such as audio and braille, through the U.S. Postal Service and through digital download. Application for service is required. Services are free.

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

MD Transit Administration (MTA)/ Call-A-Ride Service – 410-664-2030; Toll-Free 866-743-3682 General Information; www.mtacallaride.org; www.mta.maryland.gov/content/brochures-publications; MTA Call-A-Ride Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

MD Transit Administration (MTA)/ MTA Mobility Link (Para-transit) Program – 410-764-8181 Reservation; 410-539-5000 Information; Toll-Free 866-743-3682; TTY 410-539-3497; www.mta.maryland.gov/mobility; www.mta.maryland.gov/content/brochures-publications; MobilityLink is a specialized transit service available to people who, because of a disability, are functionally unable to get to a bus stop, wait unassisted at a stop or station or board or ride a bus or train by themselves. MobilityLink is a shared ride service offered from the first exterior door of your home or pick up location to the first exterior door of your destination.

MD Transit Administration (MTA)/ Reduced Fares – 410-767-3441; TTY 410-333-2051; www.mta.maryland.gov/senior-reduced-fare-program; www.mta.maryland.gov/content/brochures-publications; People with disabilities and senior citizens 65 years and older can ride for approximately one-third the regular fare on bus, light rail, and Metro, and for approximately one-half the regular fare on MARC train service. For details on identification required, call MTA or visit the website.

Metropolitan Washington Ear, Inc. – 301-681-6636; www.washear.org; Free services for those who are blind, visually impaired, and physically disabled who cannot effectively read printed materials/ Toll-free 24-hour dial-in newspaper and magazine reading service: Baltimore Sun, Capital Gazette, Washington Post, USA Today, Wall Street Journal, etc. Also sponsors radio reading services, a look-up service upon request for classified advertisements, yellow pages, and other information and live description and audio recording program notes for productions at ten local theaters.

Muscular Dystrophy Association, Inc. – 800-572-1717; www.mda.org; A voluntary health agency that funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital; weeklong overnight camping programs for children ages 6-17 with muscle diseases; support groups; financial assistance with repairs of medical equipment; medical equipment loan closet; and volunteer opportunities.

National Federation of the Blind (NFB) of Maryland – 410-659-9314; 443-271-1668 For Seniors; www.nfbmd.org; A national consumer advocacy organization that provides public education about blindness, information and referral services, scholarships, literature and publications about blindness, aids and appliances and other adaptive equipment for the blind, advocacy services, protection of civil rights, development and evaluation of technology and support for blind persons and their families. Free electronic newspaper service. NFB-newsline: Toll Free 866-504-7300.

Opportunity Builders, Inc. – 410-787-0700; TTY 800-735-2258; www.obiworks.org; Provides vocational training and employment services to adults with developmental disabilities. Also works with families to encourage the client's independence and opportunities.

The Parents Place of Maryland – 410-768-9100; Toll-Free: 800-394-5694; www.ppmmd.org; We are a resource center for families whose children have disabilities or special healthcare or educational needs up to age 21.

Providence Center – 410-766-2212; www.providencecenter.com; Provides services for individuals with developmental disabilities. Some of those services are: vocational training, sheltered and supported employment, job placement, adult day care, leisure programs, senior retirement support, and in-home and job support.

Service Coordination, Inc. – 5283 Corporate Drive, Suite 103, Frederick, MD 21703; 301-663-8044; 888-240-6835; Hearing impaired, use MD Relay 711; www.servicecoord.org; Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. It assists in the development of plans for clients by exploring options and then helps to arrange and monitor needed supports, and advocates as necessary.

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

VME (Volunteers for Medical Engineering), a part of the IMAGE Center of Maryland – Phone: 410-982-6311; Fax: 410-372-4037; imagemd.org; Focus is on improving the independence and quality of life for individuals with disabilities. It provides innovative technology solutions and training that assist individuals in their home, community and workplace. Meets individualized needs of clients by providing uniquely designed assistive technology and adaptive devices that are not commercially available, thereby enhancing clients' abilities to live and work independently. Serves all ages and disability groups. Services are provided for a small fee for completed devices if the client is able to pay. Service in Anne Arundel County, dependent upon the service requested.

DISCOUNTS

AA County Public Schools/Senior Citizen Event Card – 410-222-4257; Free admission to school-sponsored cultural or athletic events. Can be obtained from the county Dept. of Aging and Disabilities and AA Co. Public Schools (410-222-5000).

AA County Dept. of Aging and Disabilities/ETA Rides-on-Demand – 410-222-4257; The Anne Arundel County Department of Aging and Disabilities ETA Rides-on-Demand offers discounted transit service by a professional driver in an appropriately equipped vehicle that will pick you up at your desired location and deliver you directly to your destination with ease. Door-to-door service available. To qualify, individuals must be an Anne Arundel County resident, 55 years of age or older or 18 years of age or older with a disability.

AA County Dept. of Aging and Disabilities/Taxi Voucher Program – 410-222-4257; www.aacounty.org/services-and-programs/taxi-voucher-program; The Anne Arundel County Department of Aging and Disabilities Taxi Voucher Program offers discounted taxi vouchers to support taxi fares with participating cab companies. To qualify, individuals must be an Anne Arundel County resident, 55 years of age or older or 18 years of age or older with a disability.

DISCRIMINATION

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

Annapolis Human Relations Commission – 410-263-7998; www.annapolis.gov/736/Boards-Commissions; A city board of volunteers that seeks to ensure equal opportunity in Annapolis. Established in 1963, it consists of 15 Annapolis residents appointed by the Mayor with the approval of the City Council. The Commission can accept complaints of discrimination on the basis of race, color, gender, religion, national origin, age, marital status, familial status, physical or mental disability, and sexual orientation.

Equal Employment Opportunity Commission – Toll-Free 800-669-4000; TTY 1-844-234-5122; info@eeoc.gov; www.eeoc.gov; The U.S. Equal Employment Opportunity Commission (EEOC) is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy and related conditions, gender identity, and sexual orientation), national origin, age (40 or older), disability or genetic information.

EDUCATION

AA Community College/Adult Basic Education – 410-777-2901 for information or an assessment appointment; www.aacc.edu/learn-basic-skills; Provides Adult Basic Education for those age 18 and older which includes reading, math, English, writing. Free individualized instruction; GEDs awarded.

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OnSite Medical House Calls brings the doctor's office to the comfort and convenience of your home. We specialize in delivering primary and specialty medical care for medically complex, chronically ill and homebound patients. We have a team of healthcare professionals that are board certified Nurse Practitioners who specialize in geriatrics, adult and family medicine. We take the time to get to know you – and provide care to address all of your needs.

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RESOURCES

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

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

AA County Dept. of Aging and Disabilities/Main Office – 410-222-4257; Toll-Free 800-492-2499; www.aacounty.org/aging

AA County Literacy Council – 410-269-4419; www.icanread.org; Provides free tutoring in reading, writing, and adult basic education. Private tutoring available in libraries and at various other locations. Seeks and trains adult volunteers to tutor.

AARP– Driver Safety – Toll-Free 1-888-687-2277; Toll Free TTY: call 711; www.aarp.org/auto/driver-safety; AARP Driver Safety Program for motorists age 50+. It is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations.

SPG Care Prepared – PO Box 1051, Millersville, MD 21108; careprepared.org

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

SPG Expose Dementia – P.O. Box 1751, Mableton, GA 30126; www.ExposeDementia.com

Road Scholar – 800-454-5768; www.roadscholar.org; Not-for-profit Road Scholar is the world's largest and most innovative creator of experiential learning opportunities for older adults. Providing thousands of learning adventures by land and sea in more than 100 countries and throughout the United States, Road Scholar also offers online lectures and multi-day courses. Financial aid may be available for qualified participants.

University of MD Extension – 301-266-7470; extension.umd.edu/locations/anne-arundel-county; A statewide, non-formal education system within the College of Agriculture and Natural Resources and the University of MD Eastern Shore. Educational programs and problem-solving assistance are available to citizens.

P|H

PEARTREE HOUSE
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The Peartree House is an Assisted Living located in Pasadena MD. Owned by nurses and under the direction of a Gerontologist with 25+ years of experience, this family-owned private community provides individualized care in a home-like setting. We are small enough to allow for personalized treatment but large enough to ensure that every resource that is needed is available. Featuring an excellent staff to resident ratio, private rooms with private bathrooms, nutritious homemade meals, and daily snacks. Our all-inclusive monthly rate includes housekeeping, laundry, medication management, assistance with all activities of daily living, and more. Call us to schedule a visit anytime.

8001 Middlebury Drive | Pasadena, MD
8004 Shadow Oak Lane | Pasadena, MD
(410) 437-5050
www.thepeartreehouse.com



**Contact the Anne Arundel
County Department of
Aging and Disabilities for
additional information:**

410-222-4257
www.aacounty.org/aging

ELDER ABUSE

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

AA County Dept. of Social Services/ Adult Protective Services – 410-421-8400; dhr.maryland.gov/office-of-adult-services/adult-protective-services; Adult Protective Services (APS) assists adults who lack the physical or mental ability to provide for their own basic needs. Reports of abuse, neglect, and exploitation are investigated and services are implemented to protect the vulnerable adult.

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

Sexual Assault Crisis Center – Main Office: 410-626-7800; Hotline: 410-222-6800; www.annapolisywca.org; Provides sexual assault counseling, crisis intervention, therapy, and advocacy for sexual assault exams.

YWCA Domestic Violence Program – Main Office: 410-626-7800; Hotline: 410-222-6800; www.annapolisywca.org; A 24-hr. Hotline available for domestic abuse victims. Counseling for victims, perpetrators, and children. Safe shelter for victims and children. Legal services for victims; advice and representation in civil cases.

ELDER LAW

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

SPG ADV Byrd & Byrd, LLC Attorneys at Law – 14300 Gallant Fox Lane, Suite 120, Bowie, MD 20715; 301-464-7448 (call or text); byrdandbyrd.com; A general practice law firm, with an emphasis on elder law, estate planning and Medicaid matters. Our firm can also assist with general litigation, contract disputes, and personal injury cases.

SPG Chesapeake Elder Law LLC – 1997 Annapolis Exchange Parkway, Suite 300, Annapolis, MD 21401; www.chesapeake-elder-law.com

Disability Rights Maryland – 410-727-6352, Ext. 0; Toll-Free 800-233-7201; TTY 410-235-5387; disabilityrightsmd.org; A non-profit organization staffed by attorneys and paralegals. Its mission is to ensure that people with disabilities are accorded the full rights and entitlements afforded to them by state and federal laws.

SPG ADV Frame & Frame Attorneys Medicaid & Long Term Care Planning, Guardianship & Elder Law – 410-255-0373; www.FrameAndFrame.com; Over 70 years, we have served the needs of our local community providing services for thoughtful planning and during times of crises. We provide estate planning, elder law, guardianship and probate administration. We help you navigate the future, protect the past, and honor the present. We are proud to serve as your family's lawyer and trusted advisor to take the weight off your shoulders.

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

Maryland Legal Aid – Intake Number: 888-465-2468; www.mdlab.org; A private, non-profit law firm providing free civil legal services to low-income and marginalized persons and communities. Local office provides assistance in civil areas of law for clients who qualify by household income and by issues.

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

Maryland Senior Legal Helpline – Advice/Help Hotline: 866-635-2948; The Senior Legal Helpline is a free telephone service for persons living in Maryland, aged 60 years or older. Attorneys who staff the helpline provide legal advice, brief legal services, or a referral to another lawyer or to an appropriate public or private agency. By providing these services over the telephone, seniors can get help with their legal problems without having to leave home.

ADV McKenna Russo – 410-216-4000; 888 Bestgate Road, Suite 215, Annapolis, MD 21401; mckennaruslaw.com; Attorneys Maria McKenna, Nicole Livingston, and Kelly Burgy provide compassionate, personalized legal services in estate planning, trust and estate administration, elder law, and special needs planning. With decades of combined experience, they guide individuals and families through drafting essential documents and managing complex legal processes, easing the burden during life transitions and after loss.

MD Volunteer Lawyers Service – 410-547-6537; Toll-Free 800-510-0050; Note: Intake occurs Monday through Thursday from 9 a.m. to 12 p.m.; www.mvlslaw.org; A nonprofit organization that provides free legal services to low- and moderate-income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

Senior Citizens' Law Project of AA County – 410-972-2700; Toll Free 800-666-8330; www.mdlab.org; A private, non-profit corporation, Maryland Legal Aid provides free legal services to residents of AA County age 60 or over. Contributions are accepted. Free representation for certain types of legal problems. Specializes in problems with housing and evictions, consumer issues and other civil areas. Available to provide presentations to groups regarding legal matters affecting seniors. Generally, it does not prepare wills, living wills, or powers of attorney but can provide referrals.

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

Sixty Plus 2.0 Legal Program – 443-853-1011; civiljusticeinc.org; A non-profit organization committed to increasing low cost legal services to limited-income Marylanders. Through in-house legal services, technology and advocacy programs, and a network of member attorneys, Civil Justice connects Marylanders with a range of services including: Eviction, Foreclosure, and Home Title assistance; Consumer Protection and Tenant Debt Defense; and Attorney Referrals. Income limits may apply.

SPG ADV Stavelly & Sallitto Elder Law, LLC – 124 South Street, Suite 1, Annapolis, MD 21401; 410-268-9246; StavellySallittoElderLaw.com; At the heart of our practice is a deep understanding of the challenges faced by seniors, the disabled, and their loved ones as they navigate these issues: Elder Law • Medicaid & Asset Protection • Estate Planning • Estate Administration & Probate • Long Term Care Planning • Special Needs Planning • Guardianship. Call today for a free consultation.

EMERGENCY INFORMATION

AA County Fire Dept. Headquarters – Emergencies: Dial 911; 410-222-8300; www.aacounty.org/fire; The Fire Department stands ready as an all-hazards organization to assure the safety of our communities. We respond to calls for service, fires, medical and other emergencies as well as promote fire prevention strategies and life safety programs. The Anne Arundel County Fire Department enforces fire code compliance to ensure that buildings and properties are safe.

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American Red Cross of Central MD – 410-624-2000; Experienced a Disaster? Call 1-800 RED CROSS; www.redcross.org/local/dc-va-md-de/about-us/locations/central-maryland.html; Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Offices of Emergency Management – 410-222-0600 County; 410-216-9167 City; www.aacounty.org/departments/office-of-emergency-management; www.annapolis.gov/260/Office-of-Emergency-Management; County/city offices are responsible for the coordination of resources, in conjunction with regional, state, and federal partners, to assist citizens before, during, and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

EMERGENCY RESPONSE

Alzheimer's Association/MedicAlert and Safe and Found – Main: 1-800-432-5378; 24/7 Helpline: 800-272-3900; www.medicalert.org/our-partners/alz; A national program of the Alzheimer's Association that assists in the identification and safe, timely return of individuals with Alzheimer's disease and related dementias who wander off. Identification products including bracelet or necklace and wallet cards, 24-hour toll-free emergency crisis line, support and education are part of the program.

Annapolis City Police Dept. – Emergencies: Dial 911; Non-Emergency: 410-268-4141; Main Operator: 410-268-9000; Anonymous Tip: 410-280-CLUE; <https://www.annapolis.gov/413/Police>; Provides assistance with crime, abuse, and Neighborhood Watch programs. English/Spanish translation available.

AA County Fire Dept. Headquarters – Emergencies: Dial 911; 410-222-8300; www.aacounty.org/fire; The Fire Department stands ready as an all-hazards organization to assure the safety of our communities. We respond to calls for service, fires, medical and other emergencies as well as promote fire prevention strategies and life safety programs. The Anne Arundel County Fire Department enforces fire code compliance to ensure that buildings and properties are safe.

AA County Police Dept./Community Relations – Emergencies: Dial 911; Non-Emergency: 410-222-8610; www.aacounty.org/Police; General phone number for Police Dept. is for information on forming Neighborhood Watch programs, fingerprint kits, Operation Identification, senior liaison programs, scams, personal safety, and home security.

MD Poison Center/University of MD – Toll-Free 800-222-1222; www.mdpoison.com; Reach Poison Experts (specially trained pharmacists and nurses) who are ready to manage poisoning overdose calls 24/7. Call for emergencies or information about: medicine, household products, bites and stings, food poisoning, plants, chemicals, and overdoses.

Offices of Emergency Management – 410-222-0600 County; 410-216-9167 City; www.aacounty.org/departments/office-of-emergency-management; www.annapolis.gov/260/Office-of-Emergency-Management; County/city offices are responsible for the coordination of resources, in conjunction with regional, state, and federal partners, to assist citizens before, during, and after emergencies or disasters. Promote and instruct citizens in family and business preparedness.

EMPLOYMENT AND JOB COUNSELING

AA Workforce Development Corporation/Senior Focused Program – 410-987-3890; www.aawdc.org; Government funded employment programs for low-income seniors age 55 and older in AA County.

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

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

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

ESTATE PLANNING

SPG ADV Frame & Frame Attorneys Wills, Trusts, Probate – 410-255-0373; www.FrameAndFrame.com; For over 70 years, we have served the needs of our community providing legal services for estate planning, elder law, Medicaid & long term care planning, guardianship and probate. We help you navigate the future, protect the past, and honor the present. We are proud to serve as your family's trusted advisor to take the weight off your shoulders.

ESTATE SALE SERVICES

SPG Caring Transitions of Annapolis – 1110 Benfield Blvd, Rear Suite D, Millersville, MD 21108; www.ctannapolis.com

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

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

EXERCISE, BIKING, WALKING

SPG Agewell Senior Fitness LLC – 723 N. Market St., Suite 204, Frederick, MD; www.agewellseniorfitness.com

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; Empower Motivation Fitness, a 501(c)3 organization offering programs to assist those with Parkinson's Disease and other Movement Disabilities with programs engaging the body and the mind. Programs include Rock Steady Boxing, Monthly Art Classes, Loud Voice Training, and Music Therapy, Support Groups are also offered. Some programs are offered at a small fee, scholarships are available based upon need.

Jing Ying Institute Of Kung Fu and Tai Chi – 1195 Baltimore Annapolis Blvd, #6, Arnold, MD 21012; 410-431-5200; www.JingYing.org; Our mission is to collect, preserve, and share the philosophy, techniques, and traditions of Tian Shan Pai Gong Fu and Chen Shi TaiJi Quan to apply these ancient arts to modern times to help students improve their overall health, fitness, and quality of life.

MD Senior Olympics – 240-777-4930; info@mdseniorolympics.org; This organization promotes and provides athletic competition for seniors age 50 and older. Events are held May - October. Registration is required; call or email for information.

Marley Station Mall Walkers Program – 410-766-2033; The Marley Station Mall Walkers walk the mall Monday-Thursday at 10AM, Friday & Saturday at 9AM, and Sunday at 11AM. Call the mall for additional information.

Westfield Annapolis Mall Walkers Program – 410-266-5432; Walking Monday- Saturday at 7 a.m., Sunday at 9 a.m.

EYE CARE

Anne Arundel Eye Center – 127 Lubrano Drive, Suite 301, Annapolis, MD 21401; 410-224-2010; www.AnneArundelEyeCenter.com; Drs. Samuel Boles, M.D., offering complete ophthalmic exams and diagnostic surgical eye care with a specialty in cataract and glaucoma diagnosis and treatment. Accepting most insurances. Convenient hours available.

Chesapeake Eye Care & Laser Center – 410-571-8733; Toll-Free 877-DR4-2020; 2002 Medical Parkway, Sajak Pavilion, Suite 320, Annapolis, MD 21401; www.ChesapeakeEyeCare.com; We offer the latest procedures using advanced technology and leading-edge surgical techniques in a state-of-the-art surgery center. Specialties: Custom Laser Cataract Surgery, Eyelid Surgery, LASIK, Glaucoma, Retina, Dry Eye.

Crofton Family Eye Care – 410-721-2500; 1702 Transportation Blvd, Ste. I, Crofton, MD 21114; www.croftonfamilyeyecare.com; We are a private, professional practice providing comprehensive eye and vision care. Dr. Nina Doyle's specialty is in the area of low vision, geriatric eye care, and vision rehabilitation.

EyeCare America – 877-887-6327; www.aao.org/eyecare-america; EyeCare America is one of the country's leading public service programs that provides eye care through our volunteer ophthalmologists. Since 1985, we have helped more than 2.2 million people. Ninety percent of the care provided is at no out-of-pocket cost to the patient. Elderly patients and those at increased risk for glaucoma may be eligible for free eye care exams.

FINANCIAL SERVICES AND PROGRAMS

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

SPG ADV Edward Jones Investments/Robert Keeley – 1321 Generals Highway, Suite 301, Crownsville, Maryland 21032; 410-923-6496; edwardjones.com; Financial Advisor Edward Jones - Robert G. Keeley, CFP and our team invite you to call for a complimentary initial appointment. Let us explore your goals and help make them a reality. Your money shouldn't stop working when you do!

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

Legacy WealthCare – 410-897-9401; 888 Bestgate Road #305, Annapolis, MD 21401; www.legacyfinancialgroup.com; Provides expert assistance in the areas of investment, financial planning, and insurance.

SPG PFS Investments – www.primerica.com/jhopkins&origin=customStandard

FOOD AND NUTRITION (SEE ALSO LUNCH SITES)

AA County Food Bank (AACFB) – 410-923-4255; www.aafoodbank.org; Distributes food and basic necessities to pantry partners throughout Anne Arundel County. AACFB supplies food pantries, senior pantries, baby pantries, soup kitchens, backpack buddy programs at schools and more. AACFB Senior Pantries offer nutritional drinks to those with dietary constraints and incontinence supplies to those in need. A current list of pantries and programs, including the pet food pantry, backpack program, baby pantry, and the soup kitchen program, can be found at aafoodbank.org/need-help. Donations are appreciated. Volunteer opportunities available. Food donation drop off times: Mon.–Fri. 9 a.m.–12 noon and 1 p.m.–3 p.m.

AA County Dept. of Aging and Disabilities/Senior Nutrition Program – 410-222-4464; www.aacounty.org/aging-and-disabilities/services/senior-nutrition-program

AA County Dept. of Human Services-Annapolis and Glen Burnie – 1-800-332-6347; TTY 1-800-735-2258; Holiday Sharing: 410-269-4462; www.dhr.maryland.gov/local-offices/anne-arundel-county; The Dept. provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Temporary Disability Assistance Program (TDAP). Also administers elder and child abuse, domestic violence, and many other programs. Emergency assistance is available.

FUNERAL HOMES

SPG Barranco Severna Park Funeral Home & Cremation Care, P.A. – 495 Ritchie Highway, Severna Park, MD 21146; 410-647-2400; barrancofuneralhome.com; Family-owned and operated since 1960. Helping plan personalized celebrations of life. Whether pre-planning or in immediate need, our caring staff can help.

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

SPG Fellows, Helfenbein & Newnam Cremation and Funeral Care, P.A. (Lasting Tributes) – 408 S. Liberty Street, Centreville, Maryland 21617; lastingtributesfuneralcare.com

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

ADV Kirkley-Ruddick Funeral Home – 421 Crain Highway, S.E., Glen Burnie, MD 21061; 410-766-2200; kirkleyrud-dickfuneralhome.com; Our family has been serving the community since 1954. We are proud to embrace traditional values, diversity, and innovation in honoring the spirit and life of each person we serve. Our pledge is to honor your loved one and family with dignity, respect, and personal attention to every detail. We welcome you like a guest but treat you like family.

GENERAL

SPG Anne Arundel County Department of Aging & Disabilities – 2666 Riva Road, Annapolis, MD 21401; www.aacounty.org/aging

SPG Crosswalk Coaching & Consulting, LLC – 2739 Dragon Fly Way, Odenton; www.crosswalkcoachingandconsulting.com



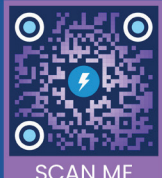
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SPG **Encore Creativity for Older**

Adults – 6955 Willow Street, NW, Washington, DC 20012; www.encorecreativity.org

SPG ADV **Support for Aging, LLC** – 14

Carvel Circle, Edgewater, MD 21037; in development will be www.supportforaging.com

HEALTH ORGANIZATIONS

AA County Dept. of Health/Adult Evaluation and Review Services (AERS)/Nurse Monitoring Service (NMS) – 410-222-4361 AERS; 410-222-7183 NMS; <https://www.aahealth.org/adult-health-services/aging-and-disability-services>; ERS conducts comprehensive evaluations in the home for people who are at risk of institutionalization due to functional limitations and low income. Registered nurses and licensed social workers assist individuals with identifying services and make recommendations and referrals to support living in the community. Referrals come through MAP (Maryland Access Point). NMS provides visits to participants in the Community First Choice and Community Options Waiver. Registered nurses monitor the participants' health and safety.

ALS Association (ALSA) – 301-978-9855; Toll-Free 866-348-3257; www.als.org/support/states; Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for amyotrophic lateral sclerosis (ALS) and primary lateral sclerosis (PLS).

SPG ADV **Alzheimer's Association -**

Greater Maryland – 502 Washington Avenue, Suite 300, Towson, MD 21204; www.alz.org/maryland

American Cancer Society – Toll-Free 800-227-2345; www.cancer.org; <https://www.cancer.org/about-us/local/maryland.html>; A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

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

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

American Lung Association – Toll-Free 800-LUNGUSA (800-586-4872); www.lung.org; Its mission is to save lives by preventing lung disease and promoting lung health through advocacy, education, and research. Services include smoking cessation, support groups for people with chronic lung disease, asthma management programs, and a toll-free helpline.

American Parkinson Disease Association – Toll-Free 800-223-2732; www.apdaparkinson.org; <https://www.apdaparkinson.org/community/maryland>; The primary mission of this organization is to find a cure. The local organization provides information and support groups for patients and caregivers. Meets at the Elks Lodge in Severna Park. Call for days and times.

American Red Cross/Chesapeake Region – 410-624-2000; 1-800-Redcross (for blood donation); Toll-Free 800-733-2767; www.redcross.org/local/maryland-delaware.html; Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Anatomy Gifts Registry – 410-863-0491 Office; 410-863-0497 Fax; Toll-Free 800-300-5433; www.anatomygifts.org; Dignified Body Donation. A nationwide, non-profit whole body donor program, benefiting medical research and education. Please call for information on enrollment or Donor Services.

AA County Dept. of Health – 410-222-7095; TTY 410-222-7153; www.aahealth.org; This is the general number for the county Dept. of Health which offers a variety of health services including immunizations and programs for mental health and addictions. Call for clinic information. Spanish interpreters are available.

Arthritis Foundation – Toll-Free 1-800-283-7800; www.arthritis.org; <https://www.arthritis.org/local-offices/md>; Provides information on arthritis research and the importance of appropriate treatment and offers free literature, water and land exercise programs, physician referral, and education programs.

Bay Community Support Services, Inc. – Annapolis: 410-224-4205; Southern Maryland: 240-309-4046; www.baycss.org; A full-service agency that provides support services for individuals with disabilities in Maryland in all stages of life. Direct services include residential, individual and family support services, community living arrangements and vocational services.

SPG ADV **Chesapeake Supportive**

Care – John & Cathy Belcher Campus; 90 Ritchie Highway, Pasadena, MD 21122; 443-837-3376; 877-920-5472; chesapeakeupportivecare.org; Experts in supporting those with advanced illness manage pain and other symptoms. This not-for-profit helps individuals navigate the complexities of healthcare, reducing unnecessary suffering with a patient-centered care plan. Working with primary care physicians and specialists, the supportive care team creates space for patients and families to experience meaningful moments in their journey with advanced illness.

Leukemia and Lymphoma Society – 443-471-1600; 800-955-4572; <https://lls.org/mid-at>; Provides information and support, financial assistance, education, advocacy and research on blood cancer.

Maryland Health Connection – 1-855-642-8572; <http://marylandhealthconnection.gov>; Maryland Health Connection is our State's health insurance marketplace. We're your one-stop shop for health insurance in Maryland. Here you can shop, compare and select a health plan that meets your needs and those of your family. Even if you've never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children's Health Program (MCHP). No matter what type of insurance you qualify for – public or private—we've got you covered.

MD Kidney Disease Program – 410-767-5000; health.maryland.gov/pha/Pages/maryland-kidney-disease-program.aspx; Provides for the payment of Medicare deductibles and co-insurance for end-stage renal disease. New electronic claims administration system gives increased functionality for providers to enter and submit claims electronically.

MedicAlert Foundation – Main: 1-800-432-5378; 24/7 Helpline: 800-272-3900; www.medicalert.org/our-partners/alz; A national program of the Alzheimer's Association that assists in the identification and safe, timely return of individuals with Alzheimer's disease and related dementias who wander off. Identification products including bracelet or necklace and wallet cards, 24-hour toll-free emergency crisis line, support and education are part of the program.

The Michael J. Fox Foundation – michaelfox.org; The Michael J. Fox Foundation's (MJFF) agenda is focused on building improved knowledge about the lived experience of Parkinson's disease, finding an objective test for Parkinson's, engaging patients in research and supporting the development of new treatments and a cure.

National Kidney Foundation of MD – 410-494-8545; Toll-Free 800-671-5369; www.kidney.org/offices/nkf-serving-maryland-delaware; Provides patient education, support and research, medical identification jewelry, emergency financial assistance, and free health disease screenings.

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

ADV O'Donnell Vein & Laser – 166 Defense Hwy, Ste 101, Annapolis, MD 21401; 499 Idlewild Ave, Ste 101, Easton, MD 21601; 410-224-3390; odonnellveinandlaser.com; Premier medical center specializing in the diagnosis and treatment of varicose veins, spider veins, and non-healing wounds. Also offering advanced aesthetic services, including laser treatments, injectables, RF microneedling, hair restoration, and professional skincare.

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

SPG Parkinson's Foundation Mid-Atlantic Chapter – 2129 Hallmark Drive, Gambrills, MD 21054; parkinson.org/midatlantic

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

HEARING AIDS

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

SPG Chesapeake Hearing Centers – 650 Ritchie Highway, Suite 104, Severna Park, MD 21146; www.helpyourhearing.com

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

HOME BASED PRIMARY CARE

SPG ADV OnSite Medical House Calls – 760 Chessie Crossing Way Woodbine MD 21797; Office 410-255-0102; Fax 410-255-0103; www.onsitemedicalcalls.com; Onsite Medical brings the doctor's office to the comfort and convenience of your home. We specialize in delivering primary, psychiatric and palliative care for medically complex chronically ill, home-bound patients.

HOME CARE

SPG A Homemade Plan – 130 Holiday Court, Suite 106, Annapolis, MD 21401; www.ahomemadeplan.com/maryland-home-care/locations/anne-arundel-home-care

SPG Amada Senior Care – 134 Holiday Court, Suite 306, Annapolis, MD 21401; www.Amadaannapolis.com

SPG ADV Avila Home Care – Luminis Health Anne Arundel Medical Center, 2000 Medical Parkway Unit 607, Annapolis, MD 21401; 410-826-6100; www.avilahomecare.com; Best of Home Care- Provider of Choice for 7th straight year! Avila's 500 Caregivers serve 250 clients in their own homes and in 30 Senior Living Communities in the Annapolis and Baltimore regions. Avila offers 2-hour visits, 24/7 care, and everything in between, with No Long-Term Contract required. Avila provides Personal and Companion Care, including Memory Care, Hospice Support and Care for Veterans. Avila's Caregivers can also help clients with Transportation, Light Housekeeping and Laundry, Meal Preparation and Medication Reminders. Avila's partners include Luminis Health Gilchrist Lifecare Institute, GBMC, and LifeBridge Health Partners. Call 410-826-6100 to ask for a Free In-Home or In-Hospital Assessment by one of Avila's Nurses.

SPG Capital City Nurses – 244 Puritan Place, Annapolis, MD 21409; www.capitalcitynurses.com

SPG ComForCare Home Care – 7310 Ritchie highway suite 814, Glen Burnie Md 21061; www.comforcare.com/maryland/n-anne-arundel.html

SPG CoreCare Coordination – Annapolis, MD; CoreCareCoordination.com; CoreCare Coordination simplifies healthcare management for seniors and their families. Based in Annapolis, MD, we provide personalized care coordination, ensuring seamless medical appointments, reliable transportation, medication management, and advanced directive support. Our compassionate team advocates for clients, helping them navigate the complexities of healthcare with ease. Whether coordinating with providers or organizing essential records, we bring peace of mind to families by delivering organized, proactive support. Learn more at CoreCareCoordination.com.

SPG ADV Griswold Home Care – 574 F Gov. Ritchie Hwy., Suite 187, Severna Park, Maryland 21146; www.griswold-homecare.com/AnneArundel

SPG Home Instead – 1511 Ritchie Highway, Ste. 301, Arnold, MD 21012; www.homeinstead.com/241

SPG Marcie Care, LLC – 14502 Greenview Dr Suite 451, Laurel; www.marciecare.com

SPG Response Senior Care, LLC – 31 Old Solomons Island Rd, Ste B, Annapolis, MD 21401; www.response-seniorcare.com

SPG ADV Right at Home – 801 Compass Way #4, Annapolis MD 21401; RightAtHomeAA.com

SPG Senior Helpers of Laurel – 2191 Defense Hwy, Ste 106, Crofton MD 21114; www.seniorhelpers.com/md/laurel

SPG Thrive USA Home Care – 1750 Monocacy Blvd, Frederick, MD, 21774; www.thriveyourway.com

SPG Tribute Home Care – 3501 Clipper Rd, Baltimore, MD, 21211; www.tribute-homecare.com

SPG True Companion Care Enterprises, LLC – PO Box 461, Arnold, MD 21012; www.truecompanioncare.com

SPG Visiting Angels Living Assistance Services – 3168 Braverton St. Suite #400, Edgewater, Maryland 21037; www.Visitingangels.com/Edgewater

HOME CARE, NON-MEDICAL

AA County Dept. of Aging and Disabilities/Long Term Care Bureau/In-Home Aide Services (IHAS) Program – 410-222-4257; www.aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/Telephone Reassurance – 410-222-4257; www.aacounty.org/aging



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SCAN ME

SPG A Helper's Heart – 454 Laurel Valley Court, Arnold, MD 21012; www.ahelpersheart.com

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

ADV Angel Care Network – 443-758-5969 855-ANGEL-CN (855-264-3526); P.O. Box 561 Riva, MD 21140; www.angelcarenetwork.com; Providing in-home personal and companion care for seniors and disabled individuals. Available 2 to 24 hours.

SPG ADV Assisting Hands of Annapolis – 170 Jennifer Rd Suite 120 Annapolis MD 21401; 667-408-8400; assistinghandsannapolis.com; info_annapolis@assistinghands.com. All of our caregivers are certified, trained, insured, and background checked to provide you with the professional solution for your non-medical needs. No minimums - our care is designed to specifically fit your needs, whether it's a few hours per day, around the clock, or even live-in. Veterans Affairs and Long-Term Care insurance welcomed. We look forward to serving you!

SPG CareProvide – 53 Old Solomons Island Road, Suite J., Annapolis, MD 21401; careprovide.com

SPG ADV Chesapeake Caregivers, Inc. – 1410 Forest Drive Ste 31, Annapolis, Maryland 21403; 410-919-0190; chesapeakecaregivers.com; info@chesapeakecaregivers.com; In-Home Care for all aspects of Activities Daily Living (meal prep, light housekeeping, transportation, medication reminders, etc.) Personal/Memory Care (incontinence, bathing, dementia, etc.) Specialized Care (hospice support, transfers, bedridden, transitional care, etc.), as well as, assistance with Care Coordination. 24/7 availability, 4-hour min. RN Assessments, CNAs, and Compassionate Caregivers.

Chores and More/St. Andrew by the Bay Catholic Church – 443-808-3875; choresandmore3@gmail.com; www.standrewbythebay.org; This ministry serves people in the Broadneck Community who may be shut in, elderly, homebound, who need a helping hand. Services most often provided are trips to the doctor, grocery shopping or minor chores. Sponsored by Churches on the Broadneck Peninsula, this program offers volunteer services Monday-Friday at no cost or obligation to the recipient. We ask that you contact us a minimum of 10-14 days ahead of your request.

ComForCare Home Care – 443-906-6282; 846 Ritchie Highway, Suite L-2, Severna Park, MD 21146; www.ComForCare.com/Maryland/greater-annapolis; Compassionate care you can depend on. ComForCare nurse-supervised, licensed, bonded and insured caregivers provide in-home dementia and disability care, personal care, transition of care after a hospital or rehabilitation stay, transportation, medication reminders, light housekeeping, companionship and much more. Call for a free consultation.

Comfort Keepers – 443 788-1572; 10351 Southern Maryland Blvd #201, Dunkirk, MD 20754; www.annapolis-1000.com/comfortkeepers.com; Our team of top-rated home care professionals offer a full range of in-home companionship and personal care services. Through an interactive care coordination approach, our licensed, bonded, insured caregivers help seniors "age in place" successfully. From a few hours to 24/7 care daily, let us know how we can help.

SPG Ellis House LLC – 16601 Cavalry Dr, Rockville; ellishousecare.com

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

SPG Happy at Home Live In – 3746 Greenway Ln, Owings Mills, MD 21117; www.happyathomelivein.com

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

ADV Interim HealthCare of Annapolis — 1819 Bay Ridge Ave., Suite 235, Annapolis, MD 21403; 443-808-1003; www.interim.com/Annapolis; Looking for trusted senior care at home? Call Interim HealthCare of Annapolis for a flexible, customized schedule that meets your unique care needs. Our Certified Nursing Assistant caregivers specialize in dementia care, mobility, bathing and dressing, companion care, meal prep, light housekeeping, medication reminders, and transportation to medical appointments and errands. Our care is holistic-focused on mind, body, spirit, and family. Proudly serving our community in Anne Arundel, Charles, and Prince George's counties.

SPG ADV Mid-Atlantic Home Watch – 654 Mallard Court, Arnold, MD 21012; www.midatlantic-homewatch.com

Options For Senior America – 301-562-1100; 6 Montgomery Village Ave, Gaithersburg, MD 20879; www.option-scorp.com; An in-home care agency that serves the senior community.

Partners In Care/Member Care Services – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; The Member Care team provides assistance with navigating county and state agencies, offering resource referrals, and assistance with completing forms and applications. Neighborly assistance and resources are available for those transitioning home from hospital stays, as well as for caregivers in need of support in caring for a loved one. Additional services include friendly visits and phone calls, picking up groceries and prescriptions, and occasional light cleaning and laundry. Availability of these services is dependent on the gifts and talents of our volunteers.

Stay at Home Senior Care – 410-290-7690; 9430 Farewell Road, Columbia, MD 21045; www.stayathomesenior-caremd.com; Non-medical, in-home senior care. Companionship, meal planning and transportation, Incident transportation, shopping, errands, laundry, light housekeeping. Bonded and Insured.

SPG ADV Synergy HomeCare – 69 Mayo Rd., Suite 204, Edgewater, MD 21037; 410-263-4050; synergyhomecare.com; wecaremd03@synergyhomecare.com; Care that moves life forward creates hope and an immediate emotional connection. It provides a sense of reassurance and demonstrates our commitment to getting the flow of life back on track. Your loved one will thrive and you will feel relief knowing your aging mom or dad has compassionate care. Synergy HomeCare brings joy to seniors wherever they call home by providing the compassionate care they need, from a few hours a week to 24/7.

True Companion Care Enterprises, LLC – 410-507-5578; PO Box 461, Arnold, MD 21012; www.truecompanioncare.com; True Companion Care provides professional, in-home companion care services to seniors in an honest, genuine, compassionate way. Treating each with dignity and respect, while assisting them to remain as independent as possible in the comfort of their own home and senior communities.

SPG Visiting Angels Living Assistance Services – 3168 Braverton St. Suite #400, Edgewater, Maryland 21037; (410) 956-7771; Visitingangels.com/Edgewater

HOME HEALTH CARE

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – Enrolled Participants: 410-222-4366; Registry Waitlist: 410-222-4257; www.aacounty.org/aging

AA County Dept. of Aging and Disabilities/Community First Choice – 410-222-4257; www.aacounty.org/aging

Access Wellness Healthcare – 410-553-7897; 1406B Crain Hwy S., #307, Glen Burnie, MD 21061; www.accesswellnesshealthcare.com; Very seasoned Nurse Practitioner who will make house calls for primary care services to those who are homebound in Anne Arundel County, some areas of Bowie, and the Jessup area of Howard County.

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

SPG Bayada Home Healthcare – 360 Mae Rd, 21061

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

SPG CenterWell Home Health – 180 Admiral Cochrane Dr. Ste 250, Annapolis, MD 21401

ADV Daystar Home & Senior Healthcare – 240-234-7931; info@daystarhealthnetwork.com; daystarhealthnetwork.com; From daily tasks to skilled nursing, Daystar Home & Senior Healthcare offers compassionate, professional care tailored to your needs. Our licensed team provides both skilled and non-skilled nursing, home health aide support, customized care plans, and move-in/move-out assistance—ensuring comfort, independence, and dignity.

SPG Lean on Dee Home Care Services, LLC – 815 Ritchie Highway STE 206, Severna Park, MD 21146; www.leanondee.com

OnSite Medical House Calls – 410-255-0102 Office; onsitemedicalcalls@gmail.com; www.onsitemedicalcalls.com; OnSite Medical House Calls brings the doctor's office to the comfort and convenience of your home. The team of Nurse Practitioners who specialize in geriatrics, adult and family medicine.

SPG TheKey – 2288 Bluewater Blvd., Ste. 340, Odenton, MD 21113; www.thekey.com

HOME IMPROVEMENT, DESIGN, REPAIRS, AND MAINTENANCE

Accessible Homes for Seniors – 301-429-7409; Toll Free (Maryland Only): 877-218-8101; TTY 711 or 1-800-735-2258; dhcd.maryland.gov/Residents/Pages/ahsp/default.aspx; Provides zero percent interest deferred loans for a term of 30 years to finance accessibility improvements to the homes of seniors. All closing costs are included in the loan. Income guidelines apply. Information and applications can be obtained from the AA County Dept. of Aging and Disabilities: 410-222-4257.

SPG Ace Handyman Services Laurel – 413 Headquarters Dr. Suite 4F, Millersville, MD 21108; www.acehandymanservices.com/offices/laurel

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

ADV Five Star Bath Solutions – 410-980-9809; Servicing Annapolis, Anne Arundel and Beyond; fivestarbatholutions.com; Discover Five Star Bath Solutions for high-quality, safe, and ADA-approved bathing and accessibility options at an affordable price. We guarantee the perfect solution to help you regain independence and maximize your bathing comfort. Our services include ADA-approved safety seating, grab bars, and low-threshold shower options for any bathroom project, from full remodels to shower conversions to basic tub/shower updates.

SPG Frame House MD – Ask for Rachael Acevedo, Business Development; 443-768-8835; rachael@framehousemd.com; www.framehousemd.com; Frame House offers compassionate, high-quality renovation services to help seniors sell their homes for maximum value. We transform properties to appeal to today's buyers and offer a deferred payment option to ease the process. For a hassle-free solution, we also purchase homes for CASH, eliminating major challenges. Whether through thoughtful renovations or direct purchases, Frame House is committed to supporting seniors with expertise, care, and efficiency.

SPG Gold Seal Services – 6305 Falls Rd #300, Baltimore, MD 21209; www.goldsealservices.com

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

SPG Little Deeds – 410-450-4466; www.littledeeds.com; Your Home Accessibility Modifications Specialists! Proudly serving Anne Arundel County and surrounding areas with compassionate, expert care. We deliver five-star-rated home safety solutions for seniors and individuals with disabilities, including grab bars, handrails, tub-to-shower conversions, wheelchair ramps, and more. Our team applies for the 50% Maryland Independent Living Tax Credit on your behalf, saving you time and money. We also coordinate with other trusted providers to ensure a smooth, stress-free experience for seniors and their families.

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



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Anne Arundel County

Contact us today to learn more:
410-975-9750

www.griswoldhomecare.com/annearundel



SPG ADV Mid-Atlantic Home Watch – 410-570-5221; midatlantic-homewatch.com; Are you returning from the hospital or subacute rehabilitation facility and need help preparing your home? As Certified Aging in Place Specialists (CAPS), we will work with you, your support team, discharge coordinator, and the most trusted local contractors to make sure your home is ready when you are. From Safety and Accessibility Assessments to home modifications and renovations, we will work tirelessly so that you may grow older at home – safely, independently, and comfortably.

Partners In Care/Repairs With Care – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Partners In Care volunteers help members maintain their homes for safe and independent living. Services include nonprofessional skills such as light carpentry, repairing leaky faucets and toilets, replacing light bulbs, and addressing safety issues by installing handrails, repairing stairs, and installing bathroom safety equipment. Availability of repairs is dependent on the gifts and talents of our volunteers.

Rebuilding Together/AA County – Information@RebuildingTogetherAAC.org; rebuildingtogether.org; Home repairs for low-income, older adults, and/or homeowners with disabilities. Applications are taken year-round. Volunteers welcome.

SPG ADV ShelfGenie of Annapolis – 410 216-5617; ShelfGenie.com; Everything within reach. Making our clients' lives easier is important to us. With our custom-made shelving solutions, we can transform your frustrations with your cabinet, closet, pantry, and drawers into joy. Proudly serving Anne Arundel, Prince Georges, Calvert, and parts of Queen Anne's Counties.

Stay Home Safely, LLC – 443-679-6200; 1919 Eamons Way, Annapolis, MD 21401; www.stayhomesafely.com; Provides home modification services, including grab bars, stair lifts, and zero-entry showers. Also provides physical and occupational therapy in the client's home. Home assessment is available.

SPG ADV Steps to Stay – 410-940-3563; stepstostay.com; Stay safe and independent in the home you love! Our Certified Aging in Place Specialist and Occupational Therapist provides personalized home assessments to identify risks, recommends practical modifications—from simple safety upgrades to mobility-friendly renovations—and coordinates with builders to ensure professional implementations. We also provide equipment recommendations, caregiver training, and individualized functional therapy to help our clients maintain the ability to perform daily activities independently with confidence.

Weatherization Assistance Program – Toll-Free 855-583-8976; dhcd.maryland.gov/Residents/Pages/wap/default.aspx; Operated by the Department of Housing and Community Development's Housing and Building Energy Programs section. Helps low-income households through the installation of energy conservation materials in their dwelling units. Must be eligible for MD Energy Assistance Program (MEAP) to participate in the Program.

HOSPITALS

ADV Luminis Health Anne Arundel Medical Center – 443-481-1000; 2001 Medical Parkway, Annapolis, MD 21401; luminishealth.org; Provides medical care, imaging services, a substance use treatment center, and other health enterprises.

University of Maryland Baltimore Washington Medical Center – 410-787-4000; 301 Hospital Drive, Glen Burnie, MD 21061; www.umms.org/bwmc; University of Maryland Baltimore Washington Medical Center (UM BWMC) provides comprehensive primary and specialty health care to residents of Anne Arundel County and the surrounding region.

Veterans Affairs MD Health Care System – 410-590-4140 for Glen Burnie VA- Outpatient; 410-305-5300 for Fort Meade VA-Outpatient; Benefits: 1-800-827-1000; Health Care: 1-877-222-8387; www.maryland.va.gov; Dedicated to providing quality, compassionate and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Loch Raven VA Community Living & Rehabilitation Center and six community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

HOSPICE CARE

SPG ADV Hospice of the Chesapeake – John & Cathy Belcher Campus; 90 Ritchie Highway, Pasadena, MD 21122; 410-987-2003; 800-462-1101; hospicechesapeake.org; A not-for-profit organization that provides medical, emotional, and spiritual care to support individuals affected by advanced illness. They do this wherever the patient calls home, regardless of inability to pay. A multi-disciplinary team approach ensures quality, compassionate care, creating a comfortable space for loved ones to experience moments that matter with friends and family.

SPG Luminis Health Gilchrist Lifecare Institute – 2000 Medical Parkway, Suite 607, Annapolis, MD 21401

HOUSE CLEANING

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

HOUSING/HOUSING COUNSELING

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

Community Action Agency of AA County – 410-626-1900; www.aaccaa.org; Committed to providing services and opportunities that eliminate the causes and conditions of poverty in AA County. The programs available to income eligible residents include housing assistance, home energy programs, Early Headstart, homeownership, reverse mortgage education, employment counseling for youth and adults. The Youth Service Bureau offers comprehensive counseling and intervention. Bilingual Spanish staff available.

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

MD Dept. of Human Resources – Toll-Free 800-332-6347; TTY 800-925-4434; dhs.maryland.gov; Provides help and information about numerous state-supported economic assistance programs, as well as abuse and neglect provisions. Living At Home: MD Community Choices program for eligible persons between the ages of 21 and 59 who have a disability. It is designed to help them live in the community.

INCOME ASSISTANCE

AA County Dept. of Human Services-Annapolis and Glen Burnie – Main: 1-800-332-6347 TTY: 1-800-735-2258; Annapolis Office: 410-269-4500 TTY: 410-269-4512; Glen Burnie Office: 410-421-8500 TTY: 410-421-8551; dhs.maryland.gov/local-offices/anne-arundel-county; Provides access to Medical Assistance, Food Stamps, Temporary Cash Assistance (TCA), Representative Payee Program, and Disability Entitlement Advocacy Program (DEAP). Also administers elder and child abuse, domestic violence and many other programs. Clients must apply in person or online at <https://mymdthink.maryland.gov/home/#/>

Asbury Church Assistance Network, Inc. (ACAN) – 410-647-7667; acan-severnapark.org; Food pantry is open Monday-Wednesday from 11AM-2PM.



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Home Health Companies | Hospice | Down Sizing Companies & Movers | Financial Advisors

North County Emergency Outreach Network (NCEON) – 410-766-1826; nceonglenburnie.wixsite.com/nceon-1; A nonprofit, community organization that assists with court-ordered evictions, utility shut-off notices, medication needs, and food needs. Hours are M-W-F 10 am-12:45 pm only. Clients must arrive by 12:45 PM to allow processing time. Financial assistance is limited to funds available per day, first come, first serve.

Office of Home Energy Program (OHEP) – 410-269-4500; 410-626-1900; 1-800-925-4434 Hearing impaired; dhs.maryland.gov/office-of-home-energy-programs; Helps low-income Maryland citizens pay heating bills; includes the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP). Download applications and brochures on the website. Application assistance available at the AA County Dept. of Aging and Disabilities.

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

SPAN, Inc., Serving People Across Neighborhoods – 410-647-0889; www.spanhelps.org; Emergency assistance network for those who have court-ordered evictions, utility shutoffs, and need money for medications. Food pantry available. Accept volunteer assistance. Serves a large part of AA County. It is recommended to call first.

Social Security Administration- Annapolis and Glen Burnie – Toll-Free 800-772-1213 Annapolis; Toll-Free 866-528-9873 Glen Burnie; TTY 800-325-0778; www.ssa.gov; Provides verification of contributions upon request and estimates of retirement benefits. Apply for benefits three months prior to age 66 for full benefits or age 62 for reduced benefits. Supplemental Security Income (SSI)- monthly benefits available for low-income persons who have a disability or are over 65 years of age.

South County Assistance Network (SCAN) – 410-867-2838; www.scanfood-pantry.org; Provides emergency food. No phone. Open Thursday and Saturday, 9 a.m.-noon, at St. James' Parish, 5757 Solomons Island Road, Lothian, MD 20711. Also has a clothing closet with free clothing for women, men, and children.

INFORMATION AND ASSISTANCE

Accessible Resources for Independence – 410-636-2274; www.arinow.org; Accessible Resources for Independence, Inc. (ARI) is a nonprofit agency serving more than 5,000 people with disabilities in Anne Arundel and Howard Counties since 2011. We provide independent living services to anyone with a disability at any age including children, seniors, and veterans at no charge. Our mission is to maximize the independence of people with disabilities so they enjoy self-directed, productive lives. ARI provides services to enhance quality of life and strengthen support systems including accessibility adaptations, counseling, technical assistance, training, transitioning services and more...all designed to help people with disabilities take part in and contribute to their communities.

Anne Arundel County Community Engagement and Constituent Services – 410-222-1785; www.aacounty.org/coun-ty-executive/cecs/constituent-services; The Office of Constituent Services serves as the direct link between County Executive Stuart Pittman and the residents of Anne Arundel County by providing personal attention to all constituent matters and actively engaging in our communities to help make our county the Best Place for All.

AA County Dept. of Aging and Disabilities/Adult Public Guardianship – 410-222-4257; TTY users call via MD Relay 711; www.aacounty.org/aging

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

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

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

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) – 410-222-4257; www.aacounty.org/aging

Catholic Charities Senior Communities – 667-600-2000 Main; 667-600-2280 Senior Communities; 1-888-502-7589 (MD Only); cc-md.org/senior-communities; Maryland's largest private provider of human services to all people regardless of faith. Services for seniors in Anne Arundel County include: rent-assisted senior housing communities at Arundel Woods in Glen Burnie, and Friendship Station and Friendship Village in Odenton; Caring Home Services programs - offers meals, housekeeping, laundry, and personal services to those who need a helping hand.

Center of Help (Centro de Ayuda)

– 410-295-3434; centerofhelp.org;

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

Eldercare Locator – Toll-Free 800-677-

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

Luminus- Network for New Americans – 410-992-1923; www.beluminus.org;

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

MD Volunteer Lawyers Service – 410-

547-6537; Toll-Free 800-510-0050; Note: Intake occurs Monday through Thursday from 9 a.m. to 12 p.m.; www.mvlslaw.org; A nonprofit organization that provides free legal services to low- and moderate-income people across MD. Assists with adult guardianship, bankruptcy (Chapter 7 only), criminal record expungement, deed changes, divorce, custody, foreclosure, landlord-tenant disputes, powers of attorney, wills, etc. Only handles civil legal matters, not criminal charges. Must meet certain income guidelines. Can also apply online, with the exception of family law cases.

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National Cancer Institute/Information – 301-496-4000; 1-800-422-6237; TTY: 301-402-9612; www.cancer.net/contact-us; A program of the National Cancer Institute that provides free literature on cancer, clinical trials, research programs, research funding, and the NCI.

OHLA (Organization of Hispanic/Latin Americans of Anne Arundel County) – 410-269-4421; 80 West Street, Suite A, Annapolis MD 21401; ohlainc.org; OHLA resides in the Community Resource Center run by the AA County Dept. of Human Services. The bilingual staff offers on the spot assistance for many issues affecting the Hispanic/Latino community including interpreter services, translation, immigration, legal questions, mediation, etc. Services are free.

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

Service Coordination, Inc. – Central Regional Headquarters; 410-235-8110; 9 Park Center Court, Suite 301, Owings Mills, MD 21117; www.servicecoord.org; Contracted by the Developmental Disabilities Administration (DDA) to assist those who have applied for DDA funded services. Service Coordination assists in the development of plans for clients by exploring options, helping to arrange and monitor needed supports, as well as advocacy as needed. Service Coordination also provides Supports Planning through the Community First Choice and Community Personal Assistance Services Program in-home and community-based settings. All Service Coordination staff are fully mobile.

2-1-1 Maryland – 301-970-9888 Main; Toll Free 800-492-0618; Text 898-211 for alerts; TTY 410-685-2159; www.211md.org; United Way of Central Maryland provides free, confidential information and referral to health and human service agencies in MD 24 hours a day, 7 days a week in over 150 languages.

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

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

INSURANCE SERVICES

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

SPG ADV Amada Senior Care – 134 Holiday Court, Suite 306, Annapolis, MD 21401; 443-569-0799; Amadaseniorcare.com; We are consumer advocates for people with long term care insurance policies. We don't sell insurance but help policy holders understand, navigate and unlock their policy. Our free policy review can help to access money for in-home caregivers or Assisted Living.

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

Maryland Health Connection – 1-855-642-8572; marylandhealthconnection.gov; Maryland Health Connection is our state's health insurance marketplace. We're your one-stop shop for health insurance in Maryland. Shop, compare and select a health plan that meets your needs and those of your family. Even if you've never been able to afford health insurance in Maryland before, you may now qualify for financial help to pay for private health insurance. You or a member of your family may also now be eligible for Medicaid or Maryland Children's Health Program (MCHP). No matter what type of insurance you qualify for – public or private – we've got you covered.

INTERIOR DESIGN

SPG Brightwork Interior Design – 783 Springbloom Dr, 21108; www.brightworkinteriors.com

LGBTQ+ RESOURCES

Chase Brexton Health Care/Anne Arundel County Center – 410-837-2050; 200 Hospital Drive, Suite 300, Glen Burnie, MD 21061; chasebrexton.org; At Chase Brexton, we are passionate about people and passionate about addressing their health care needs. Chase Brexton provides a different health care experience. Everyone is welcome!

Delmarva Pride Center, Inc. – delmarvapridecenter.com; info@delmarvapridecenter.com; Facebook and Instagram @DelmarvaPrideCenter; 7401 Ocean Gateway, Easton, MD 21601; The Delmarva Pride Center is a not-for-profit community service organization dedicated to creating a positive environment inclusive of all sexual orientations and gender identities. Provides programs, events, and activities to support, educate, connect, organize, and provide outreach to the Delmarva LGBTQIA+ community and its allies. These include socials, support groups, individual support, book club, referrals to businesses and service providers that are LGBTQIA friendly, a community meeting space, and more.

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

LGBTQ+ Hearts and Ears – 410-523-1694; www.heartsandears.org; Hearts & Ears, Inc. is a non-profit organization for Gay, Lesbian, Bisexual, Transgender, Intersex, and Questioning individuals with mental health issues and concerns. Monday-Friday 10AM-4PM.

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

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

SPG ADV Support for Aging, LLC. – www.supportforaging.com; “Making life better for older adults and the people who love them.” We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer’s and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

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

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LIBRARIES

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

Library by Mail/Glen Burnie Library – 410-222-6270; TTY users, please call via Maryland Relay 7-1-1; www.aacpl.net; Personalized library service. Delivers the full range of library materials and services via the mail. For County residents of all ages who are homebound, either permanently or temporarily, due to illness, disability, or injury.

MD State Law Library – 410-260-1430; Toll-Free 888-216-8156; mdcourts.gov/lawlib; The Maryland State Law Library serves the needs of Maryland's citizens and government by building and preserving collections of legal information resources, promoting access to these collections, and creating educational opportunities that enhance the understanding of legal information.

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

LOAN CLOSETS

Assistive Technology Loan Program – 410-222-4383; www.aacounty.org/aging-and-disabilities/services/assistive-technology-loan-program; The Anne Arundel County ADA Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of 3 weeks or schedule a product demonstration with ADA staff free of charge. To schedule an appointment to see or borrow an Assistive Technology device, please call 410-222-4383, email agmart11@aacounty.org, or complete the online form.

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

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

Maryland Durable Medical Equipment Re-Use – 240-230-8000; dme.mdoa@maryland.gov; aging.maryland.gov/pages/DME.aspx; The Maryland Department of Aging is providing durable medical equipment (DME) to Marylanders with any illness, injury, or disability, regardless of age, at no cost. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need. DME Request Form must be completed and submitted for both basic and complex DME. Request forms are available online.

Orphan Grain Train – 410-417-9674; info@md-orphangraintrain.org; www.ogt.org/branches/md; Warehouse Location: 621 East-West Blvd., Millersville, MD 21108; Mailing Address: P.O. Box 1741, Millersville, MD 21108; Orphan Grain Train's Maryland Branch in Millersville provides durable medical equipment and supplies, clothing, and school supplies for those in need. Donations for these items are accepted at the receiving dock on Mondays and Tuesdays from 9AM-12PM, Tuesday 5PM-7PM, and the 2nd Saturday of every month from 9AM-12PM. Clothing should be bagged.

LUNCH SITES

The **Senior Nutrition Program** operates 22 nutrition sites within Anne Arundel County. Nutrition sites provide a hot lunch, classes and leisure activities; 410-222-4257; www.aacounty.org/aging; **Locations include:** Annapolis Senior Activity Center; Arnold Senior Activity Center; Arundel Woods Senior Housing*; Bay Forest Senior Apartments*; Brooklyn Park Senior Activity Center; Claiborne Place*; College Parkway Place*; Friendship Station Senior Housing*; Glen Forest*; Glen Square Senior Housing*; Heritage Crest Senior Housing*; Lula Scott Nutrition Site; Morris Blum Apartments*; Morris Hill Community Center*; O'Malley Senior Activity Center; Pasadena Senior Activity Center; Pascal Senior Activity Center; Pinewood Village I Senior Housing*; Pinewood Village II Senior Housing*; Pumphrey*; Severn Senior Activity Center; South County Senior Activity Center; * = Lunch sites at residential buildings are only open to residents of those buildings.

MASSAGE THERAPY

Change Your Pace, LLC – 410-216-2435; 1511 Ritchie Highway, Suite 104, Arnold, MD 21012; www.changeyourpace.com; Change Your Pace Therapeutic Massage and Bodyworks specializes in enhancing well-being through personalized massage therapies, with a particular expertise in addressing the unique needs of the mature population. Our skilled therapists are experienced in providing treatments that promote relaxation, improve mobility, and alleviate discomfort for older adults, ensuring a rejuvenating experience tailored to each individual. Committed to overall health and vitality, we take pride in offering a soothing and revitalizing environment that caters to clients of all ages.

MEDIA AND MARKETING

SPG DK Creative Services LLC – 300 Linden Shade Court, Millersville, MD 21108; www.dkcreativeservices.com

SPG Stroll Davidsonville – 221 Bowen Court, Annapolis, Maryland 21401; strollmag.com

SPG What's Up? Media, Inc. – 900 Bestgate Road, Ste. 202, Annapolis, MD 21401; www.whatsupmag.com

MEDIATION

AA Conflict Resolution Center – 410-266-9033; aacrc@aacrc.info; www.aacrc.info; Provides mediation services in disputes between family members, landlords and tenants, neighbors, employees and employers, businesses, etc. Mediation helps people resolve conflicts peacefully and without going to court. Conflict resolution classes and training are available. No fee. Anger management classes are offered to members of the community at no cost.

Annapolis City Police Department – Emergencies- Dial 911; Non-Emergency- 410-268-9000; 410-268-4141; TTY 410-268-1844; 410-280-CLUE (2583) Anonymous tips; www.annapolis.gov/police; City of Annapolis Police Dept. provides assistance with crime, abuse, and Neighborhood Watch programs. Free conflict resolution sessions held Monday through Friday. Provides orientation to the U.S. for new immigrants. English/Spanish translation available.

State's Attorney's Office/Mediation Center – 410-222-1740; www.aacounty.org/sao/legal-resources/mediation-center; Provides free mediation services as an alternative to resolving disputes in the court system and the community.

MEDICAL PRODUCTS & SERVICES

ADV AAUrology – 600 Ridgely Ave., Annapolis, MD 21401; 410-266-8049; www.aaurology.com; AAUrology is the premier urology group in the Annapolis and surrounding areas with 30 providers, 5 locations, 2 surgery centers, 2 UTI clinics and a new interventional radiology center. We provide compassionate urological care to your entire family in your community.

Americle Healthcare, Inc. – 410-721-0958; 740A Generals Hwy, Millersville, MD 21108; www.Americlehc.com; Americle Healthcare is a medical supply and equipment company that has been providing excellent service to the mid-Atlantic region for over 25 years.





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ADV Freedom Mobility Solutions – Experience newfound independence with Freedom Mobility Solutions at 7271 Park Circle Drive, Suite 100, Hanover, MD 21076 or 20155 Ashburn Crossing Dr. #120 Ashburn VA 20147. Call 888-414-6553 for inquiries. We offer home medical equipment for purchase or rental, including ramps, stairlifts, scooters, powerchairs, and more. Our aim is to enhance senior mobility, increasing both independence and accessibility. Trust us to provide the solutions you need to live life to the fullest. Choose Freedom Mobility Solutions for your mobility needs today!

Maryland Durable Medical Equipment Re-Use – 240-230-8000; dme.mdoa@maryland.gov; aging.maryland.gov/pages/DME.aspx; The Maryland Department of Aging is providing durable medical equipment (DME) to Marylanders with any illness, injury, or disability, regardless of age, at no cost. All equipment is collected via donation and is sanitized, repaired, and redistributed to Marylanders in need. DME Request Form must be completed and submitted for both basic and complex DME. Requests forms are available online.

Partners In Care/Connect America – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Helping older adults remain independent in their homes. Partners In Care/Connect America Personal Emergency Response System (PERS) is a waterproof medical alert device you wear on your wrist or a pendant around your neck that is designed to reduce the concerns and risks of being alone. In the event of a scare, fall, or emergency, help is available at the touch of a button. Maryland Medicaid Waiver Provider. Call for more information.

MEDICARE, MEDICAID

AA County Dept. of Aging and Disabilities/Home and Community-Based Options Waiver – Enrolled Participants: 410-222-4366; Registry Waitlist: 410-222-4257; www.aacounty.org/aging

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

AA County Dept. of Aging and Disabilities/SMP (Senior Medicare Patrol) – 410-222-4257; www.aacounty.org/aging

Medical Assistance (Medicaid) – 410-786-3000; Toll-Free: 877-267-2323; www.cms.gov/MedicaidGenInfo; Medical insurance program for low-income persons of all ages. Pays for medical and other health-related services.

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

MEMORY CARE

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

SPG ADV Support for Aging, LLC. – www.supportforaging.com; "Making life better for older adults and the people who love them." We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer's and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

MENTAL HEALTH

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

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

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

Baltimore Vet Center – 1777 Reisterstown Road, Suite 199, Baltimore, MD 21208; www.va.gov/baltimore-vet-center; Services include individual and group counseling, military sexual trauma counseling, grief support, substance abuse referrals, and employment assistance.

SPG ADV Inspirations Assisted Living & Memory Care – 833-346-8569; www.inspired-joy.com

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

National Alliance for the Mentally Ill MD (NAMI) – Anne Arundel County Warm Line 443-995-2222; Toll-Free 877-878-2371 MD Warm Line; namiaac.org; info@namimd.org; Volunteer, grassroots organization affiliated with the MD state and national NAMI organization. Provides information, assistance, support, advocacy and education for those dealing with mental illness and their caregivers. Support groups and free classes for both consumers and family and public education meetings are held frequently. Call or email for times and spaces.

On Our Own of Anne Arundel County, Inc. – 410-224-0116; 132 Holiday Court, Suite 210, Annapolis, MD 21401; www.onourownmd.org/s; Self-help group that provides support and advocacy for people living with mental illness and substance use disorders.. Fellowship, support, and advocacy. Call for times. Provides limited transportation within Annapolis.

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

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

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

MOVEMENT DISORDER

SPG ADV Support for Aging, LLC. – www.supportforaging.com; "Making life better for older adults and the people who love them." We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer's and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

MOVING RELOCATION SERVICES

SPG ADV Amada Senior Care – 134 Holiday Court, Suite 306, Annapolis, MD 21401; 443-569-0799; Amadaseniorcare.com; Provides senior placement services when staying at home is no longer an option. We help seniors and their families identify the best Assisted Living and Independent Living Communities for them based on location, amenities and budget at no cost to the family.

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



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MORE INFO





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SPG ADV Chessie Senior Movers

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

SPG Graceful Transitions – 1341

Hughes Ford Rd, Suite 112-A, Frederick, MD 21701; www.gracefultransitions.org

SPG Labor of Love – 1016 Blackwell Dr, Annapolis, MD 21403; laboroflove.me

SPG Moyer Move Management –

13050 Shawnee Lane, Clarksburg, MD 20871; www.moyermovemanagement.com

SPG RE/MAX Executive – 8432 Veterans Highway, Millersville, MD 21108, Millersville, MD 21108; www.deborah-wade.net

SPG Simply Organized Annapolis – 443-212-8389; simplyorganizedannapolis.com; Serving Anne Arundel County.

Our team of professional organizers carefully assist seniors and families with the multiple facets of moving and transitioning. We offer assistance with thoughtful organizing, downsizing, donation and debris removal, packing services, and also help to unpack and get you or your loved one settled into a new home in an organized way.

SPG Tender Heart Movers – 240-545-8910; tenderheartmovers.com; Provides compassionate, client-focused downsizing and relocation services to seniors and the disabled. Sorting through a lifetime of possessions can be emotionally and physically taxing. Our offerings encompass complimentary consultations, floor planning, decluttering, moving coordination, cleanouts, and settling-in assistance. Whether you're transitioning to a senior apartment, assisted living facility, or choosing to age in place, we're committed to ensuring a smooth transition for you and your loved ones.

MUSIC THERAPY

SPG ADV Annapolis Music Therapy

Services – 410-697-1812; 2568A Riva Road Suite 103, Annapolis MD 21401; www.annapolismusictherapy.com; Providing goal-oriented and relationship-based music therapy services across the lifespan.

NURSING CARE FACILITIES

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

SPG ADV Autumn Lake Healthcare – autumnlakehealthcare.com; Maintains a network of skilled nursing facilities committed to providing award-winning short-term and long-term rehabilitative care, while fostering warm, vibrant communities through the process. Each individually owned and operated center offers a wide range of services to meet the needs of each individual such as speech therapy, physical therapy, dialysis and wound care. For more information about Autumn Lake Healthcare and to find a facility near you, visit autumnlakehealthcare.com.

Complete Care of Annapolis – 410-267-8653; 900 Van Buren Street, Annapolis, MD 21403; Complete Care of Annapolis is a 97-bed skilled nursing facility staffed by a dedicated multidisciplinary team of caregivers. It also provides post-acute care, rehabilitation, pulmonary care, pain management, and more.

SPG ADV FutureCare Annapolis – Opening in June! – 2700 South Haven Road, Annapolis, MD 21401; 410-349-5100; www.futurecare.com; We are proud to announce that FutureCare Annapolis will be opening this summer! Annapolis will offer the WalkStrong orthopedic rehabilitation program, as well as offering post-surgical, stroke and cardiac care in our short-term rehab program. Long-term care will also be available for those choosing to call Annapolis home.

SPG ADV FutureCare Chesapeake

– 305 College Parkway, Arnold, MD 21012; 410-647-0015; www.futurecare.com; FutureCare Chesapeake is located in a beautiful woodland setting just minutes from Annapolis, Severna Park and Arnold. Short-term rehabilitation, long-term care and out-patient rehab, as well as in-house dialysis are available at FutureCare Chesapeake. Chesapeake is a Center of Excellence for the WalkStrong orthopedic rehab program, as well as offering post-surgical, stroke, and cardiac care post-acute services.

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

PARKS AND RECREATION

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

National Parks and Federal Recreational Lands/America the Beautiful Passes – 202-208-6843; www.nps.gov/planyourvisit/passes.htm; America the Beautiful Passes cover entrance fees at national parks and national wildlife refuges as well as standard amenity fees (day use fees). The Senior Lifetime Pass for 62 and older costs \$80 and the Senior Annual Pass for 62 and older costs \$20. The Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Documentation of age/disability and residency/citizenship is required. Passes can be obtained in person with no additional fee; however, if ordered online or by mail there is a processing fee of \$10.

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

Captain Avery Museum, Inc. – 410-867-4486; www.captainaverymuseum.org; The Museum offers a diversity of fun and educational events and programs, such as our award-winning Oyster Festival every October. Museum open Sundays 1 p.m.-4 p.m. Memorial Day through Labor Day and for all events. Grounds open daily, dawn to dusk.

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

Compass Pointe Golf Course – 410-255-7764; www.compasspointegolf.com; Public golf course. Memberships and Senior discounts available. Call for information.

The Preserve at Eisenhower Golf Course – 410-222-3400; <https://www.thepreserveateisenhower.com>; Public golf course. Senior (60+) discounts available. Call for information.

MD Dept. of Natural Resources/ State Parks – 1-800-825-7275; Toll-Free 877-620-8367; TTY 711; www.dnr.maryland.gov; Provides wildlife programs, hunting programs, parks, and recreation facilities. The Golden Age Pass is a non-transferrable, lifetime pass that provides seniors ages 62+ with free day entry to all State Parks that charge service fees, half price camping Sunday through Thursday (excluding holidays), and waived boat launching fees. You may purchase this pass online or at several state parks. Call the park service headquarters at 410-260-8186 for help finding a convenient location to purchase your pass. The Universal Disability Pass is a free, lifetime pass that permits the holder and one other person free entrance to day-use facilities at State Parks where there are service fees associated with entrance. Apply online or at any Maryland Service Center. Annapolis Service Center: 410-260-3220.

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

PETS AND PET CARE SERVICES

AA County Animal Care and Control Agency – 410-222-8900; www.aacounty.org/animal-control; Local animal control office that provides dog and cat licenses, rabies clinics, and animal adoptions. Call to request pick up of stray animals or carcass removal or to report animal abuse.

Pets on Wheels – 443-977-9726; AA County Coordinator: 443-569-0906; <https://www.petsonwheels.org>; Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting our pets with people to make a profound positive difference every day.

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Raskin Seniors 2 Seniors Program – 443-742-0270; www.seniordogsanctuary.com/seniors-2-seniors.html; A pet food pantry program that assists pets and older adults living in Anne Arundel County

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

PHARMACIES AND PHARMACY ASSISTANCE PROGRAMS

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

SPG Arnold Professional Pharmacy – 443-949-8373; 1460 Ritchie Hwy, Arnold, MD 21012; www.professional-pharmacygroup.com

SPG Empire Medical Equipment – 200 Hospital Dr. Glen Burnie, MD 21061; 410-787-0030 www.professionalpharmacygroup.com; We're your neighborhood Medical Equipment and Home Healthcare Supply vendor. As part of the Professional Pharmacy Group, we offer superior service, with knowledgeable sales staff that can assist you with any questions! We can also provide delivery service, scheduled fitting services, lift chairs, hospital beds, diabetic shoes and supplies, continuous glucose monitoring, compression stockings and much more. Come see how easy Medical Equipment can be!

Good Pill Pharmacy – 1-888-987-5187; <https://goodpill.org>; Good Pill Pharmacy, is a non-profit, home delivery service that provides affordable medications throughout Maryland. There are no restrictions on insurance, income or age. Good Pill Pharmacy will dispense a 90-day supply and can deliver to your home in 5-7 days.

Lilly Cares Foundation – 1-800-545-6962; www.lillycares.com; Lilly Cares Foundation, Inc. (Lilly Cares) is a nonprofit charitable organization that provides prescribed Lilly medications for free for up to 12 months to qualifying U.S. patients. Over the past 20 years, Lilly Cares has helped more than one million patients with financial need receive medicines donated by Lilly. Eligibility requirements and applications available online.

Maryland Senior Prescription Drug Assistance Program (SPDAP) – SPDAP Customer Service: 1-800-551-5995; SPDAP TTY: 1-800-877-5156; AA County SHIP: 410-222-4257; marylandspdap.com; The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005 to provide financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan. To participate, individuals must meet the following eligibility requirements: show residency in Maryland for at least six months, be a Medicare recipient, and have an income at or below 300% of the Federal Poverty Level. The AA County State Health Insurance Program (SHIP) can also answer questions related to this program.

Northern Pharmacy and Medical Equipment – Full Service Pharmacy: 410-254-2055; Medical Equipment & Supplies: 410-254-2056; Main Office Toll Free: 800-486-0714; 6701 Harford Road, Baltimore, MD 21234; www.northernpharmacy.com

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

SPG Professional Pharmacy Group (Arnold Professional Pharmacy) – 1460 Ritchie Hwy., Ste. 103, Arnold, MD 21012; <https://www.professionalpharmacygroup.com>

REACH Program – 410-222-4531; www.aahealth.org/family-health/uninsured-resources/reach-residents-access-coalition-health; REACH program provides access to low cost primary, preventive and specialty health care to uninsurable, low-income individuals. This is accomplished by contracting with a wide variety of health care providers in Anne Arundel County who agree to accept a reduced fee for their services. Residents of Anne Arundel County who applied for insurance through the Maryland Health Connection health plan and were denied coverage, and were unable to qualify for state and federal insurance plans can apply.

Soleil Pharmacy – 443-281-9157; 801 Landmark Drive, Glen Burnie, MD 21061; www.soleilpharmacy.com; As your neighborhood pharmacy, allow us to show you the true meaning of care. We make it easy! Expert advice with a family touch! Immunizations (no longer offering COVID vaccines), prescription review, and Dispill Packaging ("blister" packaging).

PHYSICAL THERAPY

SPG HeyNow Senior Therapy – 1204 Steuben Court, Odenton, MD 21113; www.HeyNowSeniorTherapy.com

SPG SportsPro Physical Therapy & Aquatic Center - Clinical Director: Dr. Kenny Gaston DPT "Offering a concierge-like feel with individual attention." p: 410-508-9900 f: 410-571-5210 kenny@sportspropt.com www.sportspropt.com 626 Admiral Dr., Suite D Annapolis, MD 21401

PHYSICIANS

AAMC Community Health Center - Forest Drive – 410-990-0050; www.aahs.org/about-us/community/community-clinics; The AAMC Community Health Center located in Annapolis, MD, is a doctor's office which provides low cost medical care to newborns, children, adults and older adults. The Center currently services patients who are uninsured (self-pay) or have coverage with Medical Assistance, Amerigroup, Priority Partners, and state Amerigroup. "Self pay" patients are given a 40% discount if they pay the same day. Bi-lingual staff available.

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

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

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

AA County Dept. of Health/Bay Meadow Health Center – 410-222-6180; www.aahealth.org/locations/baymeadow-health-services; Community health center that provides free breast exams, mammograms and pap tests for women age 40-64 with no health insurance coverage. Colonoscopy referral available for those ages 50-64 who are income eligible with no insurance. Also provides public health information for residents and health providers, COVID-19 Operations, Healthy Start for Pregnant Women, and Public Health Emerging Pathogens Response Program. Please call for Breast and cervical cancer program information. 18 years or older may be considered for no cost services, please contact for further details.

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

AA County Dept. of Health/Parole Health Center – 410-222-7247; aahealth.org/clinic-locations; Community health center that offers services related to communicable diseases, immunizations, and HIV/AIDS testing and counseling.

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



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ADV Bay Community Health Medical – 410-867-4700; Behavioral Health 443-607-1432; Locations in West River, Shady Side, and Lothian, MD; Baycommunityhealth.org; Bay Community Health cares for the whole person by addressing clinical, behavioral health and social needs. We offer primary medical, behavioral health and care managements services to everyone, regardless of insurance status or ability to pay. “No neighbor shall go without needed healthcare.”

Chase Brexton Health Care – 410-837-2050; 200 Hospital Drive, Suite 300, Glen Burnie, MD 21061; chasebrexton.org; At Chase Brexton, we are passionate about people and passionate about addressing their health care needs. Chase Brexton provides a different health care experience. Everyone is welcome!

ADV Dockside Dermatology – 8601 Veterans Highway, Suite 201, Millersville, MD 21108; 410-934-5400; www.dock-sidederm.com; We are doctors who are by your side, providing an exceptional Dermatology experience. We offer comprehensive dermatologic care through general, cosmetic and surgical dermatology, including Mohs surgery.

SPG OnSite Medical House Calls – 358 Hickory Point Rd, Pasadena; www.onsitemedicalcalls.com

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

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

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

Veterans Affairs/Glen Burnie Outpatient Clinic – 410-590-4140 Outpatient clinic; 410-605-7333 Appointment call center; www.maryland.va.gov; Allows veterans in AA County to receive primary care and some specialty services close to where they live and work.

PODIATRISTS

SPG Loving Hands Podiatry – 14202 Lake Run Court, Bowie, MD 20720; www.lovinghandspodiatry.com

PROFESSIONAL ORGANIZING

SPG Tidy Nest Professional Organizing – 1276 Fenwick Garth, Arnold, MD 21012; www.yourtidynest.com

REAL ESTATE SERVICES

SPG ADV Annapolis-Eastport Long & Foster, Marie Simpson, REALTOR – a Seniors Real Estate Specialist, knows Anne Arundel County and the resources available to you and your family to navigate a move to senior living, elder-care, and the unique requirements for a mature move. She’s at 320 Sixth St, Annapolis, MD, 21403, 410-260-2800. Call or text her at 410-703-3294. Marie.simpson@Longandfoster.com

SPG Annapolis Fine Homes Long & Foster Real Estate – 145 Main Street, Annapolis, MD 21401; www.peggylove.Inf.com

SPG Berkshire Hathaway HomeServices PenFed Realty – 565 Benfield Road, Suite 100, Severna Park, MD 21146; www.jenniferyeatts.com

SPG Coldwell Banker Realty-Ann Englehart – 3 Church Circle, Annapolis, MD 21401; www.homesbuytheshore.com

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

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

SPG JPAR Maryland Living – 1460 Ritchie Highway, Suite 110, Arnold, MD 21012; kristikorwek.jpar.com

SPG Keller Williams Flagship of Maryland – 339 Busch’s Frontage Road, Suite 206, Annapolis, Md 21409; www.TDGMoves.com

SPG Keller Williams Preferred Properties – 1441 McCormick Dr., Suite 1020, Upper Marlboro, MD 20774

SPG Lillie Cares, Inc – www.lilliecares.org

SPG Lowery Home Team at eXp Realty – 8115 Maple Lawn Blvd, Suite 350, Fulton, Maryland 20759; LoweryHomeTeam.com

SPG ADV Mid-Atlantic Home Watch – 410-570-5221; midatlantic-homewatch.com; Are you leaving your home unoccupied to travel or escaping our Mid-Atlantic weather for an extended period? As your local Property Management and Maintenance company, we provide professional and comprehensive Home Watch and Concierge services to seasonal residents and families in need of assistance maintaining their homes and properties on both sides of the Chesapeake Bay. Let us offer you the peace of mind you deserve whether you're home or away.

SPG Next Step Partners – 1210 Garnet Ct, Odenton, MD 21113; Nextsteppartners.org

SPG ReMax Executive – 790 Ritchie Highway, E33, Severna Park, MD 21146; Rick-Mudd.Remax.com

REFERRAL AND PLANNING SERVICES

SPG Assisted Living Locators – 215 Sumner Rd, Annapolis, MD 21401; assistedlivinglocators.com/care-advisor/annapolis

SPG Care Patrol – PO Box 494, Severn, MD 21144; www.carepatrol.com

ADV Oasis Senior Advisors – 240-866-0064; OasisSeniorAdvisors.com/Frederick; Free service for seniors and families to identify an assisted living/memory care community throughout Maryland and South-Central PA. We have over 400 community partners and can help with mostly any budget and care needs. Our team offers a "one call, many solutions" service to navigate through the senior living maze. Referral services for in-home support, elder lawyers, financial planning for Veterans and bridge loans.

REHABILITATION, PHYSICAL THERAPY

SPG ADV Annapolis Music Therapy Services – 2568A Riva Road Suite 103, Annapolis, MD 21401; www.AnnapolisMusicTherapy.com



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- Knowledge of the Probate Process
- Thinking one Person can Handle the Entire Probate Process
- Properly Insuring and Securing the Property and Assets
- Hiring Professionals with Experience to Liquidate Estate Assets and Sale the Property



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Division of Rehabilitation Services–Annapolis – 410-974-7608; TTY 711; Videophone 410-220-1670; dors.maryland.gov/resources/Pages/locations.aspx; A division of the MD Dept. of Education that connects eligible individuals with counseling, evaluation, vocational training for people with disabilities who are seeking employment. Independent Living Services for the Blind includes teaching individuals, over age 55 who are not seeking employment, homemaking skills, orientation, mobility and Braille lessons. Counselor for all deaf clients located in this office.

Division of Rehabilitation Services–Linthicum – 410-636-9010; dors.maryland.gov/resources/Pages/locations.aspx; A division of the MD Dept. of Education that connects eligible individuals with disabilities, who are seeking employment, with counseling, evaluation, and vocational training.

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

SPG Fox Rehabilitation – 7 Carnegie Plaza, Cherry Hill, NJ 08003; www.foxrehab.org

Personal Solutions Therapy Services, LLC – 443-848-3994334 Thomas White Blvd., Chester, MD 21619; personalso-lutiontherapy.net; Private pay, in home services offering Occupational Therapy, Physical Therapy, and Massage Therapy.

RESPITE CARE

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

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

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

RETIREMENT COMMUNITIES

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

SPG ADV Ginger Cove – 4000 River Crescent Drive, Annapolis, MD 21401; 410-266-7300; www.gingercove.com; As Annapolis’ only true Life-Care Community, Ginger Cove has offered seniors an unparalleled lifestyle experience for more than 35 years.

SENIOR ACTIVITY CENTERS (SEE ALSO LUNCH SITES)

All senior activity centers offer physical and recreational activities, health promotion, education and art classes, entertainment, socialization, and hot nutritious meals available during business hours. Monthly activities and free membership available to anyone 55 years of age and older.

AA County Dept. of Aging and Disabilities/Annapolis Senior Activity Center – PH: 410-222-1818; FAX: 410-222-1216; annapoliscenter@aacounty.org

AA County Dept. of Aging and Disabilities/Arnold Senior Activity Center – PH: 410-222-1922; FAX: 410-222-1924; arnoldcenter@aacounty.org

AA County Dept. of Aging and Disabilities/Brooklyn Park Senior Activity Center – PH: 410-222-6847; FAX: 410-222-6846; bpcenter@aacounty.org

AA County Dept. of Aging and Disabilities/O’Malley Senior Activity Center – PH: 410-222-6227; FAX: 410-222-6229; omalleycenter@aacounty.org

O’Malley ANNEX – PH: 410-222-0140

AA County Dept. of Aging and Disabilities/Pasadena Senior Activity Center – PH: 410-222-0030; FAX: 410-222-0032; pasadenacenter@aacounty.org

AA County Dept. of Aging and Disabilities/Pascal Senior Activity Center – PH: 410-222-6680; FAX: 410-222-6685; pascalcenter@aacounty.org

AA County Dept. of Aging and Disabilities/Severn Senior Activity Center – PH: 410-222-0300; severncenter@aacounty.org

AA County Dept. of Aging and Disabilities/South County Senior Activity Center – PH: 410-222-1927; FAX: 410-222-1989; southcenter@aacounty.org

SENIOR LIFESTYLE PLANNING

SPG CoreCareCoordination – 82 Jones Station Rd, Arnold, Md 21012; www.CoreCareCoordination.com

SUBSIDIZED HOUSING

Congregate Housing Services Program

– www.aacounty.org/aging;
Provides supportive services in various apartment buildings to low- and moderate-income seniors ages 62 years or older who have moderate difficulty with one or more activities of daily living. Among services offered are congregate meals, housekeeping, laundry, personal assistance and service management. Providers include: Annapolis Housing Authority- Morris Blum Apartments 410-267-8000; Catholic Charities- Arundel Woods at 667-600-3160 and Friendship Station at 667-600-3370. Financial assistance available based on income.

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

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

SUPPORT GROUPS

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

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

AA County Partnership for Children, Youth and Families – 410-222-7423; 1-800-485-0041; A support system for grandparents and other adults raising a relative's child, with monthly support groups, resource navigation, guidance, community referrals, and information.

AARP/Grandparent Information – Toll-Free 888-687-2277; www.aarp.org/grandparents; Information for grandparents raising grandchildren. Online resources are also available.

ALS Association – 301-978-9855; Toll-Free 866-348-3257; www.ALSinfo.org; Provides in-service training, assistive technology, home visits, equipment loans, ALS clinics, respite care grants, support groups, and transportation for amyotrophic lateral sclerosis (ALS) and primary lateral sclerosis (PLS).

SPG ADV Alzheimer's Association – 1-800-272-3900, Greater Maryland Chapter, 502 Washington Avenue, Suite 300, Towson, MD 21204; alz.org/Maryland; We work on a national and local level to provide care and support for all those affected with Alzheimer's and other dementias. Our free 24/7/365 Helpline provides information, local resources, crisis assistance and emotional support. Local support groups and free education for those affected, their care partners, professionals and the general public are available.

American Cancer Society – Toll-Free 800-227-2345; www.cancer.org; A national organization which provides free cancer information and support groups. Transportation to and from chemo and radiation therapy, lodging, hospital navigation, and dietary help available. Financial assistance for pain and nausea medication. Volunteer opportunities.

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

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

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

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

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

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

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; Empower Motivation Fitness, a 501(c)3 organization offering programs to assist those with Parkinson's Disease and other Movement Disabilities with programs engaging the body and the mind. Programs include Rock Steady Boxing, Monthly Art Classes, Loud Voice Training, and Music Therapy, Support Groups are also offered. Some programs are offered at a small fee, scholarships are available based upon need.

Muscular Dystrophy Association, Inc. – 800-572-1717; www.mda.org; A voluntary health agency which funds research aimed at finding the cause and treatment for 43 muscular disorders, including ALS, and to provide comprehensive program services. Offers diagnostic and follow-up management at MDA clinics at Johns Hopkins Hospital, weeklong overnight camping programs for children ages 6-17 with muscle diseases, support groups, financial assistance, annual physical therapy at clinic, occupational therapy at clinic and speech evaluations, and volunteer opportunities.

Myasthenia Gravis Mid-Atlantic Region – Marika Bates 443-481-9519 (please leave a message) or marika.bates@gmail.com; Butch Jones 443-306-0252 (please leave a message) or butchjones@gmail.com; Alan Sinclair 301-474-7745 (please leave a message) or alsin6206@verizon.net; myasthenia.org; Myasthenia Gravis Support groups meet twice monthly via Zoom until further notice. The Greater Baltimore Area meets on the 1st Saturday of each month. Call Butch Jones: 443-306-0252 or Marika Bates: 443-481-9519. The Greater D.C. area meets on the 3rd Saturday of each month, Call Alan Sinclair 301-474-7745 Patients' families, friends, and caregivers are always welcome.

National Alliance on Mental Illness (NAMI) AA County, Inc. – 443-569-3498; www.namiaeac.org; Local affiliate of NAMI provides nonprofessional support to an individual or family member dealing with the impacts of mental illness on their lives. NAMI hosts weekly support groups facilitated by trained volunteers. Call for meeting details. Some support groups are for consumers of mental health services; others are for family members and other persons who care. Offers printed, on-line, and telephone information. Mission is to positively impact the lives of those affected by mental illness in AA County by reducing stigma and providing support, education, and advocacy.

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

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

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

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

SPG ADV Support for Aging, LLC. – www.supportforaging.com; “Making life better for older adults and the people who love them.” We offer individual and group coaching and skill building for both older adults and care partners. We are experienced in end-of-life planning and grief support. We also support professionals by training in Alzheimer’s and related neurocognitive disorders and customer service. Please use our website to schedule a no-risk consultation. We look forward to serving you.

Young Aphasia Communications Club (YACC) – Judy Crane 301-520-9044 or jbcrane77@gmail.com; Debra Piccirillo (SLP) 443-425-2255 or dpiccirillo@me.com; YACC is a support group for people who have aphasia from a stroke or brain injury. The support group meets the second Monday of every month from 4pm-5:30PM at 2000 Medical Pkwy, 7th Floor, Annapolis, MD 21401. Zoom is also offered, please call or email Judy regarding this option. No fee.

TAX INFORMATION AND ASSISTANCE

AA County Office of Finance – 410-222-1144; www.aacounty.org/finance; Collects tax and utility payments. Call for locations and hours throughout the County or visit the website for further information.

Homeowners’ Property Tax Credit Program (HOPTC) – 410-767-4433; 410-767-5900; Toll-Free 800-944-7403; www.dat.state.md.us; The State of MD has set a limit on the amount of property taxes any homeowner must pay based upon his/her income. This program assists applicants with payment on property tax bills. Applications also available at AA County Dept. of Aging and Disabilities.

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

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

TEMPORARY SHELTER

Arundel House of Hope/Winter Relief Program – 410-853-4888 ext. 1112; www.arundelhoh.org; Provides emergency shelter and support services including case management through a partnership with more than 70 churches typically from October through March for those who are experiencing homelessness.

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

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





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TRANSPORTATION

AA County Dept. of Aging and Disabilities/ETA Rides-on-Demand – 410-222-4257; The Anne Arundel County Department of Aging and Disabilities ETA Rides-on-Demand offers discounted transit service by a professional driver in an appropriately equipped vehicle that will pick you up at your desired location and deliver you directly to your destination with ease. Door-to-door service available. To qualify, individuals must be an Anne Arundel County resident, 55 years of age or older or 18 years of age or older with a disability.

AA County Department of Aging and Disabilities/Taxi Voucher Program – 410-222-4257; www.aacounty.org/services-and-programs/taxi-voucher-program; Discounted vouchers to support taxi fares with participating cab companies. To qualify, individuals must be an Anne Arundel County resident, 55 years of age or older or 18 years of age or older with a disability. Each book costs \$5 and has a value of \$10.

AA County Office of Transportation/Van Transportation – 410-222-0022; www.aacounty.org/departments/transportation; Donation-based program that provides transportation to those 55 and over and adults 18 and over with disabilities. Transportation is provided to nutrition sites, medical appointments, including dialysis and senior centers. Curb to curb service. Wheelchair accessible vehicles available. Advanced notice is required.

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

SPG A & A Senior Transportation – 8600 Edison Lane, Clinton, Md 20735; AandASeniorTransportation.com

Annapolis Transportation Department – 410-263-7964; www.annapolis.gov/159/Transportation; Bus transportation for the City of Annapolis. Senior discounts and wheelchair lift buses available. Door-to-door service. Call to schedule special needs service. Photo ID obtained Monday-Friday from 8:30AM-4:30PM at 308 Chinguapin Round Road, Annapolis, MD 21401. .

SPG Marley Transportation LLC – 8101 Sandy Springs Suite 250, Laurel, MD 20707; www.marleytransportation.com

MD Transit Administration (MTA) Reduced Fare Certification Office – 410-767-3438; 6 St. Paul Street (Lobby Level), Baltimore, MD 21202; www.mta.maryland.gov; People with disabilities and senior citizens ages 65 years and older can use the bus, light rail, Metro and MARC train at a reduced cost. For further information, call or visit the MTA Certification Office.

MD Transit Administration (MTA)/Mobility/Para-transit – 410-764-8181; Toll-Free 866-743-3682; TTY 410-333-3624; www.mta.maryland.gov/mobility; www.mta.maryland.gov/content/brochures-publications; MTA Mobility/Para-transit is a door-to-door shared ride service for people with disabilities who are not able to ride fixed-route transit.

MD Transit Administration (MTA)/Call A Ride – 410-664-2030; Toll-Free (General Information – 866-743-3682); mtacallaride.org; www.mta.maryland.gov/content/brochures-publications; MTA Taxi Access II Service is an on-demand premium taxi/sedan service that provides increased independence for people with disabilities. It is available to MTA-certified Mobility customers who meet the eligibility requirements.

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

Partners In Care/Ride Partners – 410-544-4800; Toll-Free 1-800-227-5500; 8151-C Ritchie Highway, Pasadena, MD 21122; www.partnersincare.org; Partners In Care volunteers use their own vehicles to provide occasional arm-in-arm, door-through-door transportation for adults 60 and over, to non-emergency medical appointments, pharmacies, grocery stores, hair salons, and other errands. Approved caregivers may ride along. Call to find out more about eligibility and guidelines.

VETERANS

AA County Mental Health Agency – 410-222-7858; annearundel.md.networkofcare.org; www.aamentalhealth.org; The Network of Care for Service Members, Veterans and Their Families is an effort to take a community approach to the needs of returning veterans. One-stop shop for virtually all services, information, support, advocacy, and more. Attempts to bring together critical information for all components of the veterans' community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

AAWDC - Veteran Employment Services – Fort Meade Outreach Center: Ft. Meade, MD 20755 - 410-674-5240; Anne Arundel County Career Center: 613 Global Way, Linthicum Heights, MD 21090; 410-424-3240; www.aawdc.org/military; Career coaching, skills training, and job placement for veterans and transitioning service members.

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

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

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

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

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

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

American Legion - Post #277 – 410-360-0880; 7376 Carbide Road, Baltimore, MD 21226

American Red Cross/Chesapeake Region – 410-624-2000; 1-800-Redcross for Blood Donation; Toll-Free 800-787-0091; www.redcross.org/gcr; Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training, Nurse Assistant training, babysitter training, International tracing of family members lost due to war and natural disasters.

Annapolis Vet Center – Counseling – 410-605-7826; 100 Annapolis Street, Annapolis, MD 21401; We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

Anne Arundel County Veterans Affairs Commission – 410-222-1550; www.aacounty.org/veterans-affairs-commission; Serves as a forum for all Anne Arundel County Veterans of military service. The commission meets at 6 p.m. on the second Wednesday of the month via Zoom. The link to the meetings are available on the website. The meeting is open to the public.

Anne Arundel County Veterans Services Coordination Center – 410-222-3500; veterans-assistance@aacounty.org; www.aacounty.org/aging-and-disabilities/veterans-services; The Coordination Center is a single access point for local, state, and federal government services and resources available to veterans and their families.

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

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

Baltimore Vet Center – 1777 Reisterstown Road, Suite 199, Baltimore, MD 21208, Baltimore Vet Center | Veterans Affairs; Services include individual and group counseling, military sexual trauma counseling, grief support, substance abuse referrals, and employment assistance.

Blue Star Families - Baltimore Chapter – bluestarfam.org/chapters/baltimore; maryland@bluestarfam.org; Supports military and veteran families through employment, financial assistance, and community resources.



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RESOURCES

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

Charlotte Hall Veterans Home – 29449 Charlotte Hall Rd, Charlotte Hall, MD 20622; 301-884-8171; charhall.org; Offers assisted living, skilled nursing, memory care, and rehabilitation services for veterans.

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

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

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

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

Maryland American Job Centers - Veteran Priority of Service – labor. maryland.gov/county/anne; Glen Burnie Job Center: 410-424-3240; Arnold Job Center: 410-674-5240 or 410-674-6509

Maryland Center for Veterans Education & Training (MCVET) – 301 North High St., Baltimore, MD 21202; 410-576-9626 Ext. 216; www.mcvet.org; Offers emergency and transitional housing, education, and employment services for veterans.

Maryland Department of Veterans and Military Families/Maryland Department of Veterans Affairs – 410-260-3838; 16 Francis Street, 4th Floor, Annapolis, MD 21401; veterans.maryland.gov; Assists veterans, active duty service members, their families and dependents, in securing benefits earned through military service. Under the Department of Veterans and Military Families Affairs are five major programs: The Service and Benefits Program, The Charlotte Hall Veterans Home, The Cemetery and Memorial Program, The Communications, Outreach, & Advocacy Program, and The Maryland Veterans Trust. The Department is assisted by the Maryland Veterans Commission; the Maryland Veterans Home Commission; and the War Memorial Commission.

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

MD Veterans Cemetery/Crownsville – 410-987-6320; www.veterans.maryland.gov/cemetery-and-memorial-program; 1122 Sunrise Beach Rd, Crownsville, MD 21032

Military OneSource – www.militaryonesource.mil; 1-800-342-9647; 24/7 resource for military and veteran families covering benefits, mental health, employment, and financial assistance.

My Next Move for Veterans – www.mynextmove.org/vets; Career exploration and job transition resources.

National Call Center for Homeless Veterans – 1-877-4AID-VET (877-424-3838); 24/7 confidential support for homeless veterans and their families.

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- Professional Team Training
 - Alzheimer's disease and other neurocognitive disorders
 - Customer Service
 - Community Presentations

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Managing Partner

719-963-0908

**Or book directly on website at
www.supportforaging.com**

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

VA Certificate of Eligibility for Home Loans – www.benefits.va.gov/homeloans/purchaseco_certificate.asp; Veterans must obtain a Certificate of Eligibility to qualify for a VA-backed home loan.

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

VA Home Loan Guaranty Program – www.benefits.va.gov/homeloans – General; Contact VA Loan Guaranty Service (LGY) - VA Home Loans - contact; Supports veterans in obtaining home loans with no down payment and lower interest rates.

VA HUD-VASH Housing Program – www.va.gov/homeless/hud-vash.asp; Washington, D.C.: 202-636-7660; Baltimore: 410-637-3246; Western Maryland: 301-665-1462 ext. 2425 or 2426; Supports veterans in securing permanent housing through HUD vouchers and VA case management services.

Veterans Affairs (VA) MD Health Care System – 410-605-7000; Toll-Free: 800-463-6295; Appointments: M-F 7:30 a.m.- 5 p.m. 1-800-463-6295 ext. 7333; Eligibility and Enrollment: M-F 8 a.m.- 4:30 p.m. 1-800-463-6295 ext. 7324; Telephone Care Line 24/7: 1-800-865-2441; Veterans Crisis Line 24/7: Dial 988, then press 1 or Text 838255; www.maryland.va.gov; Dedicated to providing quality, compassionate and accessible care and service to Maryland's veterans. The Baltimore and Perry Point VA Medical Centers, in addition to the Loch Raven VA Community Living & Rehabilitation Center and six community-based outpatient clinics, all work together to provide this comprehensive health care delivery system.

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

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

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

Veterans Treatment Court – Valeree Tolios, Coordinator; Phone: (410) 895-1495; Valeree.Tolios@uwcm.org; www.mdcourts.gov/opsc/vtc; Works with veterans involved in the justice system to find alternative treatment options.

Women Veterans Call Center – 1-855-829-6636; www.womenshealth.va.gov/wvcc.asp; Provides information on VA services, benefits, and crisis support for women veterans.

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

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

VICTIM AND WITNESS ASSISTANCE

Luminis Health Abuse and Domestic Violence Center – 443-481-1209; 410-222-6800 (24-hour hotline); www.luminishealth.org/en/services/abuse-and-domestic-violence?language_content_entity=en; Free, anonymous crisis counseling, personal and legal advocacy, injury documentation, community referrals and community presentations.

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

State's Attorney's Office/Victim & Witness Services – 410-222-1740; www.aacounty.org/sao/victim-witness-services; Provide pretrial assistance and court accompaniment to crime victims and witnesses who will be called to testify in AA County.

VITAL RECORDS

AA County Dept. of Health – 410-222-4462; TTY 800-735-2258; www.aahealth.org/vital-records; Provides certified copies of birth certificates for a fee to individuals born in Maryland after 1942 and death certificates. Hours are M-F 8:30 a.m.- 12:00 p.m. and 12:45 p.m.- 3:15 p.m., except Holidays. Birth and death certificates are by appointment only.

MD Dept. of Health – Main: 410-767-6500; Division of Vital Records: 410-764-3038; Toll-Free 877-463-3464; TTY 800-735-2258; www.health.maryland.gov/vsa; The Vital Records Administration provides copies of birth, death, divorce, adoption, etc., records for a fee.

VOLUNTEER ASSISTANCE AND OPPORTUNITIES

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

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

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

AA County Food Bank (AACFB) – 410-923-4255; www.aafoodbank.org; Distributes food and basic necessities to pantry partners throughout Anne Arundel County. AACFB supplies food pantries, senior pantries, baby pantries, soup kitchens, backpack buddy programs at schools and more. AACFB Senior Pantries offer nutritional drinks to those with dietary constraints and incontinence supplies to those in need. A current list of pantries and programs can be found at <https://aafoodbank.org/need-help>. Donations are appreciated. Volunteer opportunities available. Hours of operation: Mon.–Fri. 9 a.m.–12 noon and 1 p.m.–3 p.m.

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

American Red Cross/Greater Chesapeake Region – 410-624-2000; 1-800-Redcross for Blood donation; Toll-Free 800-787-0091; www.redcross.org/local/maryland-delaware.html; Mission is to help people prevent, prepare for, and cope with emergencies. Volunteer blood donor service, financial assistance to disaster victims, emergency communications, and financial assistance to military personnel and their family members. First Aid, CPR, water safety training. Nurse Assistant training. Babysitter training. International tracing of family members lost due to war and natural disasters.

Bay Community Support Services, Inc. – Annapolis: 410-224-4205; Southern MD: 240-309-4046; www.baycss.org; Provides residential and vocational services to people with intellectual and developmental disabilities within the DDA community.

Chores and More/ St. Andrew by the Bay Catholic Church – 43-808-3875; choresandmore3@gmail.com; www.standrewbythebay.org; This ministry serves people in the Broadneck Peninsula who may be shut in, elderly, homebound, who need a helping hand. Services most often provided are trips to the doctor, grocery shopping or minor chores. Sponsored by Churches on the Broadneck Peninsula, this program offers volunteer services Monday through Friday at no cost or obligation to the recipient. Those interested in volunteering should call or email to inquire.

Empower Motivation Fitness – 2024 West Street, Suite 101, Annapolis, MD 21401; 443-994-1251; www.emfmaryland.org; Empower Motivation Fitness, a 501(c)3 organization offering programs to assist those with Parkinson's Disease and other Movement Disabilities with programs engaging the body and the mind. Programs include Rock Steady Boxing, Monthly Art Classes, Loud Voice Training, and Music Therapy, Support Groups are also offered. Some programs are offered at a small fee, scholarships are available based upon need. Various volunteer opportunities are available.

Habitat for Humanity of the Chesapeake – 410-366-1250; www.habitatchesapeake.org; Volunteers assist with the construction of homes for low-income families. Houses are sold with no profit made. Homeowners contribute "sweat equity" and house payments are recycled to build additional houses. Also runs Columbia, Dundalk, Glen Burnie, Halethorpe, Sandtown, and Timonium "ReStore" retail outlet thrift shops for home improvement items. Habitat uses the proceeds to do work in the local community and provide decent shelter around the world.

Pets on Wheels – 443-977-9726; AA County Coordinator: 443-569-0906; www.petsonwheels.org; Pets on Wheels shares the love of friendly therapy pets to help improve life, connecting our pets with people to make a profound positive difference every day.

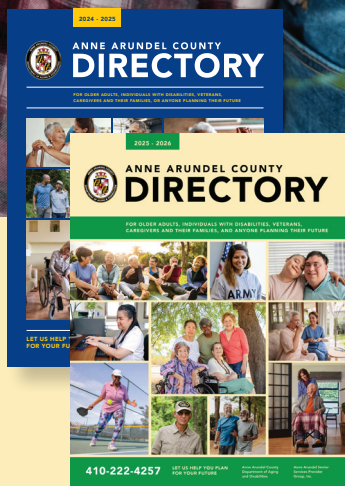
Rebuilding Together/AA County – Information@RebuildingTogetherAAC.org; rebuildingtogether.org; Home repairs for low-income, older adults, and/or homeowners with disabilities. Applications are taken year-round. Volunteers welcome.

SCORE – 410-266-9553; www.score.org/somd; Low-cost workshops and free counseling are offered by volunteers with business experience to those wanting to start a new small business or improve their existing small business.

State's Attorney's Office/Volunteer Program – 410-222-1740; www.aacounty.org/sao/employment/volunteer-internship-opportunities; The Office of the State's Attorney offers many duties for volunteers, from general office duties to case research. Our Office also provides opportunities for adults looking to fulfill internship requirements. If you are interested in a volunteer or internship opportunity, please complete the form on our website.

VOTING

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



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ADVERTISER'S INDEX

Alliance in Aging..... 75	Chesapeake Supportive Care..... 63	Maryland Relay 32
Alzheimer's Association 55	Chesapeake Transitions LLC..... 81	Mckenna Russo Law 75
Amada Senior Care 89	Chessie Senior Movers..... 11	Morningside House of Friendship..... 37
Ameri-Maid 43	Daystar Health 85	Oasis Senior Advisers..... 71
Angel Care Network 1	Dockside Dermatology 50	ODonnell Vein and Laser..... Inside Front Cover
Annapolis Music Therapy 83	Edward Jones, Crownsville 43	Onsite Medical House Calls 57
Anne Arundel Urology 77	Fanita Pegues, Keller Williams 85	Pear Tree Assisted Living 58
Arcadia Assisted Living, LLC 13	Five Star Bath Solutions..... 33	Right At Home 7
Assisted Living Locators..... 50	Frame & Frame 49	ShelfGenie of Annapolis..... 43
Assisting Hands Home Care 60	Freedom Mobility 45	Sheridan at Severna Park Assisted Living 33
Autumn Lake Healthcare at Crofton 23	Future Care..... 16	Sinclair Prosser Gasior 73
Avila Home Care 22	Gardens of Annapolis..... 22	Spring Arbor Senior Living SVP Crofton 21
BayWoods of Annapolis..... Back Cover	Ginger Cove..... 17	Stavely & Sallitto Elder Law, LLC 32
Beall Funeral Home..... 44	Griswold Live Assured Home Care..... 69	Support For Aging LLC 92
Brightstar 37	Hospice of the Chesapeake 66	SYNERGY HomeCare of Anne Arundel County 91
Brightview Senior Living Inside Back Cover	Inspirations Memory Care..... 79	Tribute at Melford, Cadence Living..... 5
Byrd & Byrd, LLC..... 87	Interim HealthCare of Annapolis..... 3	
Caring Transitions 60	James Mason, Esq., CPA..... 73	
Catholic Charities Senior Communities 45	Kirkley Ruddick Funeral Home 55	
Charter Senior Living, LLC Five Star 44	Luminis Health AAMC..... 15	
Chesapeake Caregivers..... 43	Marie Simpson, Long and Foster 60	



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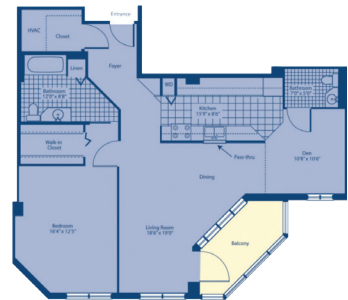
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