

Calvert County Resource Directory



**Aging and Disability
Resource Center**

TABLE OF CONTENTS

Aging	2
Alcohol and Substance Abuse Services	3
Assisted Living Homes	4
Behavioral Health Services	4
Consumer Services	7
County Government	9
Day Care Services	10
Disability Services	11
Education	18
Elder Abuse and Neglect	21
Emergency Services	22
Employment	23
Financial Services	23
Health Insurance Information	28
Health Services and Information	30
Home Health Services	36
Housing	38
Information and Assistance	42
Legal Services/Advocacy	44
Legislative Representatives	46
Medical Equipment	47
Nursing Homes	47
Nutrition	49
Personal Emergency Response System	50
Recreation/Physical Fitness	50
Senior Groups	52
Shelters	53
Support Groups	53
Support Services	56
Transportation	60
Utility Assistance	1
Veteran Services	62
Vital Records	63
Voter Registration	64
Wills	64

AGING SERVICES

Calvert County Office on Aging Aging and Disability Resource Center

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Offers a full range of services for senior citizens, including information and assistance through Maryland Access Point, health insurance counseling, support for caregivers, services for the frail elderly, leisure/educational activities, day trips, Eating Together, home delivered meals and more. Services also include a program to integrate seniors with developmental disabilities into activities at Calvert Pines. Fees vary according to program. Contributions are requested for the Eating Together Program for individuals 60 and older. Hours of operation are 8:30 a.m. to 4:30 p.m., Monday through Friday.

Calvert Pines Senior Center

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

North Beach Senior Center

Phone: 410-257-2549

Address: 9010 Chesapeake Avenue
North Beach, MD 20714

Southern Pines Senior Center

Phone: 410-586-2748

Address: 20 Appeal Lane
Lusby, MD 20657

Maryland Department of Aging

Phone: 1-800-243-3425/410-767-1100

Fax: 410-333-7943

Website: www.mdoa.state.md.us

Address: 301 W. Preston Street, Suite 1007
Baltimore, MD 21201-2374

Service: Source of federal and state funding for senior programs in the state.

ALCOHOL AND SUBSTANCE ABUSE SERVICES

Calvert Alliance Against Substance Abuse

Phone: 410-535-3733

Fax: 410-535-5467

Email: caasa@co.cal.md.us

Address: P.O. Box 2104
Prince Frederick, MD 20678

Service: Offers substance abuse prevention and education.

Calvert Substance Abuse Services

Phone: 410-535-3079/301-855-1550

Fax: 410-535-2220

Address: P.O. Box 1158
Prince Frederick, MD 20678

Service: Provides individual counseling, group counseling and outpatient services for substance use disorders.

ASSISTED LIVING HOMES

Did you know?

Medicare and other health insurances do not pay for assisted living. Accepted forms of payment are private pay, long term care policies, and state programs.

Call MAP/Senior Information and Assistance staff at the Calvert County Aging and Disability Resource Center for a listing of homes and facilities licensed to offer assisted living.

Phone: 410-535-4606/301-855-1170

Service: A residential or facility based program that provides housing and supportive services to residents who need assistance in performing their activities of daily living.

BEHAVIORAL HEALTH SERVICES

Calvert County Health Department

Core Service Agency

Phone: 410-535-5400

Fax: 410-535-5285

Address: 975 Solomons Island Road North, P.O. Box 980
Prince Frederick, MD 20678

Service: The functions of core service agencies are to plan, develop, and manage a full range of treatment and rehabilitation services for persons with serious mental illness in Calvert County.

Geriatric Nurse Counselor

Calvert County Health Department

Phone: 410-535-5400/301-855-1353, ext. 454

Fax: 410-535-5285

Address: 975 Solomons Island Road North, P.O. Box 980
Prince Frederick, MD 20678

Service: Free assessment and treatment for social, family, caregiving, and health problems that affect emotional, mental, or behavioral health. This is provided by a nurse who specializes in counseling older adults. Evaluation and counseling are available by appointment at each senior center in the county to individuals, couples, families, or groups for persons aged 60+.

Mental Health Association of Maryland

Phone: 443-901-1550

Fax: 443-901-0038

Address: 1301 York Road, Suite 503
Lutherville, MD 21093

Service: Mental Health Research, outreach, education, advocacy and services oversight programs.

Mental Health Clinic

Calvert County Health Department

Phone: 410-535-5400/301-855-1353

Fax: 410-535-5285

Address: 975 Solomons Island Road North, P.O. Box 980
Prince Frederick, MD 20678

Service: Medication evaluations are provided by a psychiatrist, a medical doctor specializing in mental health medication. Counseling services are also available.

National Alliance on Mental Illness (NAMI) of Southern Maryland

Phone: 301-737-1988

Website: www.namisomd.org

Address: 21161 Lexwood Drive Rm. 2, P.O. Box 25
Lexington Park, MD 20653

Hours: 10 a.m. – 2 p.m.

Service: Support groups for persons with mental illness and their families. Provides education, support and advocacy.

Pathways

Phone: 301-373-3065

Fax: 301-373-3265

Email: info@pathwaysinco.org

Website: www.pathwaysinc.org

Address: P.O. Box 129
Hollywood, MD 20636

Service: Provides a range of services to include: psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with a mental illness, as well as vocational support for persons with a mental illness and/or brain injury.

Southern Maryland Community Network

Phone: 410-535-4787/301-855-1232

Fax: 410-535-4965

Website: www.somdnetwork.org

Address: 305 Prince Frederick Blvd, P.O. Box 998
Prince Frederick, MD 20678

Service: Targeted case management, housing program, psychiatric rehabilitation program, supportive employment, and crisis services for the chronically mentally ill.

Vesta

Intake Line: 240-296-6066

Phone: 443-968-9200

Fax: 301-263-7949

Hours: Tuesday-Thursday, 8:30 a.m. – 4:30 p.m.

Website: www.vesta.org

Address: 55 Stoakley Road
Prince Frederick, MD 20678

Service: Private, non-profit, comprehensive behavioral health care organization with eight locations throughout Maryland. Vesta offers comprehensive, flexible, and ongoing services for adults, children and adolescents with a wide range of psychological difficulties, including serious and persistent mental illness.

Walden Sierra

Phone: 301-997-1300 x885

Website: www.waldensierra.org

Address: 305 Prince Frederick Blvd.
Prince Frederick, MD 20678

Service: Partnering with Southern Maryland Community Network to provide mental health therapy in Calvert County. Same day appointments may be available by appointment only.

CONSUMER SERVICES

American Association of Retired Persons (AARP)

Phone: 1-888-OUR-AARP (1-888-687-2277)

Website: www.aarp.org

Address: 601 E Street, N. W.
Washington, D.C. 20049

Service: Provides discounts on prescriptions, travel, hotel, and other services. Serves as an advocacy group for older Americans. Must be 50 years of age or older and pay the nominal membership fee.

Association of Mature American Citizens (AMAC)

Phone: 1-888-262-2006

Website: www.amac.us

Service: A conservative membership organization for people age 50 and older dedicated to protecting the interests of America's seniors. Provides discounts on insurance, travel, retail and restaurants. Individuals under 50 can become associate members and there is a membership fee for all ages.

Attorney General's Office

Consumer Protection Division

Phone: 1-888-743-0023

Email: consumer@oag.state.md.us

Website: www.oag.state.md.us

Address: 200 St. Paul Place
Baltimore, MD 21202

Service: Provides consumer information and mediates and arbitrates complaints. A representative is available in Hughesville at 15045 Burnt Store Road every other Tuesday. The phone number for the Hughesville office is 1-866-366-8343.

Attorney General's Office Health Advocacy Unit

Phone: 1-877-261-8807

Fax: 410-576-6571

Website: www.oag.state.md.us

Address: 200 St. Paul Place, 16th Floor
Baltimore, MD 21202

Service: Mediates disputes between consumers and health insurers as well as billing disputes between consumers and health providers. **See also "Legal Services"**

COUNTY GOVERNMENT

Courthouse for Calvert County

Phone: 410-535-1600/301-855-1243

Website: www.co.cal.md.us

Address: 175 Main Street
Prince Frederick, MD 20678

Service: Houses offices and departments for Calvert County government. Provides information regarding county services.

Department of Community Resources

Phone: 410-535-1600 x8803

Fax: 410-535-5467

Email: community_resources@co.cal.md.us

Website: www.co.cal.md.us

Address: 30 Duke Street, P.O. Box 90
Prince Frederick, MD 20678

Service: Oversees the delivery of human services to the citizens of Calvert County, including the operations of the Office on Aging, the County Transportation Office and the Calvert County Family Network. This department serves as the government liaison with many of the human service agencies throughout Calvert County.

DAY CARE SERVICES

Adult Day Care of Calvert County, Inc.

Phone: 410-535-0133

Fax: 410-535-4094

Email: director@adc.gmail.com

Website: www.adcofcalvertcounty.org

Address: 975 Solomons Island Road, Lower Level
P.O. Box 1659
Prince Frederick, MD 20678

Service: Medical care, nutrition and daily recreational activities are provided to frail elderly and disabled adults. Transportation is provided.

Friendly Health Services

Phone: 410-535-6542

Fax: 410-257-5830

Email: friendlyhealth@verizon.net

Website: www.smtccac.org

Address: 3720 Solomons Island Road
Huntingtown, MD 20639

Service: Medical care, nutrition and daily recreational activities are provided to frail elderly and disabled adults. Transportation is provided. Senior Center Plus services are available.

DISABILITY SERVICES

ARC of Southern Maryland

Phone: 410-535-2413

Fax: 410-535-4124

Website: www.arcsomd.org

Address: P.O. Box 1860
Prince Frederick, MD 20678

Service: Promotes community involvement, independence, and personal success for children and adults with intellectual and developmental disabilities.

Bay Community Support Services

Phone: 301-863-8870

Fax: 301-863-8891

Website: www.baycss.org

Service: Our resource specialists provide, free of charge, information, educational materials, resource coordination, support and hope to individuals with brain injury and their families.

Brain Injury Association of Maryland

Phone: 1-800-444-6443

Website: www.biamd.org

Service: Our resource specialists provide, free of charge, information, educational materials, resource coordination, support and hope to individuals with brain injury and their families.

Calvert County Department of Social Services Social Services to Adults/In-Home Aide Services

Phone: 443-550-6900
Fax: 410-550-6855
Intake: 443-550-6969
E-mail: calvdss@dhr.state.md.us
Website: www.dhr.state.md.us/calvert.htm
Address: 200 Duke Street
Prince Frederick, MD 20678

Services: Social Services to Adults (SSTA) offers case management to any resident of Calvert County, 18 years of age or older, who is experiencing problems in functioning. Case management includes advocacy and referral to other programs within CCDSS and other community resources. SSTA is a voluntary program in which customers must agree to receive the services. Any Calvert County resident aged 18 or older who is in need of assistance in meeting his/her daily needs may apply for SSTA.

In-Home Aide Services (IHAS) complements other Social Services programs by providing assistance in the home with personal care (bathing, dressing, etc.) and chores (laundry, shopping and transportation to medical appointments).

Calvert County Health Department Adult Evaluation and Review Services (AERS)

Phone: 410-414-9367/301-855-1545
Fax: 410-414-5846
Website: www.calverthealth.org
Address: 134 Main Street, Suite 202, P.O. Box 980
Prince Frederick, MD 20678
Service: Assesses an individual's needs through a home visit and links client with appropriate services.

Community First Choice Waiver

Formerly Known As:

Medicaid Waiver for Older Adults/ Living at Home Waiver

Phone: **Community Residents:** 1-866-417-3480

Nursing Facility Residents: 1-877-463-3464
410-767-1739

Services: Provides community services and supports to enable older adults and people with physical disabilities to live in their own homes or community.

CREATE! for Seniors

Calvert Retirement and Enrichment Alternative

Calvert County Office on Aging

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Provides a retirement option for citizens of Calvert County with developmental disabilities. Eligible seniors must be 55 and older and have funding or meet eligibility requirements set by the Maryland Developmental Disabilities Administration. A wide range of support is offered from structured weekday activities to the coordination of independent access to the same programs and services available to all seniors at Calvert Pines Senior Center.

Division of Rehabilitation Services (DORS)

Phone: 443-550-6880/1-866-629-9882

Fax: 443-550-6890

Email: princefrederick@dors.state.md.us

Address: 200 Duke Street, Ste. 1000
Prince Frederick, MD 20678

Service: Vocational rehabilitation program to help persons with disabilities obtain employment. Assistance to eligible persons with disabilities to maintain independence in their home and communities by means such as ramps and bathroom modifications. To be eligible for this program, individuals should be at least 16 years of age with a physical, mental or emotional disability.

Employed Individuals with Disabilities Program (EID)

For more information, contact the Southern Maryland Center for Independent Living (pg. 16)

Phone: 301-884-4498

Website: <https://mmcp.dhmh.maryland.gov/eid/SitePages/Home.aspx>

Service: The Employed Individuals with Disabilities Program extends Medical Assistance health benefits to working Marylanders with disabilities. This program allows individuals to return to work and maintain health benefits for a minimal fee.

Maryland Relay

Phone: 1-800-735-2258 / 711
1-800-201-7165 (voice users)
Fax: 410-767-4276
Email: mdrelay@hamilton.relay.com
Website: www.mdrelay.org
Address: Telecommunications Access of MD
301 W. Preston St., Ste. 1008A
Baltimore, MD 21201

Service: Provides phone communication for persons with hearing or speech loss. There is no charge for this service other than the regular cost for the call. Specially trained communication assistants serve as a link between users of text telephones and users of regular or standard phones.

Maryland State Library for the Blind and Physically Handicapped

Phone: 1-800-964-9209
Fax: 410-333-2095
Email: referenc@lbph.lib.md.us
Website: www.lbph.lib.md.us
Address: 415 Park Avenue
Baltimore, MD 21201

Service: Regional library for Maryland serving the blind and physically handicapped community.

Motor Vehicle Administration

Phone: 410-768-7000

Email: MVACS@mdot.state.md.us

Website: www.mva.state.md.us

Full Service Location(s)

Address: 11 Industrial Park Drive, St. Charles Business Park
Waldorf, MD 20602-2797

27351 Point Lookout Road
Leonardtown, MD 20650

Service: Full service locations, providing parking permits, handicap placards or license plates to individuals with a disability. A doctor must sign a statement certifying disability.

Limited Service Location

Address: Goldstein State Building, 200 Duke Street
Prince Frederick, MD 20678

Mondays, Tuesdays, and Wednesdays only, 8:30 a.m. – 4 p.m.

On Our Own of Calvert County

Phone: 410-535-7576

Fax: 410-535-4965

Website: www.ooocc.org

Address: 24 Solomons Island Road, P.O. Box 2961
Prince Frederick, MD 20678

Hours: Monday 9 a.m. – 7 p.m.; Tuesday 9 a.m. – 7 p.m.;
Wednesday 9 a.m. – 8 p.m.;
Thursday 9 a.m. – 7 p.m.;
Friday 9 a.m. – 5 p.m.

Service: On Our Own of Calvert County offers personal support and advocacy, advocacy training, family outreach and empowerment in the areas of rights, responsibilities, wellness, recovery and self-image for individuals with mental health issues. Also provides group therapies, support groups, drop in day care center, day trips, and daily living skills. Transportation from meetings to member's residence is available.

Southern Maryland Center for Independent Living (SMCIL)

Phone: 301-884-4498

Fax: 301-884-6099

Website: www.smcil.org

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

Service: A non-profit organization that serves seniors and people with disabilities of all ages. Can provide information and referral, advocacy, peer mentoring, help to acquire assistive devices, and independent living training. Staff from SMCIL is located at Calvert Pines Senior Center once a week.

The Center for Life Enrichment

Phone: 301-373-8100

Fax: 301-373-3019

Website: www.tcle.org

Address: 25089 Three Notch Road, P.O. Box 610
Hollywood, MD 20636

Service: Provides pre-vocational/vocational training, socialization and transportation to adults with disabilities.

Traumatic Brain Injury Waiver

Phone: 410-402-8476

Website: <http://dhmh.maryland.gov/mha/SitePages/tbi.aspx>

Service: The program provides opportunities for community-based services to individuals who have experienced a traumatic brain injury after the age of 17 and who meet the medical, financial, and technical criteria for the program. Technical eligibility criteria requires that individuals are residents in state psychiatric hospitals, state owned and operated nursing facilities, or Maryland licensed chronic hospitals that are CARF accredited in inpatient brain injury rehabilitation.

EDUCATION

AARP Driver Safety Program

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Address: Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Driving skills emphasized for persons aged 50+. Sponsored by AARP and the Calvert County Office on Aging. Class is offered several times a year at all three senior center sites for a small fee. Registration is required.

Calvert Pines Senior Center

Phone: 410-535-4606/301-855-1170

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

North Beach Senior Center

Phone: 410-257-2549

Address: 9010 Chesapeake Avenue
North Beach, MD 20714

Southern Pines Senior Center

Phone: 410-586-2748

Address: 20 Appeal Lane
Lusby, MD 20657

Adult Education Program

Phone: 410-535-7382

Board of Education: 301-855-1834

Fax: 410-535-7383

Website: www.calvertnet.k12.md.us/schools/adulted

Address: 4105 Old Town Road
Huntingtown, MD 20639

Service: Offers GED preparation and external diploma program.

Calvert County Parks and Recreation

Phone: 410-535-1600, ext. 2225/301-855-1243

Fax: 410-535-2233

E-mail: parksandrecreation@co.cal.md.us

Website: www.co.cal.md.us/residents/parks

Address: 205 Main Street (First Floor)
Prince Frederick, MD 20678

Service: Sponsors numerous special interest activities and classes. Costs vary according to activity.

College of Southern Maryland

Prince Frederick Campus

Phone: 443-550-6000/443-550-6199

Fax: 443-550-6100

Website: www.csmd.edu

Address: 115 J.W. Williams Road
Prince Frederick, MD 20678

Service: Wide variety of college courses available, with a special fee schedule for persons aged 60+. Some classes offered at the senior sites.

Maryland Cooperative Extension/ University of Maryland

Phone: 410-535-3662/301-855-1150

Fax: 410-535-2438

Website: <http://extension.umd.edu/calvert-county>

Address: 30 Duke Street, Rm. 103, P.O. Box 486
Prince Frederick, MD 20678

Service: Provides educational classes on nutrition and food safety. Home and garden questions can be answered by calling 1-800-342-2507.

Training for Master Gardeners. Classes on gardening and volunteer opportunities available through Master Gardener Program.

Road Scholar

Formerly known as: Elderhostel, Inc.

Phone: 1-877-426-8056/1-800-454-5768

Website: www.elderhostel.org

Address: 11 Avenue de Lafayette
Boston, MA 02111-1746

Service: Nonprofit educational program for adults aged 60+, offering short-term academic programs hosted by educational institutions around the world.

ELDER ABUSE AND NEGLECT

Calvert County Department of Social Services Adult Protective Services (APS)

Intake Line: 443-550-6969

Phone: 443-550-6900

After 5pm /Weekends: 443-550-6900

Fax: 443-550-6855

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

Address: 200 Duke Street

Prince Frederick, MD 20678

Service: Adult Protective Services (APS) provides investigations for appropriate reports of abuse, neglect, self-neglect, and exploitation of vulnerable adults. For reports that meet the requirements of Code of Maryland Regulations (COMAR) and the Maryland State APS program manual, an investigator will gather information, provide crisis intervention as necessary, and plan risk reduction through use of Calvert County Department of Social Services (CCDSS) programs and other community resources. There is no charge for this service.

Calvert County Health Department Crisis Intervention Center

Phone: 410-535-5400/301-855-1353

24-hour Hotline: 410-535-1121/301-855-1075

Fax: 410-414-3962

Address: 975 Solomons Island Road, P.O. Box 980

Prince Frederick, MD 20678

Service: Provides crisis intervention and support for women and children who are victims of domestic violence and sexual assault. Support group available for women aged 50+ and a shelter for women and children who are victims of domestic violence. Anger management for men who are perpetrators of domestic violence is available.

Calvert County Office on Aging Ombudsman Program

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Email: ooa@co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Protects the rights and promotes the well being of residents of nursing homes and other long-term care facilities. Receives and resolves complaints made by or for residents of long-term care facilities.

Nursing Home Resident Rights

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

EMERGENCY SERVICES

Emergency Notification System/Calvert County

Website:

<https://member.everbridge.net/index/892807736721595#/login>

Service: Receive emergency and non-emergency alerts by signing up with Calvert County Alert. This system enables Calvert County to provide you with critical information quickly for a variety of situations such as: severe weather, evacuations, law enforcement notifications, missing persons and water and sewer updates.

EMPLOYMENT

Employed Individuals with Disabilities Program (EID)

For more information, Contact the Southern Maryland Center for Independent Living

Phone: 301-884-4498

Website: <https://mmcp.dhmf.maryland.gov/eid/SitePages/Home.aspx>

Service: The Employed Individuals with Disabilities Program extends Medical Assistance health benefits to working Marylanders with Disabilities. This program lets you return to work and keep your health benefits by paying a small fee.

Southern Maryland Job Source

Phone: 443-550-6750

Fax: 301-855-1961

Website: www.mwejobs.com

Address: Louis L. Goldstein Multi-Purpose Center
200 Duke Street, Suite 1400
Prince Frederick, MD 20678

Service: Provide employment and training services to job seekers and businesses.

FINANCIAL SERVICES

AARP Tax-Aide Program

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Address: Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Tax preparation by trained volunteers for persons aged 50+ with low to moderate income offered at all three senior centers. There is no fee involved but donations will be accepted. Co-sponsored by AARP and the Internal Revenue Service.

Catholic Charities of Calvert County

Phone: 410-535-0309

Fax: 410-257-1002

Website: www.catholiccharitiesdc.org

Address: 885 Main Street
Prince Frederick, MD 20678

Service: Limited funds for emergency needs of low-income persons, including rent, mortgage, utility and prescription assistance. Information and referral, an emergency food pantry, and low cost or free used clothing and household items are also provided.

Calvert County Department of Social Services

Phone: 443-550-6900

Fax: 410-286-7429

Website: www.marylandsail.org

Address: 200 Duke Street
Prince Frederick, MD 20678

Service: The Family Investment Division takes applications, completes thorough assessments, and determines eligibility for the following programs: Medical Assistance, Qualified Medicare Beneficiary (QMB), Specified Low Income Beneficiary (SLMB), Food Benefits, Temporary Cash Assistance, and the Temporary Disability Assistance Program.

Community Ministry of Calvert County

Phone: 410-414-8007 (by appointment only)

Service: Faith-based organization whose mission is to serve those who have nowhere to turn in case of financial crisis. Office does not have regular work hours, so you must leave a message.

Friends of Calvert County Seniors, Inc.

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Address: P.O. Box 925
Prince Frederick, MD 20678

Service: Private, non-profit charitable organization which may assist with providing services and assistance to income eligible seniors 60 plus of Calvert County when not available from another source.

Home Energy Programs

Office of Home Energy Program (OHEP)

Phone: 410-535-1010/301-870-3770

Over 60: 410-535-4606/301-855-1170

Website: www.smtccac.org/OHEP/

Address: So. MD Tri-County Community Action
Committee, Inc.
8371 Leonardtown Road, P.O. Box 280
Hughesville, MD 20637

Service: OHEP helps low-income Marylanders pay their heating bills, minimize heating crisis, and makes energy costs more affordable.

Homeowners' Property Tax Credit

Phone: 1-800-944-7403/410-767-4433

Website: www.dat.state.md.us

Address: State Dept. of Assessments and Taxation
301 W. Preston Street, 9th Floor, Rm. 900
Baltimore, MD 21201-2395

Service: Offers tax credit for income eligible persons. Filing deadline is September 1. Applications are available at senior centers in Calvert County.

Maryland Accessible Homes for Seniors

Phone: 1-800-638-7781

TTY/Relay: 1-800-735-2258

Website: www.mdhousing.org

Address: Maryland Department of Housing and Community
Development
Special Loan Programs
100 Community Place
Crownsville, MD 21032

Service: Provides zero percent interest, deferred loans for a term of 30 years to finance accessibility improvements for seniors 55 and older. The funds may only be used to pay for the actual costs of making the home accessible or functional for the resident.

Maryland Housing Rehabilitation Program

Phone: 1-800-638-7781

TTY/Relay: 1-800-735-2258

Website: www.mdhousing.org

Address: Maryland Department of Housing and Community
Development
Special Loan Programs
100 Community Place
Crownsville, MD 21032

Service: Provides rehabilitation funds for housing or plumbing repairs for single family owner-occupied properties and one to four unit rental properties.

Renters' Tax Credit

Phone: 1-800-944-7403

Website: www.dat.state.md.us

Address: State Dept. of Assessments and Taxation
Renters' Tax Credit Program
301 W. Preston Street, 9th Floor, Rm. 900
Baltimore, MD 21201-2395

Service: Small rebate available on rent paid for income eligible persons. Application deadline is September 1st. Applications are available at senior centers in Calvert County.

Social Security Administration

Phone: 1-800-772-1213
1-888-866-5181
(General inquiries or appointments)

TTY: 1-800-325-0778

Website: www.ssa.gov

Address: 30071 Business Center
Charlotte Hall, M D 20622

Hours: 9 a.m. – 3 p.m. Mon., Tues., Thurs. and Fri.
9 a.m. – Noon (Wed.)

Service: Responsible for Social Security benefits, Medicare, and Supplemental Security Income. Upon request will provide, free of charge, verification of contributions and estimate of amount of benefits payable upon retirement.

Southern Maryland Tri-County Community Action Committee, Inc.

Phone: 410-535-1010/301-870-3770

Fax: 301-274-0637

Email: info@smtccac.org

Website: www.smtccac.org

Address: P.O. Box 280
Hughesville, MD 20637

Service: Manages Office of Home Energy Program which helps low-income persons pay energy bills, minimize heating crises and improve home energy efficiency. Other programs include: rent, shelter and mortgage assistance and an Adult Day Care/Senior Center Plus.

Supplemental Security Income

Phone: 1-800-772-1213
1-800-866-5181
(General inquiries or appointments)

TTY: 1-800-325-0778

Website: www.ssa.gov

Address: 30071 Business Center
Charlotte Hall, MD 20622

Hours: 9 a.m. – 3 p.m. Monday, Tuesday, Thursday and
Friday 9 a.m. – Noon (Wed.)

Service: Supplemental Security Income (SSI) is a United States government program that provides stipends to low-income people who are either aged (65 or older), blind, or disabled.

U.S. Department of Veterans Affairs

Phone: 1-800-827-1000

Website: www.va.gov

Address: 31 Hopkins Plaza
Baltimore, MD 21201

Service: Provides income benefits and medical services to eligible veterans and their families.

HEALTH INSURANCE INFORMATION

Calvert County Department of Social Services

Phone: 443-550-6900

Fax: 410-286-7429

Website: www.marylandsail.org/

Address: 200 Duke Street
Prince Frederick, MD 20678

Service: The Family Investment Division takes applications, completes thorough assessments, and determines eligibility for the following programs: Medical Assistance, Qualified Medicare Beneficiary (QMB), and Specified Low Income Beneficiary (SLMB).

Calvert Health Benefit Exchange

Maryland Health Connection

Phone: 443-404-5761/ 1-855-339-3007

Website: www.calverthealthcare.org or
www.marylandhealthcareconnection.gov

Service: People who are uninsured (not enrolled in Medicare or Medicaid), can apply for coverage in Maryland's health insurance marketplace.

Delmarva Foundation for Medical Care, Inc.

Phone: 1-800-876-3362/443-285-0190

TTY: 800-735-2258

Address: 6940 Columbia Gateway Drive, Suite 420
Columbia, MD 21046

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

Maryland Medbank Program

Phone: 410-821-9262/1-877-435-7755

Fax: 410-821-9265

Website: www.medbankmd.org

Address: P.O. Box 6492
Baltimore, MD 21230

Service: The Medbank Program helps low-income, chronically ill, uninsured individuals get prescription medications at low or no cost.

Medicare

Phone: 1-800-633-4227

Website: www.medicare.gov

Service: National health insurance program for eligible persons, helping to pay for inpatient hospital care, outpatient services, doctors' bills, home health care, durable medical equipment, and skilled nursing care. Application is made through the Social Security Administration.

State Health Insurance Program (SHIP)

Phone: 410-535-4606/ 301-855-1170

Fax: 410-535-1903

Address: Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Office on Aging staff and trained volunteers provide assistance with health insurance questions and concerns, including Medicare, Medicare supplemental policies, the Medicare Prescription Drug Program, and long-term care insurance. Assistance is available to help persons with low income to access benefit programs.

HEALTH SERVICES AND INFORMATION

Alzheimer's Association of the National Capital Area Southern Maryland Branch

Phone: 301-934-5856/1-800-331-7299

Website: www.alz.nca.org

Address: P.O. Box 1889
La Plata, MD 20646

Service: Provides education, information, assistance and support services.

American Cancer Society

Phone: 1-800-227-2345 (24 hours a day/7 days a week – for all cancer-related questions)

410-721-4304

Fax: 410-721-4307

Website: www.cancer.org

Address: 1041 Maryland Rt. 3 North, Bldg. A
Gambrills, MD 21054

Service: Offers education and support services to patients and their families. Provides transportation to treatment, nutrition services for patients undergoing treatment, wigs, prosthesis, support groups, one-on-one support, and referrals. Financial assistance is available.

American Diabetes Association - Maryland Affiliate

Phone: 410-265-0075/1-888-DIABETES

Fax: 410-235-4048

Website: www.diabetes.org

Address: 800 Wyman Park Drive, Suite 110
Baltimore, MD 21211

Service: Provides educational materials and assistance in coping with the disease for people with diabetes and their families.

American Heart Association, Southern Maryland Division

Phone: 1-800-886-3065/301-475-3183

Fax: 301-475-6988

Website: www.americanheart.org

Address: P.O. Box 1508
Solomons, MD 20688

Service: Offers stroke club, CPR courses, and educational material. Contact for resources to combat effects of cardiovascular disease and stroke.

American Lung Association of MD, Inc.

Phone: 443-451-4950

Email: lungmd@lungusa.org

Website: www.marylandlung.org

Address: 211 East Lombard Street, #260
Baltimore, MD 21202

Service: Provides lung disease support services and newsletter.

Arthritis Foundation

Southern Maryland Branch

Phone: 410-544-5433/1-800-365-3811

Fax: 410-544-6058

Website: www.arthritis.org or info.md.sm@arthritis.org

Address: 714 B and A Blvd.
Severna Park, MD 21146

Service: Offers education, information and classes to assist with living with arthritis.

Calvert County Health Department

Phone: 410-535-5400/301-855-1353

Fax: 410-535-5285

Website: www.calverthealth.org

Address: 975 Solomons Island Road, P.O. Box 975
Prince Frederick, MD 20678

Service: Services include: substance abuse, community health, mental health, crisis intervention, environmental health, developmental disabilities program, Adult Evaluation and Review Services, and community services and supports. Birth and death certificates can be obtained here.

Calvert Memorial Hospital

Phone: 410-535-4000/301-855-1012

Fax: 410-535-8397

Website: www.calverthospital.org

Address: 100 Hospital Road
Prince Frederick, MD 20678

Service: A full service acute care facility serving the area as a private, not-for-profit community hospital. Fully licensed and accredited with a medical staff in all major specialties and many sub-specialties.

Calvert Memorial Hospital Urgent Care Centers

Dunkirk Urgent Care

Phone: 410-286-7911

Address: 10845 Towne Center Blvd., Ste. 108
Dunkirk, MD 20754

Prince Frederick Urgent Care

Phone: 410-535-8911

Address: 130 Hospital Road
Prince Frederick, MD 20678

Solomons Urgent Care

Phone: 410-394-2800

Fax: 410-394-2805

Address: 14090 H.G. Trueman Road, Ste. 1300
Solomons, MD 20688

Services: Medical care after hours for all ages including lab and x-ray services on site; staffed by Calvert Memorial Hospital physicians. Same day appointments available. Open weekdays from 5 p.m. – 10 p.m. (Prince Frederick 2p.m. – 10 p.m.); weekends from 12 p.m. – 10 p.m.

Calvert Memorial Hospital Women's Wellness

Phone: 410-286-7992/410-394-2810

Address: 130 Hospital Road, Ste. 201
Prince Frederick, MD 20678

Services: Well-woman gynecological exams and breast exams provided by a female nurse practitioner. Mammograms done on-site. Medicare is accepted. Grant funding available for eligible women.

Epilepsy Foundation of the Chesapeake Region/Abilities Network

Phone: 410-266-7941/1-800-966-7940

Fax: 410-841-2476

Website: www.abilitiesnetwork.org

Address: 132 Holiday Court, Suite 211
Annapolis, MD 21401

Service: Provides education, information and referral, counseling, in-services training concerning epilepsy and seizures, and support groups. Provides direct long-term services to individuals with developmental disabilities.

Independent Dialysis Foundation

Phone: 410-535-6300

Fax: 410-535-6555

Address: 225 West Dares Beach Road
Prince Frederick, MD 20678

Service: Provides kidney dialysis. Accepts Medicare, Medicaid, and other health insurance as well as private pay.

KeepWell Center

Phone: 410-535-8233/301-853-1012, ext. 8233

Address: Calvert Memorial Hospital
100 Hospital Road
Prince Frederick, MD 20678

Service: Educational presentations, Healthy Alternative therapies, community and wellness programs.

National Association of Counties (NACo)

Dental Discount Program

Phone: 877-354-6226

Website: www.nacodentalprogram.com

Service: The National Association of Counties (NACo), was designed to help uninsured and underinsured county residents save money on their dental service expenses.

Physician Referral Service

Phone: 410-535-8233/301-855-1012, ext. 4571

Address: Calvert Memorial Hospital
100 Hospital Road
Prince Frederick, MD 20678

Service: Call for information about area physicians who have privileges at Calvert Memorial Hospital, including physician training, board certification, specialties, and office location.

Prince Frederick Dialysis

Phone: 410-414-8000

Fax: 410-414-8080

Address: 205 Steeple Chase Drive
Prince Frederick, MD 20678

Service: Provides kidney dialysis. Accepts Medicare, Medicaid, and other health insurance as well as private pay.

Smoking Cessation Program

Calvert County Health Department

Phone: 410-535-5400 ext. 359

Tobacco Quit Line: 1-800-QUIT-NOW

Address: 975 Solomons Island Road North, P.O. Box 980
Prince Frederick, MD 20678

Service: The Calvert County Health Department offers a free comprehensive smoking cessation program. The eight week program uses a combination of behavioral counseling, and a variety of cessation products. The cessation products are provided free of charge only to individuals who are registered, attend and participate in the program.

Twin Beaches Community Health Center

Calvert Memorial Hospital

Phone: 410-257-7279

Fax: 410-257-4311

Website: www.calverthospital.org

Address: 8924 Chesapeake Avenue
North Beach, MD 20714

Service: Family practice center by appointment only.
Physician and nurse practitioner on-site. Sliding fee scale.

HOME HEALTH SERVICES

Calvert County Department of Social Services

Phone: 443-550-6900

Fax: 410-286-7429

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

Address: 200 Duke Street
Prince Frederick, MD 20678

Service: Case management and in-home aide services provide personal care and housekeeping services to persons meeting eligibility criteria. Fee is based on a sliding scale. There may be a waiting list.

Calvert County Office on Aging

Aging and Disability Resource Center

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Call MAP/Senior Information and Assistance staff for available resources for in-home services for private pay and programs which provide limited services to persons eligible due to extent of disability, income, and resources.

Calvert Hospice

Phone: 410-535-0892/301-855-1226

TTY: 1-800-735-2258

Fax: 410-535-5677

Website: www.calverthospice.org

Address: 238 Merrimac Court, P.O. Box 838
Prince Frederick, MD 20678

Service: Medicare certified hospice offering in-home care and counseling to terminally ill patients and their families. Accepts Medical Assistance, other health insurance and private pay. Bereavement support groups are available. Volunteer training available.

Home Health Agencies

Skilled care provided by registered nurses, speech therapists, social workers, dietitians, physical therapists, and occupational therapists. Aides also provide personal care and light housekeeping. Services may also include shopping, running errands and transportation. Medicare and health insurance may cover the cost of skilled care. Services are also available through private pay. Call the staff at the Office on Aging at 410-535-4606/301-855-1170, for a list of home health agencies.

Senior Companion Program

Phone: 410-535-0817/301-870-3770

Fax: 410-535-1037

Website: www.smtccac.org

Address: P.O. Box 280
Hughesville, MD 20637

Service: Companionship provided to homebound elderly by seniors who are 60 or older. Service is limited by the number of companions, needs of the patient, and availability of transportation. There is no charge for the service.

HOUSING

Asbury - Solomons Island

Phone: 410-394-3000/1-800-953-3300

Fax: 410-394-3008

Website: www.asburysolomons.org

Address: 11100 Asbury Circle
Solomons, MD 20688

Service: Continuing care retirement community offering apartments and cottages, assisted living suites, and comprehensive nursing care with meals, activities, state of the art wellness center with pool, and other services. There is an entrance fee and monthly charge.

Calvert Towne Townhouses

Phone: 410-535-5560/410-535-5816

Address: 340 Fairgrounds Road
Prince Frederick, MD 20678

Chapline House

Phone: 410-414-8280

Fax: 410-414-8281

Email: chaplinehouse@habitatamerica.com

Website: www.habitatamerica.com

Address: 125 Allnut Court
Prince Frederick, MD 20678

Service: A senior apartment community.

Courtyards at Fishing Creek

Phone: 410-286-3688

Address: Gordon Stinnett Avenue
Chesapeake Beach, MD 20732

Service: Apartments and townhomes.

Habitat for Humanity

Phone: 1-877-37-28453

Service: Self-help home ownership.

Housing Authority of Calvert County

Phone: 410-535-5010/301-855-1350

Fax: 410-535-4286

Email: mail@calverthousing.org

Website: www.co.cal.md.us

Address: 480 Main Street, P.O. Box 2509
Prince Frederick, MD 20678

Service: Manages apartments for seniors aged 62+ or persons with a disability, who are capable of living independently. Income guidelines apply. Varied rent structure according to income and apartment complex. Waiting lists apply in all situations.

Offers Section 8 subsidies to assist in cost of rent to eligible persons who select their own housing subject to approval by the Housing Authority.

Calvert Pines Senior Apartments

Phone: 410-535-5040 (Calvert Pines I)
410-535-9435 (Calvert Pines II)

Email: mail@calverthousing.org

Address: 420 West Dares Beach Road
Prince Frederick, MD 20678 (CP I)
470 West Dares Beach Road
Prince Frederick, MD 20678 (CP II)

Southern Pines Apartments

Phone: 410-326-2346

Email: mail@calverthousing.org

Address: 50 Appeal Lane
Lusby, MD 20657

Town Center Apartments

Phone: 410-286-9670

Email: mail@calverthousing.org

Address: 8933 Chesapeake Avenue
North Beach, MD 20714

Prince Frederick Senior Village

Phone: 410-535-5816

Fax: 410-535-4535

Address: 340 Fairgrounds Road
Prince Frederick, MD 20678

Service: Apartments for seniors age 62+ and persons with a disability, who meet income guidelines. Rent is subsidized. Waiting list.

Prince Frederick Villas

Phone: 410-414-7428/301-855-9369

Address: 700 Yardley Drive
Prince Frederick, MD 20678

Service: Townhomes.

Reverse Mortgages

A loan against your home for persons aged 62-plus that does not have to be paid back as long as the individual lives in the home. Some restrictions apply. Contact your local bank to find a lender or AARP for additional information. The Southern MD Tri-County Community Action Committee (page 27) (410-535-1010/301-870-3770) provides reverse mortgage counseling. For more information contact the Office on Aging (410-535-4606/301-855-1170).

Seaside Apartments at Burnt Oaks

Phone: 301-855-3394

Fax: 301-855-3391

Address: 9845 Sea Maid Court
North Beach, MD 20714

Service: Apartment complex for seniors age 55 and older.

Silverwood Farm Apartments

Address: 100 Running Brook Way
Prince Frederick, MD 20678

Phone: 410-535-1889

Service: Apartment complex.

The Hermitage at St. John's Creek

Phone: 410-326-0070

Fax: 410-326-6140

Address: 13325 Dowell Road, P.O. Box 1509
Solomons, MD 20688

Service: Assisted living center affiliated with Solomons Nursing Center.

USDA Rural Development

Phone: 301-934-9588 ext. 105

Fax: 301-934-2845

Website: www.rurdev.usda.gov

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

Service: Grants and low interest loans for home rehabilitation, indoor plumbing, and well and septic repair and replacement. Must live in and own home and meet income guidelines.

Yardley Hills

Phone: 410-414-7428/301-855-9369

Address: 700 Yardley Drive
Prince Frederick, MD 20678

Service: Townhomes and self-help housing.

INFORMATION AND ASSISTANCE

Calvert County Aging and Disability Resource Center Calvert County Office on Aging

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Information on senior/disability services, resources, and benefits. Assistance is provided in obtaining these services.

Calvert County Department of Social Services

Phone: 443-550-6900

Fax: 410-286-7429

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

Address: 200 Duke Street
Prince Frederick, MD 20678

Service: Provides information and referral to appropriate resources.

Calvert County Library

Phone: 410-535-INFO/410-535-0291/301-855-1862

Fax: 410-535-3022

Website: www.calvert.lib.md.us

Address: 850 Costley Way, P.O. Box 405
Prince Frederick, MD 20678

Regional Branches:

Fairview Library

8120 Southern MD Blvd.

Owings, MD 20736

Phone: 410-257-2101

Fax: 410-257-0662

Southern Branch Library

13920 HG Trueman Road, P.O. Box 559

Solomons, MD 20688

Phone: 410-326-5289

Fax: 410-326-8370

Twin Beaches Library

3819 Harbor Road

Chesapeake Beach, MD 20732

Phone: 410-257-2411

Fax: 410-257-0663

Service: The main library in Prince Frederick and its three smaller branches provide books, magazines, newspapers, large print books, books on cassette, and videos, as well as programming for patrons of various ages. High priority is given to answering reference questions. Outreach van visits persons who are homebound.

Eldercare Locator

Phone: 1-800-677-1116

Website: www.eldercare.gov

Service: The first step to finding resources for older adults in any U.S. community. Have the zip code and nature of need available when calling.

LEGAL SERVICES/ADVOCACY

Adult Guardianship

Adult guardianship is a legal procedure in which a court determines that a person has severe impairments that affect that person's ability to make decisions, is in need of protection, and that a less restrictive alternative does not exist. A guardian is court appointed to ensure that the person's basic needs are met and property safeguarded.

Private guardianship of family member: Contact your own lawyer.

Public guardianship (persons under 65): Department of Social Services, 443-550-6900

Public guardianship (persons over 65): Call the Office on Aging, 410-535-4606/301-855-1170.

Family Services Coordinator

Phone: 410-535-1600, ext. 2516/2524/301-855-1243

Fax: 410-414-3609

Address: 175 Main Street
Calvert County Courthouse
Prince Frederick, MD 20678

Service: Free legal advice for individuals involved in family law matters. Family Law Assistance available, Wednesday, 12:30 p.m. – 2:30 p.m.

Legal Aid Bureau, Inc.

Phone: 410-535-3278/301-843-5850

Fax: 301-274-0713

Website: www.mdlab.org

Address: P.O. Box 249
Hughesville, MD 20637

Persons 60 or older, contact the Office on Aging, 410-535-4606/
301-855-1170.

Service: The Office on Aging has a contract with the Legal Aid Bureau to provide assistance and advice on the following services to persons aged 60-plus: assistance with obtaining or securing benefits, consumer issues, private and public housing issues, and the Health Care Decision Act. These services are available to persons under 60 if they meet income criteria.

Maryland Senior Legal Hotline

Phone: 1-800-999-8904/1-800-896-4213

Website: www.mdlab.org

Service: Attorneys provide free legal advice by phone in designated legal areas, or referral to another lawyer or appropriate agency to Maryland residents aged 60-plus. This service is provided by the Legal Aid Bureau, Inc. and the Maryland Legal Assistance Network.

Sixty-Plus Legal Program

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Address: Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Senior Information and Assistance will provide a listing of participating attorneys who will offer low cost legal services for wills, powers of attorney, living wills, deed changes, and small estate representation to income eligible persons at least 60 years of age.

Statewide Long Term Care Assistance Project

Formerly known as: The Nursing Home and Assisted Living Project

Phone: 800-367-7563/410-951-7750

Address: 6811 Kenilworth Avenue, Suite 500
Riverdale, MD 20737

Service: The Long Term Care Assistance Project (LTCAP) provides free legal assistance on long term care issues in Maryland. LTCAP accepts requests for legal assistance from long term care residents, individuals' pursuing long term care services, as well as family members, social workers, or others who are helping with these individuals.

The Office of the People's Counsel (OPC)

Phone: 410-767-8150

Website: www.opc.state.md.us

Email: info@opc.state.md.us

Service: A public legal office that helps utility customers.

LEGISLATIVE REPRESENTATIVES

Capitol Switchboard

Phone: 202-224-3121/202-225-3121

Service: Phone number to contact your United States Senator or Representative.

Maryland General Assembly

Phone: 1-800-492-7122 ext 5400

Service: Phone number to contact your State Senator and Delegate.

MEDICAL EQUIPMENT MEDICARE CONTRACTED AGENCIES

Lincare

Phone: 410-535-6407

Fax: 410-535-6831

Address: 230 Skipjack Road
Prince Frederick, MD 20678

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

Medic-Aire

Phone: 410-535-5039

Fax: 410-535-5094

Address: 1030 Theater Drive
Prince Frederick, MD 20678

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

NURSING HOMES

Asbury - Solomons Island

Phone: 410-394-3000/1-800-953-3300

Fax: 410-394-3008

Email: webmaster@asbury.org

Website: www.asburysolomons.org

Address: 11100 Asbury Circle
Solomons, MD 20688

Service: The Health Care Center offers comprehensive nursing care to residents of the retirement community.

Calvert County Nursing Center, Inc.

Phone: 410-535-2300

TTY: 410-535-0300

Fax: 410-535-1505

Address: 85 Hospital Road
Prince Frederick, MD 20678

Service: 149 bed non-profit, long and short term nursing facility providing all levels of rehabilitation, skilled care for the medically complex, and care for those with dementia, including Alzheimer's. Accepts Medicare, Medicaid, private pay and private insurance.

Solomons Nursing Center, Inc.

Phone: 410-326-0077

Fax: 410-326-6296

E-mail: administrator@solomonsnursingcenter.net

Address: 13325 Dowell Road, P.O. Box 1509
Solomons, MD 20688

Service: 87-bed nursing home accepting Medicare and Medicaid with adjoining assisted living facility. Services include skilled nursing, short and long term rehabilitation, complex wound management, pain management, Alzheimer's/Dementia care, respite and hospice care.

NUTRITION

Calvert Meals on Wheels, Inc.

Calvert County Office on Aging

Phone: 410-535-4606/301-855-1170

E-mail: CalvertMealsOnWheels@comcast.net

Website: www.calvertmealsonwheels.org

Address: P.O. Box 348
Prince Frederick, MD 20678

Service: A volunteer, non-profit organization that provides one home-delivered meal, up to five days a week, to those who are homebound or unable to provide proper meals for themselves due to illness, advanced age, or disability.

Eating Together Program

Calvert Pines Senior Center

Phone: 410-535-4606/301-855-1170

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

North Beach Senior Center

Phone: 410-257-2549

Address: 9010 Chesapeake Avenue
North Beach, MD 20714

Southern Pines Senior Center

Phone: 410-586-2748

Address: 20 Appeal Lane
Lusby, MD 20657

Service: Luncheon program offered by the Office on Aging at all senior centers, Monday through Friday. Reservations are required. Contributions requested from all persons over 60. Persons under 60 pay full meal cost.

PERSONAL EMERGENCY RESPONSE SYSTEM

These units provide access to a dispatcher 24 hours a day, 7 days a week. In the event of an emergency, the dispatcher will notify emergency personnel and individuals listed under the client's emergency contact. For more information, or for a list of Personal Emergency Response System agencies, please contact the Calvert County Aging and Disability Resource Center at 410-535-4606 or 301-855-1170.

RECREATION/PHYSICAL FITNESS

Calvert County Division of Parks and Recreation

Phone: 410-535-1600/301-855-1243, ext. 2225

E-mail: parksandrecreation@co.cal.md.us

Website: www.co.cal.md.us/ccpr

Address: 205 Main Street
Prince Frederick, MD 20678

Fax: 410-535-2233

Service: Sponsors numerous special interest activities and classes and physical activity classes. Costs vary according to activity.

Calvert County Office on Aging

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

Service: Provides a variety of educational classes, craft classes, special activities, card games, exercise programs, trips, and more at three locations in the county. Cost varies according to activity.

Calvert Pines Senior Center

Phone: 410-535-4606/301-855-1170

Email: ooa@co.cal.md.us

Website: www.co.cal.md.us

Address: 450 West Dares Beach Road
Prince Frederick, MD 20678

North Beach Senior Center

Phone: 410-257-2549

Address: 9010 Chesapeake Avenue
North Beach, MD 20714

Southern Pines Senior Center

Phone: 410-586-2748

Address: 20 Appeal Lane
Lusby, MD 20657

SENIOR GROUPS

American Association of Retired Persons (AARP)

Phone: 1-888-OUR-AARP (1-888-687-2277)

Website: www.aarp.org

Address: 601 E Street, NW
Washington, D.C. 20049

Service: A non-profit, non-partisan membership organization for people age 50 and older dedicated to enhancing quality of life for all as they age. Provides information, advocacy, and service.

Association of Mature American Citizens (AMAC)

Phone: 1-888-262-2006

Website: www.amac.us

Service: A conservative membership organization for people age 50 and older dedicated to protecting the interests of America's seniors. Provides information, advocacy and discounts.

National Active and Retired Federal Employees Association (NARFE)

Phone: 703-838-7760

Email: NARFE1466@gmail.com

Address: 606 North Washington Street
Alexandria, VA 22314

Service: NARFE is the only association solely dedicated to protecting the benefits for active and retired federal employees. Local chapter meets in Calvert County rotating between the three senior centers. The chapter meets the third Thursday of every month from September to June.

SHELTERS

Project ECHO

Phone: 410-535-0044

Fax: 410-535-0211

Website: www.projectecho.net

Address: 300 Main Street, P.O. Box 2764
Prince Frederick, MD 20678

Service: Housing for the homeless of Calvert County and assistance to enable these persons to help themselves. Services are shelter, meals, transportation, referrals, and rental assistance. Staffed by volunteers.

Safe Harbor

Phone: 410-535-1121/301-855-1075

Service: Shelter for abused women and children.

Safe Nights

Phone: 443-486-8670

E-Mail: calvertsafenights@gmail.com

Service: Interfaith consortium of churches that is dedicated to protecting the homeless from the cold by providing shelter in a clean and safe environment during winter months.

SUPPORT GROUPS

Calvert Memorial Hospital

Phone: 410-535-8233/301-855-1012, ext. 8233

Fax: 410-535-8397

Website: www.calverthospital.org

Address: 100 Hospital Road
Prince Frederick, MD 20678

Service: Offers a number of support groups, screenings, weight loss programs, community outreach and educational programs.

Compassionate Friends, Inc.

Southern Maryland Chapter

Phone: 1-877-969-0010 (National Office)

Website: www.compassionatefriends.org

Address: P. O. Box 3696
Oak Brook, IL 60522

Service: A self-help organization offering support to bereaved parents, grandparents and siblings for the positive resolution of grief. Provides bereavement education to the community. Meets at Trinity United Methodist Church on the 4th Monday at 7:30 p.m. Publishes a monthly newsletter.

Hospice/Bereavement Services

Phone: 410-535-0892

Fax: 410-535-5677

Website: www.calverthospice.org

Address: P. O. Box 838
Prince Frederick, MD 20678

Service: Offers support to those who have lost a loved one. Bereavement services are available through Calvert Hospice.

National Alliance on Mental Illness (NAMI) of Southern Maryland

Phone: 301-737-1988

Website: www.namisomd.org

Address: 21161 Lexwood Drive Rm. 2, P.O. Box 25
Lexington Park, MD 20653

Hours: 10 a.m. – 2 p.m.

Service: Support groups and classes for families who have a loved one who is mentally ill and support groups for those who have been diagnosed with a mental illness.

People Who Care

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Address: Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678

Service: A support group for caregivers that meets the first Wednesday of each month, 10:30 a.m., at Calvert Pines Senior Center.

Widowed Persons Service

Phone: 410-535-4606/301-855-1170

Fax: 410-535-1903

Address: Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678

Service: This group is for those who have suffered the loss of a spouse, offering helpful conversations and friendships. The group meets for lunch at noon on the fourth Thursday of each month at Gateway Restaurant, Broomes Island Road. If you'd prefer mornings, another group meets for breakfast at 8:30 a.m. on the second Saturday of each month at Bob Evans Restaurant in Prince Frederick.

SUPPORT SERVICES

Calvert County Department of Social Services Social Services to Adults/In-Home Aide Services

Phone: 443-550-6900
Fax: 410-550-6855
Intake: 443-550-6969
E-mail: calvdss@dhr.state.md.us
Website: www.dhr.state.md.us/calvert.htm
Address: 200 Duke Street
Prince Frederick, MD 20678

Services: Social Services to Adults (SSTA) offers case management to any resident of Calvert County 18 years of age or older who is experiencing problems in functioning. Case Management includes advocacy and referral to other programs within CCDSS and other community resources. SSTA is a voluntary program in which customers must agree to receive the services. Any Calvert County resident aged 18 or older who is in need of assistance in meeting his/her daily needs may apply for SSTA.

In-Home Aide Services (IHAS) complements other Social Services programs by providing assistance in the home with personal care (bathing, dressing, etc.) and chores (laundry, shopping and transportation to medical appointments).

Calvert Food Pantries

Contact the Office on Aging at 410-535-4606/301-855-1170 to obtain a list of food pantries.

Calvert County Health Department Adult Evaluation and Review Services (AERS)

Phone: 410-414-9367/301-855-1545

Fax: 410-414-5846

Website: www.calverthealth.org

Address: 134 Main Street, Suite 202, P.O. Box 980
Prince Frederick, MD 20678

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

Catholic Charities Calvert County Family Center

Phone: 410-535-0309

Fax: 410-257-1002

Website: www.catholiccharitiesdc.org

Address: 885 Main Street
Prince Frederick, MD 20678

Service: Limited funds for emergency needs of low-income persons, including rent, mortgage, utility and prescription assistance. Food pantry and referral for emergency and transitional shelter for women and children.

Christmas in April

Phone: 410-535-9044

Address: P.O. Box 2761
Prince Frederick, MD 20678

Service: A volunteer organization that repairs and improves the homes of low-income homeowners, particularly for the elderly, persons with disabilities, and families with children. Fall deadline for receipt of applications.

Community First Choice Waiver

Formerly Known As:

Medicaid Waiver for Older Adults/ Living at Home Waiver

Phone: **Community Residents:** 1-866-417-3480

Nursing Facility Residents: 1-877-463-3464
410-767-1739

Services: Provides community services and supports to enable older adults and people with physical disabilities to live in their own homes or community.

Community Mediation Center of Calvert County

Phone: 443-975-4973

Address: P.O. Box 807
Solomons, MD 20688

E-mail: calvertmediation@hotmail.com

Service: Mediators help people in conflict talk to one another to clarify goals, gather information, and identify options. A free and confidential service.

HELP Association

Phone: 410-257-6669

Address: 1260 East Mt. Harmony Road
Owings, MD 20736

Service: Clothing and small appliances available at thrift store location.

Project Lifesaver

Phone: 410-535-2800 (Sheriff's Office)
410-535-4606 (Department on Aging)
301-855-1170

Services: Persons with Alzheimer's and other related disorders are fitted with a tracking device that can assist in locating individuals that wander from home. Fees may apply.

Senior Care Program

Phone: 410-535-4606/301-855-1170

Services: Individuals age 65 and over, who meet financial and medical qualifications may receive case management, financial assistance for prescriptions, durable medical equipment, nutritional supplements, incontinent supplies, and in-home services.

Senior Companion Program

Phone: 410-535-0817/301-870-3770

Fax: 410-535-1037

Website: www.smtccac.org

Address: P.O. Box 280
Hughesville, MD 20637

Service: Companionship provided to homebound elderly by seniors who are 60 or older. Service is limited by the number of companions, needs of the patient, and availability of transportation. There is no charge for the service.

SMILE

Phone: 410-326-0009

Fax: 410-326-0035

Website: www.smileinc.org

Address: 10290 H.G. Trueman Road, P.O. Box 1276
Solomons, MD 20688

Service: An ecumenical ministry of churches and organizations in Southern Calvert County to enable people of all denominations to work together to provide food, clothing, and other forms of assistance and support to those in need. Operates a thrift store on grounds of Middleham/St. Peter's Parish Hall.

TRANSPORTATION

For a list of private-pay transportation providers, contact the Office on Aging at 410-535-4604/301-855-1170.

AAA, Medical Transportation

Phone: 1-800-577-1050/301-933-4357

Website: www.aaatransport.net

Email: info@aaatransport.net

Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622

Service: Ambulance transportation for clients with severe medical needs such as life support, neo-natal intensive care, etc. All appropriate medical staff will be on hand. They also provide wheel chair transportation and private bus and van services. Depending on your needs billing may be possible through your health insurance. For private needs private pay is also available.

Partners in Care

Ride Partner Program

Phone: 410-544-4800/800-227-5500

Website: www.partnersincare.org/calvert-county

Address: 90 B South Richie Highway
Pasadena, MD 21122

Service: Volunteer driver program. Drivers use their own vehicles, pick members up at their residence, wait with them, then return them safely home. Members are not charged for rides and are encouraged to donate to the transportation fund which is used to reimburse drivers for gas. The expectation is that people will give back as they are able through the time exchange program.

Public Transportation

Phone: 410-535-4268/410-535-4510

Website: www.co.cal.md.us

Address: Calvert County Courthouse
175 Main Street
Prince Frederick, MD 20678

Service: Provides public transportation service on a fixed route throughout the county and provides specialized transportation for the frail and disabled. Prior arrangements must be made for specialized transportation. A shuttle service operates in the Prince Frederick area through the cooperative effort of the Calvert County Office on Aging and Public Transportation. Reduced fares for seniors.

UTILITY ASSISTANCE

Federal Cell Phone Programs

To determine eligibility for these programs, contact the Office on Aging at 410-535-4604/301-855-1170.

Home Energy Programs

Office of Home Energy Program (OHEP)

Phone: 410-535-1010/301-870-3770

Over 60: 410-535-4606/301-855-1170

Website: <http://www.smtccac.org/OHEP>

Address: So. MD Tri-County Community Action
Committee, Inc.
8371 Leonardtown Road, P.O. Box 280
Hughesville, MD 20637

Service: OHEP helps low-income Marylanders pay their heating bills, minimize heating crisis, and makes energy costs more affordable.

Verizon Lifeline Service

Phone: 1-866-849-0404

Website: Verizon.com/Lifeline

Service: Low cost phone service provided for Maryland residents receiving Supplemental Security Income, temporary cash assistance, Medicaid, and food stamps.

VETERAN SERVICES

Charlotte Hall Veterans Home

Phone: 301-844-8171

Fax: 301-884-4964

Website: www.charhall.org

Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622

Service: Charlotte Hall Veterans Home is a facility providing a continuum of care from the Assisted Living unit to a higher level of care in the Skilled Nursing Home. Charlotte Hall Veterans Home also provides services for eligible spouses who are unable to take care of themselves due to age or disability. The Home provides the support and services required for shelter, sustenance, medical care, and social services necessary to maintain the resident's medical condition and quality of life.

The Home is Medicare/Medicaid certified, and all veteran residents receive a per diem subsidy from the U.S. Department of Veterans Affairs that is applied toward the cost of their care. Assisted Living veteran residents also receive a State of Maryland subsidy that covers a portion of their cost of care, depending upon monthly income.

Maryland's Commitment to Veterans

Phone: 1-877-770-4801

Website: www.veterans.maryland.gov

Address: P.O. Box 2150
La Plata, MD 20646

Service: Effort to help Maryland's veterans and their families connect to services and resources available to them in their region. Regional Resource Coordinators will work with veterans and family members to access these important services, either through the VA system or with a private provider.

U.S. Department of Veterans Affairs

Phone: 1-800-827-1000

Website: www.va.gov

Address: 31 Hopkins Plaza
Baltimore, MD 21201

Service: Provides income benefits and medical services to eligible veterans and their families.

VITAL RECORDS

Department of Health and Mental Hygiene Division of Vital Records

Phone: 410-764-3038/1-800-764-3036

Website: www.vsa.state.md.us

Address: Reisterstown Road Plaza
6550 Reisterstown Road, P.O. Box 68760
Baltimore, MD 21215-0020

Service: Provides records of birth, death, and marriage for a small fee.

VOTER REGISTRATION

Calvert County Board of Elections

Phone: 410-535-2214/301-855-1376

Fax: 410-535-5009

E-mail: elections@co.cal.md.us

Website: www.co.cal.md.us

Address: 30 Duke Street – Lower Level, P.O. Box 798
Prince Frederick, MD 20678

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

WILLS

Register of Wills

Phone: 410-535-1600/301-855-1243, ext. 2256
1-888-374-0015

Website: www.registers.maryland.gov

Address: Calvert County Courthouse
175 Main St.
Prince Frederick, MD 20678

Service: The Register of Wills is responsible for the administration of all estates. The Register admits wills to probate, appoints personal representatives, audits accounts, determines and collects fees and taxes for the State of Maryland, and records and maintains all documents filed in estate matters. A depository for wills is available for county residents.

Will Preparation

Call a local attorney for assistance and advice on will preparation. Call the Calvert County Office on Aging, 410-535-4606/301-855-1170 for a list of attorneys offering a discount to eligible seniors through the Sixty Plus Legal Program.

INDEX

AAA, Medical Transportation	60
AARP Driver Safety Program	18
AARP Tax-Aide Program	23
Adult Day Care of Calvert County, Inc.	10
Adult Education Program	19
Adult Evaluation and Review Services (AERS)	12,57
Adult Guardianship	44
Adult Protective Services	21
Aging Services	2
Alcohol and Substance Abuse Services	3
Alzheimer's Association of the National Capital Area	30
American Association of Retired Persons (AARP)	7
American Cancer Society	31
American Diabetes Association - Maryland Affiliate	31
American Heart Association,	31
American Lung Association of MD, Inc.	32
ARC of Southern Maryland	11
Arthritis Foundation	32
Asbury - Solomons Island	38
Assisted Living Homes	4
Association of Mature Citizens (AMAC)	8
Attorney General's Office Consumer Protection Division	8
Attorney General's Office Health Advocacy Unit	8
Bay Community Support Services (BCSS)	11
Behavioral Health Services	4
Bereavement Services	54
Brain Injury Association	11
Calvert Alliance Against Substance Abuse	3
Calvert County Aging and Disability Resource Center	2,36,42
Calvert County Board of Elections	64
Calvert County Department of Social Services	12,21,24,36,42,56
Calvert County Division of Parks and Recreation	50
Calvert County Health Department	4,5,12,21,32,35,57
Calvert County Library	43
Calvert County Nursing Center, Inc.	48
Calvert County Office on Aging	2,13,18,22,36,42,49,51
Calvert County Parks and Recreation	19,50

Calvert Health Benefit Exchange	29
Calvert Hospice	38
Calvert Meals on Wheels, Inc.	49
Calvert Memorial Hospital	33,34,53
Calvert Memorial Hospital Women's Wellness	34
Calvert Pines Senior Apartments	39
Calvert Substance Abuse Program	3
Calvert Towne Townhouses	38
Capitol Switchboard	46
Catholic Charities Calvert County Family Center	57
Catholic Charities of Calvert County	24
Center for Life Enrichment	17
Chapline House	38
Charlotte Hall Veterans Home	62
Christmas in April	57
College of Southern Maryland	19
Community First Choice Waiver	13,58
Community Ministry of Calvert County	24
Community Mediation Center of Calvert County	58
Compassionate Friends, Inc.	54
Consumer Protection Division	8
Consumer Services	7
County Government	9
Courthouse for Calvert County	9
Courtyards at Fishing Creek	38
CREATE! for Seniors	13
Crisis Intervention Center	21
Day Care Services	10
Delmarva Foundation for Medical Care, Inc	29
Department of Community Resources	9
Department of Health and Mental Hygiene	63
Disability Services	11
Division of Rehabilitation Services	14
Division of Vital Records	63
Dunkirk Urgent Care	33
Eating Together Program	49
Education	18
Elder Abuse and Neglect	21

Eldercare Locator	44
Emergency Notification System for Calvert County	22
Emergency Services	22
Employed Individuals with Disabilities Program (EID)	14
Employment	23
Epilepsy Foundation Chesapeake Region	34
Family Services Coordinator	44
Federal Cell Phone Programs	61
Financial Services	23
Food Pantries	56
Friendly Health Services	10
Friends of Calvert County Seniors, Inc.	25
Geriatric Nurse Counselor	5
Habitat for Humanity	38
Health Insurance Information	28
Health Services and Information	30
HELP Association	58
Home Energy Programs	25, 61
Home Health Agencies	37
Home Health Services	36
Homeowners' Property Tax Credit	25
Hospice	54
Housing	38
Housing Authority of Calvert County	39
Independent Dialysis Foundation	34
Information and Assistance	42
KeepWell Center	34
Legal Aid Bureau, Inc.	45
Legal Services	44
Legislative Representatives	46
Lincare	47
Maryland Accessible Homes for Seniors	26
Maryland's Commitment to Veterans	63
Maryland Cooperative Extension	20
Maryland Department of Aging	3
Maryland General Assembly	46
Maryland Housing Rehabilitation Program	26
Maryland Medbank Program	29

Maryland Relay	15
Maryland Senior Legal Hotline	45
MD State Library for the Blind and Physically Handicapped	15
Medical Equipment	47
Medic-Aire	47
Medicare	30
Mental Health Association of Maryland	5
Mental Health Clinic	5
Motor Vehicle Administration	16
NACo Dental Discount Program	35
National Active and Retired Federal Employees Association	52
National Alliance on Mental Illness (NAMI)	6, 54
Nursing Homes	47
Nutrition	49
Office of Home Energy Program (OHEP)	25, 61
Ombudsman Program	22
On Our Own	16
Partners in Care	60
Pathways	6
People Who Care	55
Personal Emergency Response System	50
Physician Referral Service	35
Prince Frederick Dialysis	35
Prince Frederick Senior Village	40
Prince Frederick Urgent Care	33
Prince Frederick Villas	40
Project ECHO	53
Project Lifesaver	58
Public Transportation	61
Recreation/Physical Fitness	50
Register of Wills	64
Renters' Tax Credit	26
Reverse Mortgages	40
Road Scholar	20
Safe Harbor (Shelter)	53
Safe Nights (Shelter/Winter)	53
Seaside Apartments at Burnt Oaks	40
Senior Care Program	59

Senior Companion Program	59
Senior Groups	52
Shelters	53
Silverwood Farm Apartments	40
Sixty-Plus Legal Program	45
SMILE	59
Social Security Administration	27
Solomons Nursing Center, Inc.	48
Solomons Urgent Care	33
Southern Branch Library	43
Southern Maryland Center for Independent Living	17
Southern Maryland Community Network	6
Southern Maryland Job Source	23
Southern MD Tri-County Community Action Committee, Inc.	27
Southern Pines Apartments	39
State Health Insurance Program (SHIP)	30
Statewide Long Term Care Assistance Project	46
Supplemental Security Income	28
Support Groups	53
Support Services	56
The Hermitage at St. John's Creek	41
The Office of the People's Counsel	46
Town Center Apartments	39
Transportation	60
Tramatic Brain Injury Waiver	17
Twin Beaches Community Health Center	36
Twin Beaches Library	43
U.S. Department of Veterans Affairs	63
Urgent Care Centers	33
USDA Rural Development	41
Utility Assistance	61
Verizon Lifeline Service	62
Vesta	7
Veteran Services	62
Vital Records	63
Voter Registration	64
Walden Sierra	7
Widowed Persons Service	55

Will Preparation	64
Wills	64
Yardley Hills	41

Calvert County Office on Aging services and programs for seniors are available at the following centers:

Calvert Pines Senior Center

**450 West Dares Beach Road
Prince Frederick, MD 20678
410-535-4606/301-855-1170
Fax: 410-535-1903**

**Email: ooa@co.cal.md.us
Website: www.co.cal.md.us**

North Beach Senior Center

**9010 Chesapeake Avenue
North Beach, MD 20714
410-257-2549
Fax: 410-286-8095**

Southern Pines Senior Center

**20 Appeal Lane
Lusby, MD 20657 410-586-2748
Fax: 410-326-0673**

Programs and activities are open to all people regardless of race, color, national origin, or economic status.

Some programs are federally funded under Title III of the Older Americans Act. The Office on Aging serves as the Area Agency on Aging.

Persons with impaired hearing or speech are encouraged to use the Maryland Relay, 1-800-735-2258/7-1-1, to access resources.

This brochure is funded by the Maryland Access Point Program as well as the Senior Medicare Patrol Program.

Summer 2014