

St. Mary's County

Department of Aging & Human Services

Veterans Resource Guide



ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

Working Together ~ Caring About You

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

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



**Brought to you by
The Commissioners of St. Mary's County
and
St. Mary's County Department of
Aging & Human Services**

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

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

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

**Community Programs
& Outreach**

Law Enforcement Appreciation Day
Men's Health Day
Community Health & Wellness Fair
Veterans Resource Day
New Beginning Newsletter
Road Show Presentations
Timely & Topical Information

**Retired and Senior
Volunteer Program (RSVP)**
Volunteer Opportunities for
individuals 55+
Explore rewarding volunteer
opportunities in the St. Mary's
County community

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

Senior Center Operations

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

Human Services

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

Senior Information & Assistance

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

Note to Resource Guide Businesses and Organizations:

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

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

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

Contributions may be mailed to:

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

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



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Advocacy Services

American Legion Post 255

Phone: 301-872-5349
Email: legion255@verizon.net
Website: ridgelegion.org/

Service: The American Legion, America's largest Veteran's organization, was chartered by Congress in 1919 as a patriotic, mutual-help, Veteran organization, and now numbers nearly 3 million members. They rely on membership strength to support their fight on Capitol Hill for Veterans' benefits. National headquarters is in Indianapolis, Indiana, with additional offices in Washington, DC.

Brain Injury Association of Maryland

Phone: 410-448-2924 or 800-221-6443
Fax: 301-475-4503
Address: 2200 Kernan Drive

Baltimore, MD 21286

Email: info@biamd.org
Website: www.biamd.org

Service: Supports those affected by brain injury through advocacy, education, and research.

Iraq & Afghanistan

Veterans of America (IAVA)

Phone: 202-544-7692
Email: info@iava.org
Website: iava.org

Service: Veterans advocacy and support organization. Non-partisan leader in advocacy, public awareness and one-on-one case management support with a mission to connect, unite and empower post-9/11 veterans. Veterans have paid their dues so membership is always free. Quick Reaction Force program provides 24/7 peer support and comprehensive care management for all veterans and families, regardless of era, discharge status or location. Offers grant funding for partner organizations that do exceptional work for veterans through their Veteran Community Fund.

Vietnam Veterans of America

Phone: 301-585-4000
Website: <https://vva.org/>

Service: Nationwide member organization that provides claims assistance, financial advising, job placement, and advocacy. Hosts bi-annual national conventions. Website features information on local chapters, legislative updates, educational brochures, and other resources.

Aging Services

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

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

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

Website: www.stmaryscountymd.gov/aging

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

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

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

Locations:

Department of Aging & Human Services

41780 Baldrige Street
Leonardtown, MD 20650

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

Northern Senior Activity Center

29655 Charlotte Hall Road
Charlotte Hall, MD 20622

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

Loffler Senior Activity Center

21905 Chancellors Run Road
Great Mills, MD 20634

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

Potomac Building

23115 Leonard Hall Drive
Leonardtown, MD 20650

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

Garvey Senior Activity Center

23630 Hayden Farm Lane
Leonardtown, MD 20650

Hours: 8 a.m. - 8 p.m., Monday-Thursday
8 a.m. - 4:30 p.m. Fridays

Alcohol/Substance Use

Pyramid Health Care - Maryland

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

Locations:

Outpatient Treatment Center
44871 St. Andrew's Church Road
California, MD 20619

Drug & Alcohol Residential Treatment Centers

44871 St. Andrew's Church Road
California, MD 20619

30007 Business Center Dr
Charlotte Hall, MD 20622

The Baltimore Station

Phone: 410-752-4454
Website: baltimorestation.org/
Service: The Baltimore Station is an innovative therapeutic residential treatment program supporting Veterans and others who are transitioning through the cycle of poverty, addiction, and homelessness to self-sufficiency.

VA Substance Use Disorder Program

Website: www.mentalhealth.va.gov/index.asp
Service: The VA has a variety of mental health resources, information, treatment options and more — all accessible to Veterans, Veterans' supporters and the general public.

Locations:

Baltimore Va Medical Center
10 North Greene Street
Baltimore, MD 21201
410-605-7000 ext. 53060

Perry Point VA Medical Center
361 Boiler House Rd
Perry Point, MD 21902
410-6422411 ext. 25444

Assisted Living

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 301-671-3102
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Website: www.charhall.org

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

Paying for Senior Care Veterans Guide to Paying for Assisted Living & Home Care

Phone: 855-481-6777
Website: www.payingforseniorcare.com/Veterans

Service: Our objective is to focus on Veterans' options to help with non-medical care/aging care. The aim is to help Veterans understand available benefits, uncover financial assistance opportunities, and provide ideas that can reduce the costs associated with long-term care – whether in a nursing home, assisted living community, or at home.

Benefits Information

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 301-671-3102
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Website: veterans.maryland.gov/

Service: Provides assistance in obtaining benefits for veterans and their eligible dependents. Benefits that may apply are: disability compensation, veterans pension, veterans pension with aid and attendance, dependency and indemnity compensation, survivors pension, other benefits including adapted house grants, service disabled veterans insurance and veterans mortgage life insurance.

Maryland Department of Veterans Affairs

Phone: 301-884-8171, ext. 7155
Address: 29640 Charlotte Hall Road
Charlotte Hall, MD 20622
Hours: 8 a.m. – 5 p.m., Monday-Friday
Website: www.veterans.maryland.gov/about-mdva/

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

Maryland Department of Veterans Affairs Programs

The Service and Benefits Program

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

The Charlotte Hall Veterans Home

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

The Cemetery and Memorial Program

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

The Outreach & Advocacy Program

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

The Maryland Veterans Trust

The Maryland Veterans Trust receives donations, and then makes grants and loans to veterans and their family members who are in dire financial situations, or to private organizations that help veterans. Contact Mark Hendricks, Grant Administrator 410-230-4444, ext. 8, or email mark.hendricks@maryland.gov.

Social Security Resource Center

Website: www.socialsecuritybranch.com/md/

Service: Provides an online resource guide that allows individuals to connect you with local social security offices. The Social Security Administration will be able to assist with any questions regarding benefits, replacement of a social security card, eligibility qualifications, estimating future benefits, and supplemental security income benefits.

U.S. Department of Veterans Affairs

Phone: 800-827-1000

Address: 810 Vermont Avenue, NW
Washington, DC 20420

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

Website: www.va.gov

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

1) Veterans Benefits Administration (VBA) provides a variety of benefits to Service members, Veterans, and their families.

Website: www.benefits.va.gov/benefits/

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

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

U.S. Department of Veterans Affairs Regional Benefits Office

Phone: 301-757-2250

Address: 47149 Buse Road, NASFS
Building 1370
NAS Patuxent River, MD 20670

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

Claims Assistance

Disabled American Veterans (DAV) Chapter 26

Phone: 240-925-5439
Address: 21795 C, North Shangri-La Drive
Lexington Park, MD 20653
Website: www.davch26stmarysmd.com/

Service: DAV is a nonprofit charity that provides a lifetime of support for Veterans of all generations and their families, helping more than 1 million Veterans in positive, life-changing ways each year. FCertified Chapter Service Officers (CSOs) assist with VA Claims on Wednesdays from 10:00 am until 1:00 pm for FREE. On an average they handle about 17 Claims each Wednesday. No appointments--assistance is provided on a first-come-first-served basis at the location shown above.

Dental Services

Greater Baden Medical Services

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

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

Health Partners

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

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

Lexington Park

Dental Only

45870 East Run Drive

Lexington Park, MD 20653

Waldorf

Medical and Dental

3070 Crain Highway Ste. 101

Waldorf, MD 20601

Nanjemoy

Medical and Dental

4375 Port Tobacco Road

Nanjemoy, MD 20662

Maryland Foundation of Dentistry Donated Dental Services

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

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

St. Mary's County Health Department

Phone: 301-475-4330 TTY: 301-475-4724

Fax: 301-475-4350

Address: 21580 Peabody Street

P.O. Box 316

Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: smchd.healthdept@maryland.gov

Website: www.smchd.org

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

University of Maryland School of Dentistry

Phone: 410-706-7101

Address: 650 West Baltimore Street

Baltimore, MD 21201

Hours: 9 a.m. – 4 p.m., Monday-Friday

Email: clinicInfo@dental.umaryland.edu

Website: www.dental.umaryland.edu

Service: Offers a complete line of dental services performed by dental students under the supervision of licensed dentists. Fees are 30 – 50% less than normal.

Transportation is not provided.

Disability Resources

Acoustic Trauma in Military Service

Website: veterans.maryland.gov/

Service: Military service personnel are often exposed to many forms of acoustic (noise) trauma which may impair hearing. Veterans Benefit Specialists (VBS's) are available to assist veterans in developing claims regarding tinnitus or acoustic trauma due to noise exposure while serving.

Benefits for Disabilities

Website: www.va.gov/disability/

Service: This U.S. Department of Veterans Affairs resource has a matrix that explains to disabled veterans what additional (derivative) benefits they may be entitled to based on their particular circumstances

Maryland Relay

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

Fax: 410-767-4276

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

Email: moreinfo@mdrelay.org

Website: doit.maryland.gov/mdrelay/Pages/about.aspx

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

Paralyzed Veterans of America

Benefits Helpline: 866-734-0857

Caregiver Helpline: 855-260-3274;

Email: info@pva.org

Website: pva.org/

Service: Assists Veterans who have experienced a spinal cord injury or dysfunction.

Southern Maryland Center for Independent Living

Phone: 301-884-4498
Fax: 301-884-6099
Address: 38588 Brett Way, Suite 1
Mechanicsville, MD 20659
Email: info@smcil.org
Website: www.smcil.org

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

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

Phone: 240-895-7000
Fax: 240-895-7099
Address: 23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, MD 20650
Hours: 8:30 a.m. – 4 p.m., Monday-Friday
Website: dhs.maryland.gov/

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

Education

College of Southern Maryland Veterans & Military Support Services

Phone: 240-725-5421

Email: Veteransbenefits@csmd.edu

Website: www.csmd.edu/student-services/Veteran-military

Service: College of Southern Maryland is approved by the Department of Veteran Affairs and the Maryland Higher Education Commission, so that eligible Veterans, servicepersons, and certain dependents of Veterans can receive VA educational benefits.

Entrepreneurship Bootcamp for Veterans (EBV)

Phone: 315-443-0141

Website: ivmf.syracuse.edu/programs/entrepreneurship/start-up/ebv/

Service: The EBV program leverages the skills, resources, and infrastructure of higher education to offer cutting-edge, experiential training in entrepreneurship and small business management to post-9/11 Veterans.

USAA Educational Foundation

Website: www.usaa.com/

Service: The USAA Educational Foundation provides free financial education resources from experts in finance and military life to fuel Veterans, active-duty members, and their families financial freedom. As an educational foundation, they provide information without endorsing or selling financial products.

University of Maryland Global Campus (UMGC)

Phone: 855-655-8682

Website: www.umgc.edu/military-and-veterans

Service: A top-ranked military and veteran-trusted school offering award-winning, flexible academic programs and services for active-duty military service members, veterans and military spouses and families.

Emergency

911 Emergency Communications

Phone: 9-1-1

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

Hours: 24/7

Email: ema@stmaryscountymd.gov

Website: www.stmaryscountymd.gov/es/Communications/

Service: The Division of Emergency Communications is responsible for daily operations of the county's 911 Center and Public Safety radio system. Our 24/7 operations provide emergency and routine communications for Fire, EMS, Sheriff, MSP, and many other critical county services.

Department of Emergency Services

Phone: 301-475-4200, ext. 1013 or 301-475-4911

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

Hours: 7 a.m. – 4:30 p.m.

Website: www.stmaryscountymd.gov/es/

Service: A multifaceted agency that provides 9-1-1 call taking and dispatching through the Emergency Communications Division; disaster preparedness, mitigation, response, and recovery through the Emergency Management Division; enforcement of animal regulations through Animal Control Division; assistance and liaison with volunteer agencies through Emergency Services Division; and computer, networking, and telecommunications support through the Information Technology Division. The department works with county, state and federal public agencies, volunteer entities, boards and committees to enhance the quality of life in St. Mary's County.

Veterans Crisis Line

Phone: 800-273-8255, press 1 TTY: 800-799-4889

Text: 838255

Hours: 24/7

Website: www.veteranscrisisline.net

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

Emergency Shelter

National VA Homeless Hotline

Phone: 877-424-3838

Website: www.va.gov/homeless

Service: The National VA Homeless Hotline provides 24/7 counseling, referral, food, and clothing to Veterans in need.

Project ECHO

Phone: 410-535-0044

Email: projectecho@comcast.net

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

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

Three Oaks Center

Phone: 301-863-9535 x103

Address: 46905 Lei Drive

P.O. Box 776

Lexington Park, MD 20653

Hours: 8 a.m. – 4 p.m., Monday-Friday

Email: threeoaks@threeoakscenter.org

Website: threeoakscenter.org/

Service: The Mission of Three Oaks Center's Southern MD Veterans Initiative is to raise awareness of and solve problems facing Veterans and their families by providing necessary services and follow-on support through local community agencies so that no one has to be homeless. Our vision is a vital community support system that facilitates the success of, paves the way to self-sufficiency for, or improves the lives of Veterans and their families.

Employment

Easter Seals D.C. MD VA Veteran Staffing Network (VSN)

Phone: 855-VET-7111

Website: www.Veteranstaffingnetwork.org

Service: A national nonprofit staffing agency that connects employers with top-tier military talent and helps Veterans and their spouses find meaningful jobs. VSN supports multiple disciplines and industries, placing thousands of Veterans and military spouses in positions across the country, from executive to entry-level.

Helmets to Hardhats

Phone: 866-741-6210

Address: 5715 16th St NW
Washington, DC 20011

Email: Marketingadmin@helmetstohardhats.org

Website: www.helmetstohardhats.org

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

Hiring Our Heroes

Phone: 866-741-6210

Website: www.uschamberfoundation.org/

Service: Hiring Our Heroes is a nationwide U.S. Chamber of Commerce Foundation initiative to assist Veterans, transitioning service members, and military spouses find meaningful employment opportunities. Build a resume, get career advice, apply for jobs, find a hiring event, learn about the Corporate Fellowship Program, and discover resources for wounded, ill, and injured service members.

Maryland Careers for Veterans

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

Service: This webpage contains resources Maryland provides to returning Veterans - employment opportunities, Veteran services, upcoming events and more.

Maryland's Commitment to Veterans

Phone: 1-877-770-4801

Email: bha.mcv@maryland.gov

Website: health.maryland.gov/bha/Veterans/Pages/Home.aspx

Service: Maryland's Commitment to Veterans provides a confidential forum for Veterans and family members to discuss challenges they are facing. Maryland's Commitment to Veterans helps link Veterans and family members with needed resources.

Maryland Department of Labor Veteran Services - Workforce Development & Adult Learning

Phone: 410-767-2093

Email: dlwdalVeterans-labor@maryland.gov

Website: dllr.state.md.us/employment/Veteranservices.shtml

Service: The state's American Job Centers offer a variety of services to assist Veterans, transitioning military personnel, and other qualified individuals. Priority of service is given to Veterans and their eligible spouses who meet certain eligibility requirements.

Local Veterans' employment representatives work with businesses, contractors, and employer organizations within local areas to develop career opportunities for Veterans. The Disabled Veterans Outreach Program staff also provide specialized intensive employment assistance to eligible Veterans with employment and training needs.

Mid-Atlantic Veterans Business Outreach Center

Phone: 301-955-6328

Email: scolella@umd.edu

Website: midatlanticvbc.com

Service: The Mid-Atlantic Veterans Business Outreach Center (VBOC) aims to serve as the connective tissue that links programs, services, and resources throughout the Mid-Atlantic region, striving to create a comprehensive network of support opportunities for service members, Veterans, military retirees, military/Veteran spouses & dependents, National Guard members, reservists, and otherwise military-connected entrepreneurs. Serving Delaware, Maryland, Pennsylvania, and Washington D.C.

Southern Maryland JobSource

Phone: 301-274-1922, ext. 400
Address: 22934 Three Notch Road, Suite B
California, Maryland 20619
Email: stmarysajc@tccsmd.org
Website: <https://tccsmd.org/>

Service: The the Southern Maryland JobSource, a partnership with local workforce development agencies, providing a full range of assistance to job seekers and businesses. Southern Maryland JobSource strives to provide customer-driven workforce services for all customers.

Project Opportunity

Website: www.project-opportunity.com/
Service: Project Opportunity provides Veterans a free entrepreneurship training program designed specifically for Veterans who want to start their own business. The program is a 10 week (30 hour) intensive course designed to prepare participants to research and complete a business plan.

Warriors to Workforce

Email: VAAAW2W@va.gov
Website: www.acquisitionacademy.va.gov/schools/internship/w2wProgram.asp
Service: A 10-month program that offers Veterans an opportunity to transition into a new, full-time career in the federal government by applying their military skills and experiences to the contract specialist field. The program focuses on transitional support, mentoring, professional development, and foundational career training activities.

Financial Assistance

Operation Homefront

Phone: 210-659-7756

Website: operationhomefront.org/

Service: Operation Homefront provides various forms of relief to military families through its programs, such as Critical Financial Assistance, as well as veteran housing assistance programs including Transitional Housing (Villages), Transitional Homes for Veterans, Transitional Housing (Apartments), and Permanent Housing.

Maryland Veterans Trust Fund

Phone: 410-260-3836

Email: mdVeteranstrust.mdva@maryland.gov

Website: <https://Veterans.maryland.gov/maryland-department-of-Veterans-affairsVeterans-trust-fund/>

Service: A 501c3 organization designed to assist with non-emergency, temporary financial challenges facing Veterans or widows/widowers of Veterans (primarily rent/ mortgage payments and utility bills. The fund's design cannot support chronic, long term financial hardship. The Trust Fund Grant Administrator completes a brief interview with each applicant before submitting applications for review. Based on information supplied in the application, a review committee approves or denies requests for assistance.

Navy Federal Credit Union

Phone: 1-888-842-6328

Website: <https://www.navyfederal.org/>

Service: Since 1933, Navy Federal Credit Union has grown from 7 members to over 8 million members. And, since that time, our vision statement has remained focused on serving our unique field of membership: Be the most preferred and trusted financial institution serving the military and their families.

Navy Marine Corps Relief Society

Phone: 301-342-4739

Email: PatuxentRiver@nmcrs.org

Website: <https://www.nmcrs.org/locations/patuxent-river>

Service: The mission of Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

Food Pantries & Soup Kitchens

Feed St. Mary's Inc.

Phone: 240-237-8197

Address: 46041 Signature Lane,
Lexington Park, MD 20653

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

Service: St. Mary's County's first-ever food bank — promising a consistent and reliable source of food distribution into and throughout St. Mary's County.

First Saints Church

Phone: 301-475-7200

Address: 25550 Point Lookout Road
Leonardtown, MD 20650

Website: www.firstsaints.org

Email: office@firstsaints.org

Service: First Saints Church (St. Paul's) Leonardtown location provides a soup kitchen each Tuesday from 11 a.m. – 12:30 p.m. Food pantry is also open on Tuesdays from 11 a.m. - 12:30 p.m.

Good Samaritan Lutheran Church

Phone: 301-863-4740

Address: 20850 Langley Road
Lexington Park, MD 20653

Email: foodpantry@goodsamlutheran.com

Website: www.goodsam.community/serve/

Service: Our Daily Bread Food Pantry is open 10:00 am to 12:00pm on Wednesdays & Fridays each week. Closed on holidays that might fall on those dates. The pantry is located in the basement of the middle building on the campus of Good Samaritan Lutheran Church.

The Mission Food Pantry & Donation Center

Address: God's House of Refuge
46694 Midway Drive
Lexington Park, Maryland 20653

Website: <https://seekingshelter.com/>

Service: The Mission pantry is open for donations Monday-Thursday from 10 a.m. – 1 p.m. Currently only open to receive donations of warm clothing, blankets, winter shoes, food and bottled water.

Helpers Overcoming Problems Effectively

H.O.P.E

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

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

SHARE Food Network

Phone: 202-772-4300
Address: 924 G Street, NW
Washington, DC 20001
Email: shareorders@cc-dc.org
Website: www.catholiccharitiesdc.org/share

Service: The SHARE Food Network provides monthly value packages of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items, and 8-9 pounds of fresh produce that cost \$25 and are worth \$40-\$50.

Locations:

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

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

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

Health Insurance

Maryland Insurance Administration

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

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

MedStar St. Mary's Hospital: AccessHealth

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

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

Medicaid

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

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

Medicare

Phone: 1-800-633-4227

Website: www.medicare.gov

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

TRICARE for Life

Phone: 866-773-0404

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

Hours: 8 a.m. – 6 p.m., Monday-Friday

Website: www.tricare4u.com

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

TRICARE/Humana Military

Phone: 800-444-5445

Website: <https://www.humanamilitary.com/>

Service: Humana Military, a wholly-owned subsidiary of Humana Inc., partners with the Department of Defense to administer the TRICARE health program for military members, retirees, and their families.

Veterans Affairs Dental Insurance (VADIP)

Phone: 855-370-3303

Website: www.va.gov/healthbenefits/vadip/

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

Health Services & Information

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

Phone: 800-733-8387
Address: P.O. Box 469063
Denver, CO 80246-9063

Website: <https://www.va.gov/health-care/family-caregiver-benefits/champva/>
Service: CHAMPVA is a health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

Pyramid Health Care – Maryland

Phone: 301-690-8329
Website: <https://www.pyramid-healthcare.com/locations/maryland/>
Service: Pyramid Healthcare operates both residential and outpatient facilities throughout Maryland, with locations in California, Charlotte Hall and Harford County.”

Southern Maryland Veterans Outpatient Clinic

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

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

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

Veterans Affairs Military Exposures

Phone: 877-829-4833

Website:<https://www.publichealth.va.gov/exposures/>

Service:Veterans may have been exposed to a range of chemical, physical, and environmental hazards during military service. This webpage provides information and resources regarding military exposure to chemical, physical, and environmental hazards.

Veterans Health Council

Phone: 301-585-4000, ext. 195

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

Service:Informs Veterans and their families about health issues and available benefits.

Housing

Maryland Homeowner Assistance Fund

Phone: 301-429-7555

Website: <https://dhcd.maryland.gov/Residents/Pages/HomeownerAssistance-Fund.aspx>

Service: Facilitates access to a statewide network of nonprofit and local government agencies that provide critical assistance to homeowners and renters. Housing counselors and information on state-approved nonprofit agencies that provide individual guidance to homeowners facing foreclosure.

Naval Air Station Patuxent River Fleet and Family Services

Phone: 301-342-4911

Website: <https://www.navympwpaxriver.com/>

Service: Strives to deliver customer-driven, quality of life programs and services for the NAS Patuxent River community. Our programs include Morale, Welfare & Recreation (MWR), Fleet & Family Support Center (FFSC), Child & Youth Programs (CYP), Housing, MWR Recreational Lodging and much more.

Patuxent Habitat for Humanity - Veteran Critical Home Repairs

Phone: 301-863-6227

Email: info@patuxenthabitat.org

Website: <https://www.patuxenthabitat.org/Veteran-critical-home-repairs>

Service: The Patuxent Habitat for Humanity Veteran Critical Repair Program is designed to repair homes for military Veterans and their families. The program will assist with repairs identified in Habitat's Critical Home Repair guidelines that may vary from roof repair and structural wall repairs to installing wheelchair ramps and remodeling bathrooms to be easily used by Veterans with disabilities.

Tri-County Community Action Committee, Inc.

Phone: 301-274-4474 or 301-870-3770

Address: 8377 Old Leonardtown Road
P.O. Box 280
Hughesville, MD 20637

Website: www.smtccac.org

Service: Assist qualified individuals with homeownership.

Information and Assistance

Maryland 2-1-1

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

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

Maryland State Library for the Blind and Print Disabled

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

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

St. Mary's County Libraries

Charlotte Hall Library

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

Garvey Senior Activity Center & Leonardtown Library

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

Lexington Park Library

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

Website: www.stmalib.org

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

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

Lexington Park Library offers a Veterans Book Group. The group meets every first Saturday of the month from February to June at 2 p.m. at the Lexington Park Library. For more information and to register please call 301-863-6188 or email kfields@stmalib.org.

Legal Services

American Bar Association (ABA) Veterans Legal Services Initiative

Phone: 800-285-2221

Email: service@americanbar.org

Website: https://www.americanbar.org/groups/legal_services/milvets/

Service: Brings together all of the ABA entities, programs, and projects focused on legal services for military personnel, Veterans, and their families and provides access to all of these resources to the public and legal professionals.

Medical Equipment

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

Phone: 301-769-4199

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

Email: Actsmail1@Gmail.com

Website: www.acts-smc.org

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

Mental Health Services

Annapolis Vet Center

Phone: 410-605-7826

Website: <https://www.va.gov/annapolis-vet-center/>

Service: Offers confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). Annapolis Vet Center also connects Veterans with more support in VA and local communities.

Department of Veterans Affairs Readjustment Counseling Service

Phone: 1-877-222-8387

Website: https://www.vetcenter.va.gov/Vet_Center_Services.asp

Service: Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers across the country provide a broad range of counseling, outreach, and referral services to combat-Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.

Heroes on the Water Ft. Belvoir Therapeutic Program

Phone: 214-295-4541

Email: FtBelvoir.VA@heroesonthewater.org

Website: <https://heroesonthewater.org/therapeutic-programs/ft-belvoir/>

Service: Heroes on the Water, a 501(c)(3) Veterans-charity, creates alternative therapeutic programs to serve Veterans, active-duty military personnel, first responders and their families. These experiential programs incorporate structured activities proven to improve the lives of these men and women. Each experience reduces the impact of post-traumatic stress and traumatic brain injury while providing much-needed camaraderie and support

Pathways, Inc.

Phone: 301-375-3065, ext. 241
Address: 44101 Airport View Drive
P.O. Box 129
Hollywood, MD 20636
Hours: 8:30 a.m. – 4:30 p.m., Monday-Thursday
8 a.m. – 4 p.m. Fri.
Email: info@pathwaysinc.org
Website: www.pathwaysinc.org

Service: Pathways specializes in a range of services including psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with mental illness, and vocational support for persons with a mental illness and/or brain injury.

Pyramid Healthcare

Phone: 301-690-8329 Emergency Line: 814-326-2882
Fax: 301-290-0280
Address: 30007 Business Center Drive
Charlotte Hall, MD 20622
Hours: Monday-Thursday, 9 a.m. – 8 p.m., Friday, 8 a.m. – 4 p.m.
Website: <https://www.pyramid-healthcare.com/>

Service: Walden offers services for Mental Health, Substance Abuse Treatment, Crisis Services, Psychiatry, Recovery Support, Family Violence, Sexual Assault Counseling, and Residential Treatment Program.

Locations:

California Office
44871 St. Andrew's Church Road
California, MD 20619
301-235-1099

Charlotte Hall
30007 Business Center Drive
Charlotte Hall, MD 20622
301-235-1099

Harford County
1015 Pulaski Highway
Joppa, MD 21085
301-235-1099

Nursing Homes

Charlotte Hall Veterans Home

Phone: 301-884-8171
Fax: 833-671-3102
Address: 29449 Charlotte Hall Road
Charlotte Hall, MD 20622
Email: smurphy@charhall.org
Website: www.charhall.org

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

Chesapeake Shores

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

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

St. Mary’s Nursing & Rehabilitation Center

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

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

Physical Fitness

CTLDomGroup, Inc.

Phone: 202-498-5678
Website: <https://www.ctldomgroup.com/>
Service: CTLDomGroup provides health and wealth management plans for Veterans.

St. Mary's County Department of Recreation & Parks

Phone: 301-475-4200 ext. 1800
Address: 23150 Leonard Hall Dr
Leonardtwn, MD 20650
Hours: 8 a.m. – 5 p.m., Monday-Friday
Website: <https://www.stmaryscountymd.gov/recreate/>
Service: Provides an enriched quality of life for the community through the promotion of a variety of leisure experiences.

Great Mills Swimming Pool

Phone: 301-866-6560
Address: 21100 Great Mills Road
Great Mills, MD 20634
Hours: 10 a.m. – 8 p.m., Monday-Saturday
12 p.m. – 6 p.m. Sunday
Website: www.stmaryscountymd.gov/recreate/aquatics
Service: Provides opportunities for water aerobics, recreational, therapeutic, instructional and competitive swimming for all ages. The 25x25 meter pool includes 6 lanes and has a “zero depth” entry for maximum accessibility. The pool is covered with an air-inflated “bubble” from September – May to allow year-round usage. The facility’s bathhouse includes showers, lockers and restrooms, and is located next to Great Mills High School.

Wellness and Aquatics Center

Phone: 301-475-4200 ext. 1821
Address: 22950 Hollywood Road
Leonardtwn, MD 20650
Hours: 10 a.m. – 8 p.m., Monday-Saturday
12 p.m. – 6 p.m. Sunday
Website: <https://www.stmaryscountymd.gov/recreate/wellnesscenter/>
Service: The facility includes a 25-yard competition pool, warm water therapy pool with zero depth entry, a weight training room and 2 group fitness/dance studios. Daily entrance and membership passes are available for all ages.

Recreation

Department of Recreation and Parks

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

Greenwell Foundation

Phone: 301-373-9775
Address: 25450 Rosedale Manor Lane
Hollywood, MD 20636
Website: <https://greenwellfoundation.org/>
Service: Provides accessible and inclusive programs, services, and facilities for all community members, with and without disabilities.

Maryland Department of Natural Resources (DNR)

Phone: 410-260-8367 or 866-344-8889
Address: 580 Taylor Avenue, Tawes State Office Building
Annapolis, MD 21401
Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday
Email: customerservice.dnr@maryland.gov
Website: www.dnr.maryland.gov
Service: DNR offers individuals with disabilities free lifetime blind fishing license; must have proof of disability. DNR also offers Disable American Veterans (DAV) and Former Prisoner of War (POW) free fishing and hunting licenses.

Naval Air Station Patuxent River Fleet and Family Services

Phone: 301-342-4911
Website: <https://www.navymwrpaxriver.com/>
Service: Strives to deliver quality of life programs and services for the NAS Patuxent River community. Programs include Morale, Welfare & Recreation (MWR), MWR Recreational Lodging and much more.

Operation Second Chance on the Chesapeake

Phone: 301-938-2834 or 410-610-2710
Email: cindy@operationsecondchance.org
Website: www.operationsecondchance.org
Service: Maryland-based agency of patriotic citizens committed to serving combat wounded Veterans via recreational pursuits.

Solomons Navy Recreation Center

Phone: 410 286-5529 or 410 286-7301
Website: www.navymwrsolomons.com
Service: Solomons Navy Recreation Center offers a location for vacations for our proudly serving military members and their families.

Team River Runner

Phone: 301-938-2834 or 410-610-2710
Address: 5007 Stone Road
Rockville, MD 20853
Email: info@teamriverrunner.org
Website: www.teamriverrunner.org/maryland-southern-maryland
Service: Team River Runner's mission is to provide all Veterans, active duty, and their families an opportunity to find health, healing, community purpose and new challenges through adventure and adaptive paddle sports. The Southern Maryland chapter provides kayaking events for Veterans throughout the tri-county area. Kayaks and instruction are provided free of charge to Veterans and their families.

Veteran Golfers Association

Email: jeff.manalansan@vgagolf.org
Website: <https://www.vgagolf.org/>
Service: The VGA develops programs that allow our members to compete, socialize, and remain physically active through the game of golf. Through local league play, regional tournaments, and national qualifiers, the VGA helps reinforce values like integrity, respect, and perseverance through the game of golf. Additionally, the VGA offers family-oriented activities that help Veterans, and their family members increase the amount of quality time spent together and be more active in their communities.

Veteran Tickets Foundation

Website: www.vettix.org

Service: Veteran Tickets Foundation teams up with major sports teams, leagues, promoters, organizations, venues, and ticket holders to provide free tickets to more than 21 million military and Veterans. Currently serving military, honorably discharged Veterans from all branches of service and family of those killed in action are eligible. User accounts become active once their service status is verified. Tickets can be claimed via the website.

Referral to Services

1-800-DOCTORS

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

Tri-County Council for Southern Maryland

Phone: 301-874-1922
Website: <https://tccsmd.org/regional-planning/Veterans-regional-advisory-committee-vrac/>
Service: The council's Veterans Regional Advisory Committee continues to work toward improving access to services for Veterans in our region.

Reintegration

Warfighter Advance

Phone: 202-239-7395

Email: admin@warfighteradvance.org

Website: <http://www.warfighteradvance.org/>

Service: Warfighter Advance changes the trajectory of the warfighter's post-deployment life, so that rather than an existence characterized by an endless cycle of mental illness diagnoses, medications, medical appointments and disappointments, the warfighter has a life characterized by pride, productivity, healthy relationships, continued service, and advocacy for the same outcomes for their fellow service members.

Service Animals

MK9s Service Dogs

Address: 2621 Oakton Glen Drive
Vienna, VA 22181

Email: mk9servicedogs@gmail.com

Website: <https://mk9servicedogs.org/>

Service: MK9s seeks to provide highly trained service dogs tailored to meet specific Veterans' needs at no cost to eligible Veterans. MK9s accepts volunteers and donations.

Pets for Patriots

Phone: 877-473-8223

Email: web@petsforpatriots.org

Website: <https://petsforpatriots.org>

Service: Pets for Patriots promotes companion pet adoptions by U.S. military Veterans through nationwide veterinary networks, military and Veteran organizations and a public that supports our troops and appreciates the lives of homeless animals.

Support Groups

Coaching Into Care

Phone: 888-823-7458

Website: <https://www.mirecc.va.gov/MIRECC/coaching/index.asp>

Service: Coaching Into Care is a free service for families and friends of Veterans. Our responders will briefly assess your concerns and provide appropriate resources and referrals. Through 10 to 30 minute calls, licensed psychologists and social workers offer guidance and help for starting conversations with the Veteran in your life about their mental health or substance use and motivating them to seek treatment if it's needed.

Disabled Veterans Support Group

Phone: 301-884-4498

Address: 38588 Brett Way
Mechanicsville, MD

Meetings: 5-7 p.m.– Monthly, 2nd Friday of the month

Website: www.smcil.org

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

VA Caregiver Support

Phone: 855-260-3274

Website: <https://www.caregiver.va.gov/>

Service: Caregivers play an important role in the health and well-being of Veterans. The Caregiver Support Program offers training, educational resources, and multiple tools to help caregivers succeed.

Veterans Support Group

Phone: 301-785-3933

Address: 27108 Mt. Zion Church Road
Mechanicsville, MD 20659

Website: www.medstarstmarys.org

Service: Meets every other Monday from 6:30 p.m. to 8:00 p.m. at Mt. Zion Methodist Church.

Therapies

Horses Healing Marylans's Military

Website: <https://www.horsesandveterans.com/>

Service: Offers horsemanship programs for Wounded Warriors, Veterans, and their families.

MedStar St. Mary's Rehabilitation Medicine

Phone: 301-475-8981

Address: 25500 Point Lookout Road
P.O. Box 527
Leonardtwn, MD 20650

Website: www.medstarstmarys.org

Service: Provides physical, speech, occupational therapy, pulmonary and cardiac rehabilitation for inpatients and outpatients.

Mesothelioma Veterans Center

Phone: 855-272-6681

Website: <https://www.mesotheliomaveterans.org/>

Service: Provides information about treatment, clinical trials, and VA benefits to veterans suffering from asbestos-related illnesses.

Wounded Warrior Project

Phone: 202-558-4302

Website: <https://www.woundedwarriorproject.org/>

Service: Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001 are the focus of this organization. Services are provided at no cost for Veterans and service members.

Transportation

The Yellow Ribbon Fund

Phone: 240-223-1180

Email: email@yellowribbonfund.org

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

Service: The Yellow Ribbon Fund is a Veteran service organization providing housing, transportation, and caregiver & family support to severely wounded, ill and injured post-9/11 service members from every branch of the United States Military, following unexpected medical crises.

Veterans Service Organizations

AMVETS (American Veterans)

Phone: 301-459-6181

Website: <https://www.amvets.org/>

Service: A nationwide cadre of AMVETS National Service Officers with extensive knowledge and experience in VA processes and procedures are stationed at Department of Veterans Affairs Regional Offices and Medical Centers to provide information, counseling and claims assistance.

American Legion Department Service Officers

Phone: 202-263-5759

Website: <https://www.legion.org/veteransbenefits/departmentoofficers>

Service: American Legion Department Service Officers (DSOs) offer free advice and guidance for veterans as they work through issues with the U.S. Dept. of Veterans Affairs (VA). Helps with claims and benefits, health issues, veterans cemeteries

Military Order of the Purple Heart

Phone: 703-256-6139

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

Service: A 501(c)(3) non-profit that raises funds to support our nation's veterans and their families. Donations support Veterans Critical Assistance Grant, scholarship, service dogs and PTSD resource fund programs.

Quilts of Valor- Pax Sound of Freedom

Phone: 515-708-7689

Website: www.qovf.org/

Service: Provides service members and veterans touched by war with comforting and healing Quilts of Valor.

Veterans of Foreign Wars (VFW)- Local Post #2632

Phone: 301-862-3247

Email: commander@vfw2632.com

Website: <https://www.vfw.org/>

Service: Connects Veterans with services they are entitled to and provides support to the community.

Vital Records

Bureau of Vital Statistics

Phone: 800.832.3277 or 410.764.3038.

Website: <https://veterans.maryland.gov/copies-of-vital-records-diplomas-for-wwii-and-korean-war-veterans-post-9-11-survivor-benefit/>

Service: For purposes of a claim before the Federal Government, one copy of marriage licenses, and birth or death certificates, may be acquired free of charge from the appropriate source. Call the local office of the clerk of the Circuit Court (marriage and divorce) or the Bureau of Vital Statistics, 800.832.3277 or 410.764.3038.

A veteran or the veteran's surviving spouse can obtain one copy of marriage licenses, or birth and death certificates, from the clerk of the Circuit Court and marriage licenses and divorce certificates from the Department of Mental Health and Hygiene – Vital Statistics Division.

Proof of service in the Armed Forces must be provided.

Division of Vital Records

Phone: 410-764-3038

Address: 6764-B Reisterstown Road
Baltimore, Maryland 21215

Website: www.dhmv.maryland.gov/vsa/Pages/Home.aspx

Service: Provides records of birth, death, and marriage.

St. Mary's County Health Department Vital Records Division

Phone: 301-475-4330

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

Hours: 8:30 a.m. – 4:15 p.m., Monday-Friday

Email: smchd.healthdept@maryland.gov

Website: www.smchd.org/birth-certificates/

Services: St. Mary's County residents born after 1940 can fill out an application, bring it to the health department with photo ID, and a birth certificate is issued. The fee for each certificate is \$25. If you were born before 1939, the information must be processed through the Maryland State Division of Vital Records.

Women

Service Women's Action Network (SWAN)

Phone: 202-844-6110

Email: info@servicewomen.org

Website: www.servicewomen.org

Service: SWAN supports, defends, and empowers women Veterans and servicewomen of all eras through advocacy initiatives and community healing programs.

Women Veterans

The Women Veterans Call Center

Phone: 855-829-6636

Website: <https://www.womenshealth.va.gov/programoverview/wvcc.asp>

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

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ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

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