

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

## Resource Guide for Older Adults



[stmaryscountymd.gov/aging/](http://stmaryscountymd.gov/aging/)



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

# **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 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**

Keys to Senior Independence  
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+

## **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**

After School Programs  
Teen Court  
Christmas Caring  
WARM Transportation  
Local Care Team  
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 Program

# **Note to Resource Guide Businesses and Organizations:**

Many of our community seniors and their family members view the Resource Guide as a valuable tool in locating services and programs. Thus far, the St. Mary's County Department of Aging & 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 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  
Resource Guide for Older Adults  
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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# Quick Start

## St. Mary's County Maryland Access Point (MAP)

Phone: 301-475-4200 ext. 1057  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Email: Jennette.Beyer@stmaryscountymd.gov  
Melissa.Beuvais@stmaryscountymd.gov  
Website: [aging.maryland.gov/Pages/maryland-access-point.aspx](http://aging.maryland.gov/Pages/maryland-access-point.aspx)  
[www.stmaryscountymd.gov/Aging/MAP/](http://www.stmaryscountymd.gov/Aging/MAP/)

Service: Maryland Access Point (MAP) is Maryland's No Wrong Door Aging and Disability Resource Center, established as the single entry point for individuals seeking long term support services and a range of community supports.

Long term services and supports include information on health, transportation, income, and financial aid, senior and community centers and clubs, nutrition and meals, pharmacy assistance, housing, volunteer opportunities, and more!

MAP also offers Options Counseling, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long term care. Trained, professional Options Counselors use a person-centered approach and support individuals with matching their needs, preferences, and values with services in their community, developing a personalized action plan, getting connected to resources, making referrals to appropriate agencies and planning for current and/or future needs.

MAP is a free information and referral service. It is open to the public and to individuals of all income levels.

# Advocacy Services

## **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](mailto:info@biamd.org)  
Website: [www.biamd.org](http://www.biamd.org)  
Service: Supports those affected by brain injury through advocacy, education, and research.

## **Commission On Aging**

Phone: 301-475-4200, ext. 1050  
Website: [www.stmaryscountymd.gov/boards/11/](http://www.stmaryscountymd.gov/boards/11/)  
Service: The purpose of the Commission on Aging is to provide the Commissioners of St. Mary's County with advice and assistance concerning county programs and resources offered for the senior residents of St. Mary's County and how to work with the community to develop awareness and understanding of the problems and concerns of the senior population. Meetings are open to the public and are held the 4th Monday of the month at 1p.m. at the Garvey Senior Activity Center in Leonardtown, unless otherwise noted.

## **Community Mediation of St. Mary's County**

Phone: 301-475-9118  
Address: 41620 Courthouse Drive, Rear Entrance  
P.O. Box 853  
Leonardtown, MD 20650  
Hours: 9 a.m. – 7 p.m., Monday-Sunday  
Email: [st.marys.medication@gmail.com](mailto:st.marys.medication@gmail.com)  
Website: [www.communitymediationsmc.org](http://www.communitymediationsmc.org)  
Service: The mission of Community Mediation of St. Mary's County (CMSMC) is to provide conflict management and mediation support services that empower people to turn conflict into conversation. This organization offers to educate the public about conflict management, train volunteers to become mediators, to provide free, confidential, voluntary mediation and group-facilitation services.

## **Maryland Attorney General Health Education Advocacy Unit**

Phone: 1-877-261-8807 or 1-888-743-0023  
Hotline: 410-528-1840  
Spanish Hotline: 410-576-2000  
Fax: 410-576-6571  
Address: 200 Saint Paul Place, 16th Floor  
Baltimore, MD 21202-2021

Hours: 9 a.m. – 4:30 p.m., Monday-Friday

Email: [heau@oag.state.md.us](mailto:heau@oag.state.md.us)

Website: [www.marylandattorneygeneral.gov/](http://www.marylandattorneygeneral.gov/)

Service: The Health Education and Advocacy Unit of the Consumer Protection Division offers mediation services to consumers who have a billing dispute with their healthcare provider or a coverage dispute with their HMO or Health Insurance Company. The Unit also helps consumers who have been denied enrollment in a Qualified Health Plan or denied Advanced Premium Tax Credits or Cost-Sharing Reductions by Maryland Health Connection.

## **Maryland Office of the People's Counsel**

Phone: 410-767-8150  
Email: [OPC@maryland.gov](mailto:OPC@maryland.gov)  
Website: [opc.maryland.gov](http://opc.maryland.gov)

Service: Maryland Office of the People's Counsel works to improve utility performance and to protect Maryland residential utility customers from unfair sales practices and unreasonable rates for services such as electricity and natural gas, in a manner consistent with the State's environmental and greenhouse gas reduction goals.

## **Southern Maryland Center for Independent Living (SMCIL)**

Phone: 301-884-4498  
Fax: 301-884-6099  
Address: 38588 Brett Way, Suite 1  
Mechanicsville, MD 20659  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [info@smcil.org](mailto:info@smcil.org)  
Website: [www.smcil.org](http://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 modifications, employment assistance, self-advocacy and mobility services.

## **Tri-County Council for Southern Maryland**

Phone: 301-274-1922  
Address: 15045 Burnt Store Rd.  
Hughesville, MD 20637  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Website: [tccsmd.org](http://tccsmd.org)

Service: The Tri-County Council for Southern Maryland serves as a forum for the discussion and resolution of issues affecting the Southern Maryland region. It is a cooperative planning and development agency with the mission to foster the social and economic development of the Southern Maryland region.

# 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](http://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, the Senior Rides Program, 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 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

## **Department of Aging & Human Services**

### **File of Life**

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

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

Email: Sarah.Miller@stmaryscountymd.gov

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: Magnetic “File of Life” packets are placed on the refrigerator and contain a person’s pertinent medical information in the event of an emergency. Included is a sticker to be located near the front entrance to alert emergency personnel and tell them where to locate the information.

### **Project LifeSaver**

Address: 23150 Leonard Hall Drive

Leonardtown, MD 20650

Phone: 301-475-4200, ext. 8097

Service: A tracking device that is worn by persons with cognitive impairments who are receiving consistent supervision by a responsible party. This program is designed to help locate persons who go missing over a defined time period.

To learn more about St Mary’s County Department of Aging & Human Services, please visit [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) or scan the QR Code for a direct link to the page.



# 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/](http://www.pyramid-healthcare.com/locations/maryland/)  
Service: 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

## St. Mary's County Health Department Behavioral Health Division

Phone: 301-475-4330  
Fax: 301-475-9434  
eFax: 301-363-0312  
Address: 21580 Peabody St.  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [smchd.lbha@maryland.gov](mailto:smchd.lbha@maryland.gov)  
Website: [www.smchd.org/behavioralhealth/](http://www.smchd.org/behavioralhealth/)

Service: The Local Behavioral Health Authority (LBHA) is part of the St. Mary's County Health Department and serves as the local point of contact in assisting individuals with access to behavioral health services (mental health, substance use treatment, and prevention). The LBHA is responsible for monitoring and improving behavioral health systems to provide better outcomes for St. Mary's County residents.

# Assisted Living

## 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: 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.

## Discovery Commons at Wildewood

Phone: 301-960-3863  
Fax: 301-863-3032  
Address: 23185 Milestone Way  
California, MD 20619  
Email: [Info@wildewoodseniorliving.com](mailto:Info@wildewoodseniorliving.com)  
Website: [www.discoverycommons.com](http://www.discoverycommons.com)

Service: Discovery Commons at Wildewood Assisted Living and Memory Care. We offer experienced staff members, affordable rates, private or shared suites and excellent care to our seniors. Come in and tour our beautiful community.

## Taylor Farm Assisted Living

Phone: 301-904-9290  
Address: 21748 Oscar Hayden Road  
P.O. Box 26  
Bushwood, MD 20618  
Email: [Taylorfarm1@gmail.com](mailto:Taylorfarm1@gmail.com)  
Website: [www.taylorfarmassistedliving.com](http://www.taylorfarmassistedliving.com)

Service: Taylor Farm Assisted Living home provides the support services that seniors need to live comfortably. Residents may live in senior apartments with support services or in the assisted living facility for seniors requiring a higher level of care in a non-nursing home setting, including Alzheimer's Care and other specialized care services.

# Community-Based Services

## Aging & Disability Resource Center (ADRC) Maryland Access Point (MAP)

Phone: 301-475-4200, ext. 1057  
Fax: 301-475-4415  
Address: 23115 Leonard Hall Drive  
P.O. Box 653  
Leonardtown, MD 20650

Email: [Jennette.Beyer@stmaryscountymd.gov](mailto:Jennette.Beyer@stmaryscountymd.gov)

Website: [www.stmaryscountymd.gov/aging/MAP/](http://www.stmaryscountymd.gov/aging/MAP/)

Service: MAP specialists work with caregivers, professionals, and all individuals with long term care needs to plan, identify, connect, and assist with accessing private and public resources for long term services and supports. Long term services and supports include: information on health, transportation, income, and financial aid, senior and community centers and clubs, nutrition and meals, pharmacy assistance, housing, volunteer opportunities, and more!

MAP also offers Options Counseling, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long term care. Options Counselors use a person-centered approach and support individuals by matching their needs, preferences, and values with services in their community, developing a personalized action plan, getting connected to resources, making referrals to appropriate agencies and planning .

## Community First Choice Community Personal Care Services

Phone: 301-475-4200, ext. 1057  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday, last entry 4:30 p.m.

Email: [Jennette.Beyer@stmaryscountymd.gov](mailto:Jennette.Beyer@stmaryscountymd.gov)

Website: [www.stmaryscountymd.gov/aging/medicade-waiver/](http://www.stmaryscountymd.gov/aging/medicade-waiver/)

Service: These programs provide community services and supports, including personal care to enable older adults and people with disabilities to live in their own homes. Participants must have community Medicaid and meet the program's specific level of care based on a medical assessment. There is no age requirement for these programs.

## **Community Pathways Waiver Southern Maryland Regional Office**

Phone: 301-362-5100 TTY: 888-207-2479  
Fax: 301-362-5130  
Address: 312 Marshall Avenue, 7th Floor  
Laurel, MD 20707  
Email: [smro.dda@maryland.gov](mailto:smro.dda@maryland.gov)  
Website: [health.maryland.gov/dda/pages/smro.aspx](http://health.maryland.gov/dda/pages/smro.aspx)  
Service: It provides services and supports in the community for individuals with developmental disabilities. Waiver participants receive services and supports from provider agencies funded by the Developmental Disabilities Administration. Services provided include family and individual support services, live-in caregiver, rent, medical day care services, respite care, employment discovery and customization, community learning services, environmental accessibility adaptations, personal supports/community supported living arrangements, and community learning services.

## **911 Phones for Seniors Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1073  
Fax: 301-475-4503  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [Sarah.Miller@stmaryscountymd.com](mailto:Sarah.Miller@stmaryscountymd.com)  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: Free emergency-use only (911) cell phone for seniors.

## **Cell Phone Recycle Program Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1073  
Fax: 301-475-4503  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [Sarah.Miller@stmaryscountymd.com](mailto:Sarah.Miller@stmaryscountymd.com)  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: Donations of used cell phones may be dropped off at any of our senior activity centers for recycling.

## **Division of Home & Community-Based Services**

### **Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1061

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

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

Email: [Rebecca.Kessler@stmaryscountymd.gov](mailto:Rebecca.Kessler@stmaryscountymd.gov)

Website: [www.stmaryscountymd.gov/aging/hcbs-overview/](http://www.stmaryscountymd.gov/aging/hcbs-overview/)

Service: Helps individuals and families facing the challenges of caring for a loved one whose ability to provide for themselves has declined.

Programs and Services are made available to eligible individuals in their home or nearby community facility, thus minimizing or preventing the need for services in more costly health care institutions.

## **Family Caregiver Support Program**

### **Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1069

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

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

Email: [Rebecca.Kessler@stmaryscountymd.gov](mailto:Rebecca.Kessler@stmaryscountymd.gov)

Website: <https://www.stmaryscountymd.gov/Aging/Respite/>

Service: Provides grants for respite care and medical supplies and medical equipment; provides caregiver support services; provides caregiver training opportunities.

Family caregivers who are eligible to receive services include:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals with Alzheimer's disease and related disorders;
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18;
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities;
- Family members caring for adults with disabilities 55 and over;
- Grandparents acting as parents; and
- Parents 55 and over caring for an adult child with a disability.

## **Healthy St. Mary's Partnership (HSMP)**

Phone: 301-475-4330  
Address: 21580 Peabody Street  
Leonardtown, MD 20650  
Email: stmaryspartnership@gmail.com  
Website: healthystmarys.com

Service: The Healthy St. Mary's Partnership (HSMP) is a community-driven coalition of public and private partners working together to address priority health issues for St. Mary's County, Maryland.

## **Home & Community-Based Options Wavier Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1069 or ext. 1057  
Fax: 301-475-4503  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: Jennette.Beyer@stmaryscountymd.gov  
Website: [www.stmaryscountymd.gov/Aging/Medicare-Waiver/](http://www.stmaryscountymd.gov/Aging/Medicare-Waiver/)

Service: This program provides community services and supports to enable adults living with disabilities to live in the community. Services can include Assisted Living, Adult Medical Day, Personal Assistance Services, Personal Emergency Response Systems, and Environmental Accessibility Adaptations.

Individuals must require nursing facility level of care based on medical assessment. Individuals income and assets must meet financial eligibility guidelines. Individuals living at home may register with a state-operated registry. Eligible nursing home residents may apply immediately.

## **Home-Delivered Meals**

### **Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1060  
Fax: 301-475-4503  
Address: 23630 Hayden Farm Lane  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [danielle.manalansan@stmaryscountymd.gov](mailto:danielle.manalansan@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/aging/homedeliveredmeals/](http://www.stmaryscountymd.gov/aging/homedeliveredmeals/)  
Service: A service provided for homebound seniors age 60 and over who show moderate to severe disability that prevents them from shopping or cooking for themselves. To be eligible, seniors must be unable to drive.

## **Senior Care Program**

### **Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1057  
Fax: 301-475-4503  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [Lisa.Berry@stmaryscountymd.com](mailto:Lisa.Berry@stmaryscountymd.com)  
Website: [www.stmaryscountymd.gov/aging/seniorcare.asp](http://www.stmaryscountymd.gov/aging/seniorcare.asp)  
Service: Individuals age 65 and over, who meet financial and medical qualifications, may receive case management, emergency response systems, financial assistance for prescriptions, durable medical equipment, nutritional supplements, and incontinence supplies.

## **Patuxent Habitat for Humanity**

Phone: 301-863-6227  
Address: 21600 Great Mills Road  
Lexington Park, MD 20653  
Email: [info@patuxenthabitat.org](mailto:info@patuxenthabitat.org)  
Website: [www.patuxenthabitat.org](http://www.patuxenthabitat.org)  
Service: Provides critical home repairs for qualified veterans such as ramps, roofs, and bathroom accessibility.

## **Safe Return Program**

Phone: 800-272-3900  
Fax: 301-934-5858  
Address: 511 Charles Street  
P.O. Box 1889  
LaPlata, MD 20646

Website: [www.alz.org/care/dementia-medic-alert-safe-return.asp](http://www.alz.org/care/dementia-medic-alert-safe-return.asp)

Service: Persons who wander and are memory impaired receive a bracelet or necklace, clothing labels and wallet cards to help locate and return them home safely. There is a fee.

## **United Way of Southern Maryland**

Phone: 301-862-5577  
Address: 23127 Three Notch Rd # 203  
California, MD 20619

Website: [www.unitedwaysouthernmaryland.org/](http://www.unitedwaysouthernmaryland.org/)

Service: United Way is a non-profit organization that works with a coalition of charitable organizations to pool efforts in fundraising and support. United Way's focus is to identify and resolve pressing community issues, and to make measurable changes in communities through partnerships with schools, government agencies, businesses, organized labor, financial institutions, community development corporations, and others.

# Dental Services

## Greater Baden Medical Services (GBMS)

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](http://www.gbms.org)

Service: GBMS is a non-profit organization that provides primary and preventive care services for both insured and uninsured patients. GBMS provides services to underserved individuals in Charles, Prince George's, and St. Mary's.

## Health Partners

Phone: 301-645-3556  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [healthpartnersmd@gmail.com](mailto:healthpartnersmd@gmail.com)  
Website: [www.healthpartnersinc.org](http://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](http://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 (SMCHD)**

Phone: 301-475-4330                      TTY: 301-475-4724  
Fax: 301-475-4350  
Address: 21580 Peabody Street  
P.O. Box 316  
Leonardtwn, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org](http://www.smchd.org)

Service: SMCHDs Emergency Dental Services Program is now offering cleanings, oral exams, x-rays, fillings and additional preventative and restorative treatments. Services are limited and individually determined.

### **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](mailto:clinicInfo@dental.umaryland.edu)  
Website: [www.dental.umaryland.edu](http://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

## **Arc of Southern Maryland**

Phone: 410-535-2413  
Address: Breton Market Place, Unit H  
25470 Point Lookout Road  
Leonardtown, MD 20650  
Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday  
Email: [info@arcsomd.org](mailto:info@arcsomd.org)  
Website: [www.arcsomd.org](http://www.arcsomd.org)

Service: Promotes community involvement and independence, for children and adults with intellectual and developmental disabilities. Programs and services offered to include Residential Services, Community Supported Living, Day Support Services, Respite Care and Partners in Business.

## **Attendant Care Program**

### **Maryland Department of Disabilities**

Phone: 410-767-6025  
Address: 217 East Redwood Street, Suite 1300  
Baltimore, MD 21202  
Email: [Maxine.Morris@maryland.gov](mailto:Maxine.Morris@maryland.gov)  
Website: [www.mdod.maryland.gov](http://www.mdod.maryland.gov)

Service: The Attendant Care Program provides financial reimbursement to individuals with long-term or severe physical disabilities who require attendant services such as in-home assistance with personal care, household chores, and transportation. Eligible adults age 18-64 must meet one of the following criteria: be employed, be actively seeking employment, be enrolled in an institution of post-secondary or higher education, be a nursing facility resident who would be able to reside in the community if attendant care is provided or be at risk of nursing facility placement if not receiving attendant care services in the community.

## **Bay Community Support Services**

Phone: 240-309-4046  
Address: 25410 Rosedale Manor Lane  
Hollywood, MD 20636  
Hours: 8:30 a.m.-4:30 p.m., Monday-Friday  
Email: [somdprograms@baycss.org](mailto:somdprograms@baycss.org)  
Website: [www.baycss.org](http://www.baycss.org)

Service: Provides services to people with disabilities throughout Central and Southern Maryland.

## **ClearCaptions**

Phone: 866-868-8695  
Email: [information@clearcaptions.com](mailto:information@clearcaptions.com)  
Website: [www.clearcaptions.com](http://www.clearcaptions.com)  
Service: ClearCaptions delivers phone captioning services with near-real time text display of what your callers say. The caption phone and captioning are FREE—there's never any cost to you.

## **Coordination of Community Services**

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](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/individuals-with-disabilities](http://www.smchd.org/individuals-with-disabilities)  
Service: Assists individuals with developmental disabilities to apply for services under the Developmental Disabilities Administration (DDA) and provides advocacy and monitoring services for eligible individuals.

## **Division of Rehabilitation Services (DORS)**

Phone: 301-880-2790  
Fax: 301-601-1579  
Address: 23110 Leonard Hall Drive  
P.O. Box 1509  
Leonardtown, MD 20650  
Email: [Leonardtown.dors@maryland.gov](mailto:Leonardtown.dors@maryland.gov)  
Website: [www.dors.maryland.gov](http://www.dors.maryland.gov)  
Service: Provides vocational and independent living services to individuals with disabilities. To be eligible for this program, individuals should be at least 16 years of age with a physical, mental or emotional disability.

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

Phone: 301-863-4847  
Address: 21677 FDR Boulevard  
Lexington Park, MD 20653  
Hours: 12-6 p.m., Tuesday, Wednesday, Thursday  
Email: (Susan Brookbank) [stmalit@somd.lib.md.us](mailto:stmalit@somd.lib.md.us)  
Website: [www.literacysmc.org](http://www.literacysmc.org)  
Service: Provides basic educational tutoring, including reading and basic life skills, for adolescents, individuals with disabilities and adults.

## **Maryland Americans with Disabilities Act (ADA)**

Phone: 301-475-4200, ext. 1110  
Fax: 301-475-4082  
Address: 23115 Leonard Hall Drive  
P.O. Box 653  
Leonardtown, MD 20650

Hours: 7:30 a.m. – 4:30 p.m., Monday-Friday

Website: [www.stmaryscountymd.gov/american disabilities](http://www.stmaryscountymd.gov/american disabilities)

Service: It is the policy of the Commissioners of St. Mary's County, Maryland, to ensure that, when viewed in their entirety, St. Mary's County Government services, programs, facilities, and communications are readily accessible and usable by qualified individuals with disabilities to the maximum extent possible. In compliance with the Americans with Disabilities Act (ADA) of 1990, no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of St. Mary's County government, or be subjected to discrimination in the provision of such services.

## **Maryland Assistive Technology Loan Program**

Phone: 800-832-4827 TTY: 866-881-7488  
Address: 2301 Argonne Drive, Room T-17  
Baltimore, MD 21218  
Email: [info.mdod@maryland.gov](mailto:info.mdod@maryland.gov)  
Website: [www.mdod.maryland.gov/mdtap](http://www.mdod.maryland.gov/mdtap)

Service: Helps Maryland residents with disabilities and their families qualify for low-interest loans to buy equipment that will help them live, work and learn more independently. Assistive Technology is any device that helps a person with a disability live more independently and productively such as, home modifications, adapted vehicles, scooters and wheelchairs, braille equipment, hearing and vision aids, augmentative communication devices, environmental control units, computers and adaptive peripherals. All loans have below-market interest rates. The program will look at your income compared with debt, stability in residence/job and credit history. The program's criteria are much less stringent than those of a bank and will enable many people who would be turned down for bank loans to receive funding.

## **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](mailto:moreinfo@mdrelay.org)  
Website: [doit.maryland.gov/mdrelay/Pages/about.aspx](http://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.

## **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](mailto:info@smcil.org)  
Website: [www.smcil.org](http://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 Adult Medical Day Care, Inc.**

Phone: 301-373-6515  
Fax: 301-373-6517  
Address: 24400 Mervell Dean Road  
Hollywood, MD 20636  
Hours: 7:30 a.m. – 4 p.m., Monday-Friday  
Website: [stmarysamdc.com](http://stmarysamdc.com)  
Email: [marianneighen@verizon.net](mailto:marianneighen@verizon.net)  
Service: St. Mary's Adult Medical Day Care, Inc. is a community-based medically supervised program for adults whose physical or mental condition necessitates medical attention daily. This comprehensive program provides a variety of health, social and related support services in a protective, caring environment. Transportation is provided to and from the program as well as to medical appointments. A daily fee applies.

## **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  
Leonardtwn, MD 20650  
Hours: 8:30 a.m. – 4 p.m., Monday-Friday  
Website: [dhs.maryland.gov](http://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.

### **St. Mary's Senior Center Plus**

Phone: 301-373-6515  
Fax: 301-373-6517  
Address: 24400 Mervell Dean Road  
Hollywood, MD 20636  
Hours: 7:30 a.m. – 4 p.m., Monday-Friday  
Website: [stmarysamdc.com](http://stmarysamdc.com)  
Email: [programdirector@stmarysamdc.com](mailto:programdirector@stmarysamdc.com)

Service: A social day program for adults age 50 and over who need assistance with two instrumental activities of daily living. This program serves clients who require too much assistance to safely attend a senior activity center but do not need as much care as provided in medical adult day services. A daily fee applies.

### **The Center for Life Enrichment**

Phone: 301-373-8100  
Fax: 301-373-3019  
Address: 25089 Three Notch Road  
P.O. Box 610  
Hollywood, MD 20636  
Hours: 8 a.m. – 4 p.m., Monday-Friday  
Email: [contact@tcle.org](mailto:contact@tcle.org)  
Website: [www.tcle.org](http://www.tcle.org); [www.facebook.com/TCLE.news](https://www.facebook.com/TCLE.news)

Service: A day program for adult persons with developmental disabilities in vocational and rehabilitative settings, and provide supportive employment and individual support services. Transportation is provided.

# Education

## AARP Defensive Driving Course

Phone: 301-475-4200, ext. 1050  
Fax: 301-475-4503  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: A one day class conducted by AARP focuses on driving skills for persons age 50 and over. Classes are offered regularly at the Garvey, Loffler, and Northern Senior Activity Centers. Pre-Registration is required and a nominal fee applies. Check the New Beginning Newsletter or call your local center to find out when the next class will be offered.

## College of Southern Maryland Leonardtown Campus

Phone: 240-725-5300 TTY: 800-735-2258  
Fax: 301-539-4791  
Address: 22950 Hollywood Road  
Leonardtown, MD 20650  
Hours: 8:30 a.m. – 7 p.m., Monday-Friday  
Email: [askme@csmd.edu](mailto:askme@csmd.edu)  
Website: [www.csmd.edu](http://www.csmd.edu)  
Service: Offers a wide variety of college courses to persons age 60 and over, all tuition costs are waived; fees and textbook costs will apply.

## University of Maryland Extension

Phone: 301-475-4484  
Fax: 301-475-4483  
Address: 26737 Radio Station Way, E-2  
P.O. Box 663  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [umestmarys@umd.edu](mailto:umestmarys@umd.edu)  
Website: [www.extension.umd.edu/st-marys-county](http://www.extension.umd.edu/st-marys-county)  
Service: Provides educational classes on nutrition, food safety, horticulture and home gardening.

# Elder Abuse and Neglect

## Ombudsman Services Department of Aging & Human Services

Phone: 301-475-4200, ext. 1055  
Fax: 301-475-4503  
Address: 41780 Baldrige Street  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [Julienne.France@stmaryscountymd.gov](mailto:Julienne.France@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: Serves as an advocate and mediator on behalf of residents in long-term care and assisted living facilities. Helps resolve complaints made by, or on behalf of, residents of these facilities.

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

Phone: 240-895-7016  
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/office-of-adult-services](http://dhs.maryland.gov/office-of-adult-services)  
Service: Anyone may confidentially report a situation of suspected abuse, neglect, self-neglect, and financial exploitation of a vulnerable adult to the St. Mary's County Department of Human Services. The situation will be assessed and/or investigated and case management will be provided if necessary and desired.

# Emergency

## 911 Emergency Communications

Phone: 9-1-1  
Address: P.O. Box 653  
Leonardtown, MD 20650  
Hours: 24/7  
Email: [ema@stmaryscountymd.gov](mailto:ema@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/es/Communications/](http://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.

## Code Red Weather Warning Notification

Phone: 301-475-4200, option 6, option 3  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 7 a.m. – 4:30 p.m.  
Email: [ema@stmaryscountymd.gov](mailto:ema@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/emergencycodedred.asp](http://www.stmaryscountymd.gov/emergencycodedred.asp)  
Service: Sign up to be notified by your local emergency response team in the event of emergency situations or critical community alerts. You can also sign up for severe weather related alerts.

## 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/](http://www.stmaryscountymd.gov/es/)  
Service: 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.

## **St. Mary's County Sheriff's Department**

Phone: 301-475-8008 (non-emergency)

Address: 23150 Leonard Hall Drive  
Leonardtown, MD 20650

Website: [www.firstsheriff.com](http://www.firstsheriff.com)

Service: St. Mary's County Sheriff's Department is dedicated to enhancing public safety and reducing the fear and the incidence of crime. They work in partnership with our communities and do their best, within the law, to solve community problems that effect public safety. They value the great diversity of people in both our residential and business communities and serve all with equal dedication. The Sheriff's Department is divided into six divisions: the Administrative, Patrol, Corrections, Bureau of Criminal Investigations (BCI), Special Operations, and Vice/Narcotics. The Sheriff's Department also has two highly trained emergency teams: Emergency Services Team (EST- composed of sworn deputy sheriffs) and the Emergency Response Team (ERT- composed of correctional officers).

# Emergency Shelter

## 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](mailto:threeoaks@threeoakscenter.org)

Website: [www.threeoakscenter.org](http://www.threeoakscenter.org)

Service: Three Oaks Center offers programs that provide the homeless in St. Mary's County with housing, stabilization, assessment, and referral to appropriate resources so they may return to living productive, self-sufficient lives in our community.

## Wrapping Arms 'Round Many (WARM)

Phone: 240-725-5700

Address: P.O. Box 1174

Lexington Park, MD 20653

Hours: November-March

Email: [w.a.r.m.secretary1@gmail.com](mailto:w.a.r.m.secretary1@gmail.com)

Website: [dhs.maryland.gov/local-offices/st-marys-county/](http://dhs.maryland.gov/local-offices/st-marys-county/)

Service: WARM is an interfaith non-profit organization. Churches of all backgrounds open their doors each winter to help the homeless. All WARM guests are given a warm, safe place to sleep, dinner and hot breakfast. Contact Social Services for intake into the program at the number listed. WARM hosts Council meetings the 2nd Thursday of every month, at 5 p.m., at Lexington Park United Methodist Church, 21760 Great Mills Road, Lexington Park, MD 20653.

## Project ECHO

Phone: 410-535-0044

Address: P.O. Box 2764

Prince Frederick, Md 20678

Hours: 24/7

Email: [projectecho@comcast.net](mailto:projectecho@comcast.net)

Website: [www.projectecho.net/contact-us/](http://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. It also offers many supplemental programs that encourage personal growth and independence.

# Employment

## Helmets to Hardhats

Phone: 866-741-6210  
Address: 5715 16th St NW  
Washington, DC 20011  
Email: [Marketingadmin@helmetstohardhats.org](mailto:Marketingadmin@helmetstohardhats.org)  
Website: [www.helmetstohardhats.org](http://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.

## Senior Community Services Employment Program (SCSEP)

Phone: 31-877-872-5627  
Address: 175 Post Office Road  
Waldorf, MD 20602  
Hours: 8 a.m. – 4:30 p.m. Monday-Friday  
Email: [eta.webportal@dol.gov](mailto:eta.webportal@dol.gov)  
Website: [www.doleta.gov/seniors/](http://www.doleta.gov/seniors/)

Service: The Senior Community Services Employment Program is available to people ages 55 years and older, who are unemployed, meet established low-income guidelines and desire an opportunity for training and employment.

## Southern Maryland JobSource

Phone: 301-274-1922 ext. 400  
Address: 22934 Three Notch Road, Suite B  
California, Maryland 20619  
Hours: 8 a.m. – 4p.m., Monday-Friday  
Email: [stmarysajc@tccsmd.org](mailto:stmarysajc@tccsmd.org)  
Website: [www.dllr.state.md.us/county/smd](http://www.dllr.state.md.us/county/smd)

Service: Provides employment and training services to job seekers and businesses. Provides a variety of employment and support resources to assist individuals in achieving their employment goals and encourage lifelong learning.

# Financial Assistance

## Extra Help Program for Medicare Part D

Phone: 301-475-4200, ext. 1064  
Address: 23630 Hayden Farm Lane  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4 p.m., Monday-Friday, last entry 4 p.m.  
Website: [www.ssa.gov](http://www.ssa.gov)

Service: This program provides a federal subsidy toward the premium deductible, and co-payments for eligible persons enrolled in the Medicare Part D program. Applications are available online and at the Garvey, Loffler, and Northern Senior Activity Centers.

## 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  
Hours: 9 a.m. – 12 p.m., Monday-Thursday  
Email: [h.o.p.e.somd@gmail.com](mailto:h.o.p.e.somd@gmail.com)  
Website: [hopesomd.org/about\\_us.aspx](http://hopesomd.org/about_us.aspx)

Service: H.O.P.E. assists community residents with utility and fuel payments, one time only rental assistance and assistance for paying for medications. Persons can self-refer, or be referred by their churches. In conjunction with the church housing the H.O.P.E. office, volunteers man a food bank four mornings a week.

## Homeowners' Property Tax Credit

Phone: 410-767-1184 TTY: 800-735-2258  
Fax: 410-333-7097  
Address: 301 West Preston Street, Room 900  
Baltimore, MD 21201  
Email: [sdat.homeowners@maryland.gov](mailto:sdat.homeowners@maryland.gov)  
Website: [www.dat.state.md.us](http://www.dat.state.md.us)

Service: This program allows credits against the homeowner's property tax bill if the property taxes exceed a fixed percentage of the person's gross income. This program is available to all homeowners regardless of their age. Persons age 60 and over may apply at the Garvey, Loffler, and Northern Senior Activity Centers. Appointments can be made by calling 301-475-4200, ext. 1050.

## **Housing Authority of St. Mary's County**

Phone: 301-880-7074

Fax: 301-880-7151

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

Email: [rsmith@stmaryshousing.org](mailto:rsmith@stmaryshousing.org)

Website: [www.stmaryshousing.org](http://www.stmaryshousing.org)

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

## **LifeStyles, Inc.**

Address: 21815-D Three Notch Road  
Lexington Park, MD 20653

Phone: 240-237-8236

Fax: 240-237-8254

Website: [lifestylesofmd.org](http://lifestylesofmd.org)

Service: Provides emergency financial assistance by appointment on Tuesday, Wednesday and Thursday from 9:30 am – 5 p.m. Food pantry is available once a month.

## **Maryland Energy Assistance Program (MEAP)**

Phone: 301-274-4474

Address: 8383 Leonardtown Road  
Hughesville, MD 20637

Hours: 9 a.m. – 3 p.m., Monday-Friday

Email: [OHEP@smtccac.org](mailto:OHEP@smtccac.org)

Website: [www.smtccac.org](http://www.smtccac.org)

Service: The Maryland Energy Assistance Program provides grants to assist with home heating and electric bills. Payments are made to fuel suppliers and utility companies on behalf of the customer. MEAP is available to all income eligible Maryland heating customers. MEAP also offers the UTILITY Service Protection Program (USPP). This program provides MEAP eligible households access to an even monthly payment program and protection from turnoffs. Applicants 60 and over can apply at the Garvey, Loffler, and Northern Senior Activity Centers. Appointments can be made by calling 301-475-4200, ext. 1064.

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

Phone: 301-475-4200, ext. 1050  
Fax: 301-475-4503  
Address: 23630 Hayden Farm Lane  
P.O. Box 653  
Leonardtown, MD 20650

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

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

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

**Renter's Tax Credit Program**

Phone: 410-767-1184                      TTY: 800-735-2258

Fax: 410-333-7097

Address: 301 West Preston Street, Room 900  
Baltimore, MD 21201

Email: [sdat.homestead@maryland.gov](mailto:sdat.homestead@maryland.gov)

Website: [www.dat.state.md.us](http://www.dat.state.md.us)

Service: Provides renter's tax credits to persons who meet eligibility requirements. Persons age 60 and over or 100% disabled, under age 60 with dependent children, may qualify for small rebates on rent paid for low-income eligible persons. Eligibility is based on income, amount of rent paid, and length of residency. Applications are available at the Garvey, Loffler, and Northern Senior Activity Centers.

**Saint Vincent DePaul of  
Immaculate Heart of Mary Church**

Phone: 301-863-8193

Address: 22375 Three Notch Road  
Lexington Park, MD 20653

Hours: 8:45 a.m. – 11:30 a.m., Monday, Wednesday, and Friday

Website: [ihmrcc.org/food-pantry](http://ihmrcc.org/food-pantry)

Service: Assists Great Mills and Lexington Park residents with rent, electric, heating, food pantry items, and prescription expenses.

## **St. Mary's County 65-10 Property Tax Credit**

Phone: 301-475-4200, ext. 3300  
Fax: 301-475-4946  
Address: 23150 Leonard Hall Drive  
P.O. Box 642  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [Christy.Kelly@stmaryscountymd.gov](mailto:Christy.Kelly@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/countytreasurer](http://www.stmaryscountymd.gov/countytreasurer)  
Service: Provides a 10 percent reduction of the St. Mary's County portion of the tax bill for persons who are 65 years of age or older who have lived on their property for 40 years and/or are retired military and meet financial and home value guidelines.

## **St. Mary's County Senior Property Tax Credit**

Phone: 301-475-4200, ext. 3300  
Fax: 301-475-4946  
Address: 23150 Leonard Hall Drive  
P.O. Box 642  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [Christy.Kelly@stmaryscountymd.gov](mailto:Christy.Kelly@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/countytreasurer](http://www.stmaryscountymd.gov/countytreasurer)  
Service: Persons age 70 and over who meet income guidelines may be eligible to receive a credit on their primary residence property tax.

## **Supplemental Security Income Social Security Administration**

Phone: 800-772-1213 TTY: 800-325-0778  
Address: 30071 Business Center Drive  
Charlotte Hall, MD 20622  
Hours: 9 a.m. – 4 p.m., Monday-Friday,  
closes at 12 p.m. on Weds.  
Website: [www.ssa.gov](http://www.ssa.gov)  
Service: Individuals who are determined to be disabled by the Social Security Administration and/or persons age 65 and over who meet financial and asset guidelines may qualify to receive an additional monetary benefit from Social Security. Persons found eligible to receive SSI will also receive Maryland Medicaid benefits.

## **Washington Area Fuel Fund**

Phone: 301-638-9532  
Address: 11690 Doolittle Drive  
Waldorf, MD 20602

Website: [www.washingtonareafuelfund.org](http://www.washingtonareafuelfund.org)

Service: Washington Area Fuel Fund (WAFF), started more than 30 years ago, when Washington Gas and The Salvation Army partnered to establish WAFF and help local residents in need. During winter WAFF pays for all types of fuel to heat the homes of people in financial need. Applications are accepted January 1 through May 31. To apply for help from WAFF, you must go to The Salvation Army office in the county or city in which you live.

## **The Salvation Army Office for Calvert, Charles & St. Mary's Counties**

Phone: 301-638-9532  
Address: 1690 Doolittle Drive  
Waldorf, MD 20602

Email: [christopher.pachik@uss.salvationarmy.org](mailto:christopher.pachik@uss.salvationarmy.org)

Website: [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Service: The Southern Maryland Salvation Army office offers utility assistance, rent/mortgage assistance, prescription assistance. The office also operates a food pantry on a limited basis and coordinates Thanksgiving Baskets and Christmas toy assistance programs such as the Angel Tree and Christmas Connection.

# 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](http://www.firstsaints.org)  
Email: [office@firstsaints.org](mailto: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](mailto:foodpantry@goodsamlutheran.com)  
Website: [www.goodsam.community/serve/](http://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.

### **Immaculate Heart of Mary Church**

Phone: 301-863-8193  
Address: 22375 Three Notch Road  
Lexington Park, MD 20653  
Website: www.ihmrcc.org  
Service: Handled by St. Vincent de Paul Immaculate Heart of Mary, the food pantry is open Monday, Wednesday, & Friday from 8:30 a.m. – 11:30 a.m. BY APPOINTMENT ONLY. Financial assistance is also available at that time.

### **Lexington Baptist Church**

Phone: 301-862-2552  
Address: 46855 S. Shangri-La Drive  
Lexington Park, MD 20653  
Email: office@lpbconline.org  
Website: www.lpbconline.org  
Service: Lexington Park Baptist Church provides food pantry assistance each Wednesday, 1 p.m.- 3 p.m. Donations of food and money accepted. Please enter the food pantry from Willows Road parking lot.

### **LifeStyles Of Southern Maryland**

Phone: 240-237-8236  
Address: 21795-F N. Shangri-La Drive  
Lexington Park, MD 20653  
Email: jball@lifestylesofmd.org (Jakia Ball)  
Website: lifestylesofmd.org  
Service: Food pantry is available once a month.

## **Mt. Zion United Methodist Church Hungry Team**

Phone: 301-884-4132  
Fax: 301-884-4010  
Address: 27108 Mt. Zion Church Road  
Mechanicsville, MD 20659  
Email: [admin-mtzion@md.metrocast.net](mailto:admin-mtzion@md.metrocast.net)  
Website: [www.mtzionmech.org](http://www.mtzionmech.org)  
Service: The Hungry Team provides a food pantry every other Friday from 8 a.m. -11 a.m.

## **Our Lady of the Wayside Church**

Phone: 301-884-2502  
Address: 37575 Chaptico Road  
Chaptico, MD 20621  
Website: [www.olwrcc.org](http://www.olwrcc.org)  
Email: [pantry@olwrcc.org](mailto:pantry@olwrcc.org)  
Service: The Mary Lou Gough Food Pantry is open in the Loretto Hall the second and fourth Thursday of the month from 10 a.m. – 12 p.m.

## **SHARE Food Network**

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

## **St. Cecilia's Catholic Church**

Phone: 301-862-4600  
Address: 47950 Mattapany Road  
St. Mary's City, MD 20686  
Website: [www.stceciiliarcc.com](http://www.stceciiliarcc.com)  
Service: Open on Mondays from 9:00 a.m. to 12:00 p.m.  
Offers pre-bagged food.

## **St. Mark's UAME Church**

Phone: 301-994-2090  
Address: 45685 Happyland Road  
Valley Lee, MD 20692  
Website: [www.smuame.org](http://www.smuame.org)  
Email: [St.MarkBOLFoodPantry@gmail.com](mailto:St.MarkBOLFoodPantry@gmail.com)  
Service: Provides food to local residents in need. Open every Monday  
from 12 p.m. – 2:30 p.m.

## **St. Mary's Caring Soup Kitchen**

Phone: 301-863-5700  
Address: 20850 Langley Road  
Lexington Park, MD 20653  
Website: [www.stmaryscaring.org](http://www.stmaryscaring.org)  
Service: Provides breakfast and lunch, Monday – Saturday, free of charge  
to those in need. Lunch will be handed out, 1 per person, between 11:30  
a.m. and 1 p.m., Monday-Saturday and Breakfast will be handed out, 1  
per person, Saturday between 8:30 a.m. and 10 a.m.

## **St. Mary's Helping Hands Food Pantry**

Address: 28291 Old Village Road  
Mechanicsville, MD 20659  
Website: [Facebook.com/st.marys.helping.hands](https://www.facebook.com/st.marys.helping.hands)  
Service: Helping Hands food pantry is open Fridays from 10 a.m. – 1 p.m.  
Donations of food and money accepted.

## **Trinity Lutheran Church**

Phone: 301-863-9512  
Address: 46707 S. Shangri-La Drive  
Lexington Park, MD 20653  
Email: [office@trinitylutheranlp.org](mailto:office@trinitylutheranlp.org)  
Website: [www.trinitylutheranlp.org](http://www.trinitylutheranlp.org)  
Service: Open every Tuesday evening from 6:00 p.m. until 7:30 p.m.

# Health Insurance

## Employed Individuals With Disabilities

Phone: 410-767-7090  
Address: 6 St. Paul Street 4th Floor  
Baltimore, MD 21202  
Website: [mmcp.health.maryland.gov/eid](http://mmcp.health.maryland.gov/eid)  
Service: Provides Maryland Medicaid benefits to persons under age 65 who have been determined by the Social Security Administration to be disabled and who can provide verification of active employment. Enrollees must also meet financial eligibility guidelines.

## Health Share of St. Mary's County

Phone: 240-895-7000  
Fax: 240-895-7099  
Address: PO Box 1208  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [healthshareofstmarys@gmail.com](mailto:healthshareofstmarys@gmail.com)  
Website: [www.healthshareofstmarys.com/](http://www.healthshareofstmarys.com/)  
Service: Health Share provides access to primary care physicians, co-pays on generic drugs and limited outpatient services at MedStar St. Mary's Hospital for adults whose income is less than 200% of the federal poverty guidelines. In some cases, emergency dental care is available. In-kind support for Health Share is provided through a partnership between the St. Mary's County Department of Social Services, St. Mary's County Health Department, and MedStar St. Mary's Hospital. Financial support for Health Share comes from donations from individuals and community organizations in St. Mary's County. Health Share is a proud member of the United Way of St. Mary's County

## Kidney Disease Program

Phone: 410-767-5000  
Address: 201 West Preston Street, Room SS-3  
Baltimore, MD 21201  
Website: [mmcp.health.maryland.gov/familyplanning/Pages/kidneydisease.aspx](http://mmcp.health.maryland.gov/familyplanning/Pages/kidneydisease.aspx)  
Service: Serves as a payer of last resort for dialysis treatment related to end stage renal disease. Eligibility is based on income; however, some enrollees will be responsible for a monthly participation fee. Program includes coverage of some prescription drugs.

## **Livanta**

Phone: 888-396-4646 TTY: 888-985-2660  
Address: 10820 Guilford Road, Suite 202  
Annapolis Junction, MD 20701  
Hours: 9 a.m. – 5 p.m., Monday-Friday  
Email: Communications@Livanta.com  
Website: www.livantaqio.com

Service: Livanta is a Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO). BFCC-QIOs are responsible for medical case review, which supports the rights of people on Medicare. These rights include protecting you when you get health care and making sure you get the health care services the law says you can get. BFCC-QIOs can help you if you have a concern about the care you have been receiving or if you want to request a review (appeal) of your discharge from a health care facility.

## **Maryland Insurance Administration**

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

Service: Protects 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. It provides 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](http://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](http://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](http://www.ssa.gov).

## **Seedco**

Phone: 855- 339-3007  
Address: 22330 Chancellors Run Road, Unit E  
Great Mills, MD 20634  
Website: [www.seedco.org/affordable-health-care-maryland](http://www.seedco.org/affordable-health-care-maryland)

Service: Delivers in-person assistance, outreach, education, and enrollment in both qualified health plans and state insurance options, at no cost. They help compare health insurance plans and shop confidently for quality health coverage that meets the needs and budget of you and your family. Application must be completed to determine eligibility for financial assistance in a qualified health plan or Medicaid.

## **St. Mary's Breast & Cervical Cancer Program**

Phone: 301-475-4330  
Address: 21580 Peabody Street  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/cancer/](http://www.smchd.org/cancer/)

Service: The Breast & Cervical Cancer Screening Program helps eligible women receive screening services for breast and cervical cancer, such as regular breast exams, mammograms, Pap tests, and associated diagnostic services at no cost.

**State Health Insurance Assistance Program  
(SHIP)**

**St. Mary's County**

**Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1064

Fax: 301-475-4503

Address: 23630 Hayden Farm Lane

P.O. Box 653

Leonardtown, MD 20650

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

Email: [melissa.craig@stmaryscountymd.com](mailto:melissa.craig@stmaryscountymd.com)

Website: [www.stmaryscountymd.gov/Aging/Health-Insurance-Program/](http://www.stmaryscountymd.gov/Aging/Health-Insurance-Program/)

Service: Free counseling services are available to all Medicare beneficiaries. Assistance is available with Medicare, Medigap, Medicaid, prescription drug plans (Part D), etc. at the Garvey, Loffler and Northern Senior Activity Centers.

# Health Services & Information

## **Alzheimer's Association National Capital Area Office**

Phone: 240-518-8496  
Helpline: 800-272-3900 (24/7)  
Fax: 301-934-5858  
Address: 8180 Greensboro Drive, Suite 400  
McLean VA 22102  
Email: [ncacomm@alz.org](mailto:ncacomm@alz.org)  
Website: [www.alz.org/nca](http://www.alz.org/nca)  
Service: Provides education, information, support services and 24-hour helpline.

## **American Cancer Society**

Phone: 410-931-6850 TTY: 866-228-4327  
Helpline: 800-227-2345 (24/7)  
Address: 7405 Williams Ct, Ste 120  
Baltimore, MD 21220  
Website: [www.cancer.org](http://www.cancer.org)  
Service: Provides resource information, educational materials, drug therapy studies, and support groups. Transportation to chemotherapy appointments may also be provided.

## **American Diabetes Association of Maryland**

Phone: 410-265-0075  
Fax: 410-235-4048  
Address: 2002 Clipper Park Road, Suite 110  
Baltimore, MD 21211  
Email: [ADAMD@diabetes.org](mailto:ADAMD@diabetes.org)  
Website: [www.diabetes.org](http://www.diabetes.org)  
Service: Provides education and assistance to individuals with diabetes. Provides support to families on how to cope with this disease.

## **American Heart Association Southern Maryland Division**

Phone: 410-685-7074  
Address: 217 E. Redwood Street, 11th Floor  
Baltimore, MD 21201  
Email: wayne.carter@heart.org  
Website: www.heart.org  
Service: Stroke club, CPR courses, educational material, medical research and educational resources to combat effects of cardiovascular disease and stroke.

## **American Lung Association of Maryland**

Phone: 302-565-2073  
Address: 211 East Lombard Street, Suite 260  
Baltimore, MD 21202  
Email: Dina.Gordon@lung.org  
Website: www.lung.org  
Service: Provides lung disease support services and information.

## **American Red Cross Southern Maryland Chapter**

Phone: 410-624-2000  
Address: 7480 Baltimore Annapolis Blvd.  
Glen Burnie, MD 21061  
Website: www.redcross.org/somd  
Service: Provides assistance to persons with emergency needs in times of disaster including house fires. Provides training in family caregiving, CPR, First Aid, and other safety classes.

## **Diabetes Self-Management**

Phone: 301-475-6019  
Fax: 240-434-7499  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Website: www.medstarstmarys.org  
Service: As a supplement to one-on-one diabetes education program, our diabetes educators offer group education opportunities for diabetics and their families. Call for dates and times.

## **Fresenius Kidney Care**

Phone: 301-870-2174 or 301-737-6094  
Locations: Leonardtown and California, MD  
Website: [www.freseniuskidneycare.com/](http://www.freseniuskidneycare.com/)  
Service: Provides kidney dialysis.

### **Locations:**

40865 Merchants Lane  
Leonardtown, MD 20650  
Open Monday-Saturday

Kidney dialysis is available in the medical center and in-home.

44930 Worth Avenue  
California, MD 20619

Open Monday, Wednesday, and Friday

Kidney dialysis is available in the medical center only.

## **Health Connections**

Phone: 301-475-6019  
Fax: 240-434-7499  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650

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

Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)

Service: Each month MedStar St. Mary's offers free or low-cost informative, supportive and educational health and wellness programming for young and old alike. Call for a list of monthly events and classes.

## **Living Well with Chronic Conditions MedStar St. Mary's Hospital**

Phone: 301-475-6019  
Fax: 240-434-7499  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650

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

Email: [communityhealth@medstar.net](mailto:communityhealth@medstar.net)

Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)

Service: A six week, 2 ½ hour workshop series for anyone with a chronic condition or caregiver of someone with a chronic condition.

## **Living Well with Chronic Conditions**

### **Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1063

Fax: 301-475-4503

Address: 3630 Hayden Farm Lane  
Leonardtown, MD 20650

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

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: A 6-week workshop series for anyone living with or caring for an individual with a chronic condition. Classes offered at the Northern, Garvey, and Loffler Senior Activity Centers. Call for dates and times.

## **Living Well with Diabetes**

### **Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1063

Fax: 301-475-4503

Address: 3630 Hayden Farm Lane  
Leonardtown, MD 20650

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

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: Do you or a loved one struggle with controlling diabetes? Have you been recently diagnosed with diabetes and you want to know how to live a healthy lifestyle? This series is for you. Living Well with Diabetes is a 6-week workshop that teaches participants to manage the symptoms of Diabetes by taking control of their health. This workshop is free of charge and attendance at all 6 sessions is highly recommended for best results. Classes offered at the Northern, Garvey, and Loffler Senior Activity Centers. Call for dates and times.

## **MedExpress Urgent Care**

Phone: 301-862-1807

Address: 45325 Abell House Lane  
California, MD 20619

Website: [www.medexpress.com](http://www.medexpress.com)

Service: Walk-in care for minor illnesses and injuries.

## **MedStar PromptCare**

Phone: 301-290-1499  
Address: 37767 Market Drive  
Charlotte Hall, MD 20622  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)

Service: Our urgent care center cares for people of all ages. We have on-site X-ray and laboratory for faster diagnosis and treatment, and our providers communicate with your primary care physician so your care is seamless. If you need follow-up, we connect you to a specialist and help schedule the appointment.

## **MedStar St. Mary's Hospital**

Phone: 301-475-8981  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)

Service: A full-service acute care facility, fully licensed and Joint Commission accredited with over 250 physicians in all major specialties and many sub-specialties. A directory of physicians and services is published annually.

## **Quit Tobacco Classes**

Phone: 301-475-4330  
Address: 21580 Peabody Street  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/tobacco/](http://www.smchd.org/tobacco/)

Service: St. Mary's County Health Department is scheduling Quit Tobacco Classes. Free quit smoking classes are offered one hour per week for eight weeks along with free medication to help you quit. Classes provide group support and understanding, and are important in the quitting process. You will gain knowledge about your smoking habit along with behavior modifications, stress management and quit smoking techniques.

## **Righttime Medical Urgent Care**

Phone: 888-808-6483  
Address: 44980 St Andrews Church Rd  
California, MD 20619  
Website: [www.myrighttime.com/california](http://www.myrighttime.com/california)

Service: Walk-in care for minor illnesses and injuries.

## **St. Mary's Colorectal Cancer Screening Program**

Phone: 301-475-4330  
Address: 21580 Peabody Street  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)  
Website: [smchd.org/colorectal-cancer-screening-diagnosis-and-treatment/](http://smchd.org/colorectal-cancer-screening-diagnosis-and-treatment/)

Service: The Colorectal Cancer Screening Program helps eligible residents receive recommended screening services at no cost. Limited funds may also be available to help with treatment costs for colorectal cancer.

## **Women's Wellness of St. Mary's**

Phone: 301-475-4391 TTY: 301-475-4724  
Fax: 301-475-4345  
Address: 21580 Peabody Street  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/womens-health/](http://www.smchd.org/womens-health/)

Service: Provides mammograms, clinical breast exams, and Pap smears every other year for women age 40 and over who meet financial eligibility.

# Home Health Services

## Adventist Healthcare

Phone: 301-592-4400  
Address: 820 West Diamond Ave, #600  
Gaithersburg, MD 20878  
Website: [www.AdventistHomeCare.com](http://www.AdventistHomeCare.com)

Service: Provides nursing, physical, occupational, speech therapy, home health aides, and medical social work. All services require a doctor's order, with the exception of the home health aides. Adventist Healthcare services the St. Mary's County area.

## Chesapeake-Potomac Home Health Agency

Phone: 301-274-9000, ext. 117  
Fax: 301-274-9009  
Address: 7627 Leonardtown Road  
Hughesville, MD 20637  
Website: [www.cphha.org](http://www.cphha.org)

Service: Provides skilled nursing; physical; occupational; speech therapy; home health aides and medical social work. All services require a doctor's order. The agency offers in-home medication management and private duty phlebotomy services. Certified wound enterostomal specialist on staff. Agency accepts private insurance, Medicare and Medicaid.

## Family & Friends Health Care, Inc.

Phone: 301-909-0143  
Fax: 208-475-7917  
Address: 9642 Marlboro Pike  
Upper Marlboro, MD 20772  
Website: [www.familyandfriendshc.com](http://www.familyandfriendshc.com)

Service: Provides home healthcare, personal care services, DME supplies, and respite services in the St. Mary's County area.

## Freedom Home Care

Phone: 443-364-4663  
Address: 2525 Riva Road  
Annapolis, MD 21401  
Email: [clientresponse@freedomhomecaremd.com](mailto:clientresponse@freedomhomecaremd.com)  
Website: [www.freedomhomecaremd.com](http://www.freedomhomecaremd.com)

Service: Provides skilled and non-skilled home health services, qualified to provide Alzheimer's and dementia care, recuperative care after surgery, illness, injury; management of medical and hospice assistance, and companionship services.

## **Hospice of St. Mary's**

Phone: 301-994-3023

Address: Physical: 44724 Hospice Lane  
Callaway, MD 20620  
Mailing: PO Box 625  
Leonardtown, MD 20650

Website: [www.hospiceofstmarys.org/](http://www.hospiceofstmarys.org/)

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

## **MedStar Health Visiting Nurse Association**

Phone: 240-965-2900

Address: 6525 Belcrest Road, 7th floor  
Hyattsville, MD 20782

Email: [info@medstarhealthvna.org](mailto:info@medstarhealthvna.org)

Website: [www.medstarhealthvna.org](http://www.medstarhealthvna.org)

Service: MedStar Visiting Nurse Association (VNA) brings the services, technologies and therapies of a medical center into the comfort and privacy of patients' homes. We provide physician-prescribed home health care services for homebound patients and those who are disabled or living with a chronic condition.

## **Options for Senior America**

Phone: 301-392-1387

Address: 1 Oak Avenue  
LaPlata, MD 20646

Email: [Laplata@optionscorp.com](mailto:Laplata@optionscorp.com)

Website: [www.optionscorp.com/find\\_branch](http://www.optionscorp.com/find_branch)

Service: Options for Seniors America provides Companionship, Personal Care, Skilled Nursing Care, Live-in, Hospice Care, Special Needs Care, and Respite Care in the St. Mary's County area. Services are paid for by long-term care insurance or private pay; Medicare and Medicaid are not accepted.

## **Response Senior Care**

Phone: 410-571-2744  
Address: 31 Old Solomons Island Rd Suite B,  
Annapolis, MD 21401  
Email: info@response-seniorcare.com  
Website: www.response-seniorcare.com

Service: Licensed by the State of Maryland Department of Health as a residential Services Agency and recognized by the Maryland Department of Aging as a quality care provider. Response Senior Care offers Care Management with Response Senior Care's AdviCare Program, Home Care Services, Respite and Interim Care, Personal Care, and Companionship and Socialization.

## **Step By Step In Home Care, LLC**

Phone: 301-690-9003  
Address: 22330 Chancellors Run Road, Unit C  
Great Mills, MD 20634  
Email: info@stepbystepinhomecare.com  
Website: www.stepbystepinhomecare.com

Service: Step By Step Assisted Living provides multi-dimensional range of Home Care services whether the senior still lives in their own home or are currently living in an assisted living facility. Specialized care services include personal grooming, post surgery or procedure care, companion care, meal preparation and medication reminders and medicine administration.

## **Visiting Angels**

Phone: 877-618-4748  
Address: 50 Post Office Road, Suite 201  
Waldorf, MD 20602  
Email: customersupport@visitingangels.com  
Website: www.visitingangels.com

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

# Housing

## Accessible Homes for Seniors

Phone: 301-475-4200, ext. 1064  
Fax: 301-475-4503  
Address: 23630 Hayden Farm Lane  
P.O. Box 653  
Leonardtown, MD 20650

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

Website: [www.stmaryscountymd.gov/aging/housing/](http://www.stmaryscountymd.gov/aging/housing/)

Service: Provides a 0% interest home improvement loan to eligible persons age 55 and over who wish to make accessibility improvements to their home such as wheelchair ramps, bathroom modifications, widening of doorways, etc. Loans are provided through the Maryland Department of Housing and Community Development.

## Cedar Lane Senior Living Community

Phone: 301-475-8966  
Address: 22680 Cedar Lane Court  
Leonardtown, MD 20650

Email: [info@cedar-lane.org](mailto:info@cedar-lane.org)

Website: [www.cedar-lane.org](http://www.cedar-lane.org)

Service: Offering senior living at market rate and HUD subsidized rates. Available are studio, one bedroom, and two bedrooms, all with private bath and kitchen area. Individuals with disabilities also are welcome to apply. All apartments are private. On site amenities include: dining room (with a lunch plan available), convenience/gift shop, beauty/barber shop, exercise room, two lounges, library, daily social and recreational activities, free grocery delivery, free pharmacy delivery, a wireless emergency call system plus an emergency pendant program. 24/7 monitored front entrance, and handicapped accessible parking.

## Christmas In April

Phone: 301-884-2905  
Address: 28231 Three Notch Road  
Mechanicsville, MD 20659

Email: [darenek@christmasinaprilmc.org](mailto:darenek@christmasinaprilmc.org)

Website: [www.christmasinaprilmc.org](http://www.christmasinaprilmc.org)

Service: Christmas In April provides free home repairs to individuals based on need, finances, and disability. Applications are accepted May-October for repairs that will be made in April the following year. Applications are available at the Garvey, Loffler and Northern Senior Activity Centers.

## **Discovery Commons at Wildewood**

Phone: 301-960-3863

Fax: 301-863-3020

Address: 23185 Milestone Way  
California, MD 20619

Email: [info@wildewoodseniorliving.com](mailto:info@wildewoodseniorliving.com)

Website: [www.discoverycommons.com/](http://www.discoverycommons.com/)

Service: Discovery Commons at Wildewood Assisted Living and Memory Care. We offer experienced staff members, affordable rates, private or shared suites and excellent care to our seniors. Come in and tour our beautiful community.

## **Housing Authority of St. Mary's County**

Phone: 301-880-7074

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

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: [rsmith@stmaryshousing.org](mailto:rsmith@stmaryshousing.org)

Website: [www.stmaryshousing.org](http://www.stmaryshousing.org)

Service: Provides rental and homeownership opportunities to eligible individuals, community improvements, and housing rehabilitation for all citizens of need and for the benefit of the county's economy. No Walk-Ins – All clients must make an appointment to be seen by housing staff.

## **Housing Authority of St. Mary's County Weatherization Program**

Phone: 301-880-7074

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

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: [rsmith@stmaryshousing.org](mailto:rsmith@stmaryshousing.org)

Website: [www.stmaryshousing.org](http://www.stmaryshousing.org)

Service: The Housing Authority of St. Mary's County, Maryland (HASMCO) is providing weatherization upgrades via funding from the Maryland Energy Administration. Qualified homeowners can receive no cost upgrades that save money on monthly utility bills and make homes more energy efficient. No Walk-Ins – All clients must make an appointment to be seen by housing staff.

## **Joe Baker Village**

Phone: 301-862-9177  
Address: 21260 Joe Baker Court  
Lexington Park, MD 20653

Service: Equal Housing Opportunity, complex for the elderly and people with disabilities. The Village is set up for moderate-income families.

## **Lexington Park Adult Community**

Phone: 240-725-0111 or 240-808-2244  
Address: 21895 Pegg Road  
Lexington Park, MD 20653  
Website: <https://www.facebook.com/Lexington-Park-Adult-Community-189860787744291/>  
Email: [lexingtonpark@intermarkmgmt.com](mailto:lexingtonpark@intermarkmgmt.com)

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

## **New Towne Village**

Phone: 301-475-3161  
Fax: 301-475-0097  
Address: 22810 Dorsey Street  
Leonardtown, MD 20650  
Email: [0945@nationalchurchresidence.org](mailto:0945@nationalchurchresidence.org)  
Website: [www.nationalchurchresidences.org/communities/new-towne-village/](http://www.nationalchurchresidences.org/communities/new-towne-village/)

Service: A 35 unit, independent living building for seniors age 62 and over; 10% of which is set aside for residents 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](http://www.smtccac.org)  
Service: Assist qualified individuals with home ownership.

# **United States Department of Agriculture Rural Development Program**

Phone: 301-934-9588, ext. 108

Fax: 855-401-6645

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

Website: [www.rd.usda.gov/](http://www.rd.usda.gov/)

Service: Provides home repair grants and/or loans to rural homeowners who meet qualifications.

## **Victory Woods Apartments**

Phone: 301-866-9191

Address: 22611 FDR Boulevard  
Lexington Park, MD 20653

Email: [victorywoods@habitatamerica.com](mailto:victorywoods@habitatamerica.com)

Website: [www.habitatamerica.com/communities/victory-woods/](http://www.habitatamerica.com/communities/victory-woods/)

Service: Senior Living Community for ages 62 and over. Income limits apply.

# Information and Assistance

## Department of Aging & Human Services Senior Information & Assistance

Phone: 301-475-4200, ext. 1064  
Fax: 301-475-4503  
Email: [medicarequestions@stmaryscountymd.gov](mailto:medicarequestions@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/Aging/Senior-Information-Overview/](http://www.stmaryscountymd.gov/Aging/Senior-Information-Overview/)

Service: Senior Information and Assistance provides seniors and their families with guidance and referrals to Department of Aging & Human Services programs, public and private community sources, and information regarding assistance programs. Service coordination is available to seniors who require assistance in accessing services, applying for various programs, or simply need help or information about a variety of issues.

Garvey Senior Activity Center  
23630 Hayden Farm Lane  
Leonardtown, MD 20650  
301-475-4200, ext. 1064

Loffler Senior Activity Center  
21905 Chancellors Run Road  
Great Mills, MD 20634  
301-475-4200, ext. 1654

Northern Senior Activity Center  
29655 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-475-4200, ext. 3104

## Division of Rehabilitation Services (DORS)

Phone: 301-880-2790  
Address: 23110 Leonard Hall Drive  
Leonardtown, MD 20650  
Email: [Leonardtown.dors@maryland.gov](mailto:Leonardtown.dors@maryland.gov)  
Website: [www.dors.maryland.gov](http://www.dors.maryland.gov)

Service: Offers programs and services that help people with disabilities go to work, or stay independent in homes.

## **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](mailto:info@211MD.org)  
Website: [www.211md.org](http://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](mailto:Reference.desk@maryland.gov)  
Website: [www.lbph.lib.md.us](http://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](http://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](http://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.

# Legal Services

## Attorney General, State of Maryland Consumer Protection Division

Phone: 301-274-4620 or 866-366-8343  
Address: 15045 Burnt Store Road  
Hughesville, MD 20637  
Email: [consumer@oag.state.md.state](mailto:consumer@oag.state.md.state)  
Website: [www.oag.state.md.us/consumer](http://www.oag.state.md.us/consumer)

Service: The Consumer Protection Division provides mediation services to consumers to help resolve complaints against businesses and health insurance carriers. The Division can also provide information about complaints that have been filed against businesses and provide publications to help you make good decisions in the market place.

## Maryland Legal Aid Southern Maryland Office

Phone: 301-932-6661 or 877-310-1810  
Fax: 301-274-4172  
Address: 15045 Burnt Store Rd., 3rd fl  
Hughesville, MD 20637  
Hours: 9 a.m. – 5 p.m., Monday-Friday  
Website: [www.mdlab.org](http://www.mdlab.org)

Service: As a private, non-profit law firm, MLA provides a full range of free civil legal services to low-income people statewide. MLA handles civil (not criminal) cases involving a wide range of issues, including child custody, housing, public benefits, consumer law (e.g., bankruptcy and debt collection), and criminal record expungements to remove barriers to obtaining child custody, housing, and employment. Walk-ins are welcome.

## Maryland Volunteer Lawyer Service

Phone: 410-547-6537 or 800-510-0050  
Fax: 443-451-4081  
Address: 201 North Charles Street, Suite 1400  
Baltimore, MD 21201  
Hours: 9 a.m. – 12 p.m., Monday-Thursday  
Email: [info@mvlslaw.org](mailto:info@mvlslaw.org)  
Website: [www.mvlslaw.org](http://www.mvlslaw.org)

Service: Volunteer lawyers provide their services free of charge to eligible clients. Types of cases handled include: simple divorce, tax problems, bankruptcy, adult guardianship, deed change, wills, powers of attorney, etc. Criminal and fee generating cases are not accepted.

## **People's Law Library**

Phone: 410-260-1392

Website: [www.peoples-law.org](http://www.peoples-law.org)

Service: A legal information and self-help website tailored to Maryland residents. Direct users through legal proceedings, and refers to free legal services providers.

## **Senior Legal Hotline**

Phone: 410-539-5340 or 800-999-8904 (Maryland)

Address: 350 Fifth Avenue, Suite 4310  
New York, NY 10118

Website: [www.seniorlaw.com/senior-legal-hotlines](http://www.seniorlaw.com/senior-legal-hotlines)

Service: The hotlines are for ages 60 and over; hotlines are staffed with attorney's who give legal advice on the phone. The attorney's admitted to the bar of your state so that all professional standards apply. The hotlines carry malpractice insurance. The service is limited to phone advice although some of the hotlines will do brief services such as review a document or write a letter for the client's signature. They can also make referrals to more full service type services in appropriate circumstances.

## **Sixty Plus Legal Program**

Phone: 410-685-7878 or 800-999-8904, ext. 7760

Fax: 410-685-1016

Address: 520 West Fayette Street  
Baltimore, MD 21201

Website: [www.msba.org/sections/elder/publicservice.aspx](http://www.msba.org/sections/elder/publicservice.aspx)

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

## **Southern Maryland Center for Family Advocacy**

Phone: 301-373-4141

Fax: 301-373-4147

Address: 23918 Mervell Dean Road  
P.O. Box 760  
Hollywood, MD 20636

Email: [smcfaoffice1979@gmail.com](mailto:smcfaoffice1979@gmail.com)

Website: [www.smcfa.net](http://www.smcfa.net)

Service: Southern Maryland Center for Family Advocacy is a non-profit agency whose function is to provide advocacy, legal assistance and information/referral to victims of domestic violence in the Southern Maryland region.

## **St. Mary's County Department of Social 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/local-offices/st-marys-county/](https://dhs.maryland.gov/local-offices/st-marys-county/)

Service: Serves as a guardian of person for individuals under 65 who are determined legally incompetent and are without a support system.

# 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.

## **Fran's Nu Image Mastectomy and Wig Salon**

Phone: 301-843-9282  
Address: 11705 Berry Road, Suite 303, Barley Professional Bldg  
Waldorf, MD 20603  
Hours: By appointment: 10 a.m. – 4 p.m., Monday-Friday,  
Email: fransnuimage@comcast.net  
Website: www.fransnuimage.com

Service: Fran's Nu Image is an ABC Accredited Facility that provides the latest in post-mastectomy technology. We offer a wide array of external breast prostheses and bras to suit the client's specific individualized needs. The Wig Boutique features top of the line hair, scarves, sleep caps and hats. Swimwear, compression garments, and other specialty items are available as well. Certified experienced fitters are on staff.

## **Home Health Products Express**

Phone: 301-884-2944 or 240-298-7329  
Address: Hughesville, MD 20637  
Email: mariquade@aol.com

Service: Certified Fitter of Compression Garments. We provide quality medical equipment and supplies for home, office and institutional use.

# Mental Health Services

## Cornerstone Montgomery

Phone: 301-715-3673  
Address: 2 Taft Court, Suite 200  
Rockville, MD 20850  
Email: [info@cornerstonemontgomery.org](mailto:info@cornerstonemontgomery.org)  
Website: <https://www.cornerstonemontgomery.org/>  
Service: Cornerstone Montgomery specializes in the provision of comprehensive, community- and evidence-based mental health and substance use disorder treatments and intervention.

## Crisis Text Line

Phone: 741741  
Email: [info@crisistextline.org](mailto:info@crisistextline.org)  
Website: [crisistextline.org](http://crisistextline.org)  
Service: Nonprofit. Free, 24/7, confidential mental health support. Text SHARE or APOYO to 741741 .

## Maryland Department of Health Suicide & Crisis Lifeline

Phone: 988  
Website: <https://health.maryland.gov/bha/Pages/988md.aspx>  
Service: Free, 24/7, confidential mental health support.

## MedStar St. Mary's Hospital

Phone: 301-475-6232  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)  
Service: Provides 24-hour emergency psychiatric evaluations, day treatments and inpatient programs.

## **Pastoral Counseling Center of St. Mary's, Inc.**

Phone: 301-863-9333  
Address: 21641 Great Mills Road  
P.O. Box 914  
Lexington Park, MD 20653  
Email: info@pccstmary.org  
Website: www.pfccsomd.org

Service: Provides marriage, individual, and family counseling services to individuals with low income. Specialty services offered include therapy for depression and anxiety, counseling for couples, families and grief, parenting support, work and career issues, stress management, addiction and recovery, and conflict resolution.

## **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.

## **Pro Bono Counseling Project**

Phone: 410-825-1001  
Fax: 410-825-1388  
Address: 5900 Metro Drive  
Baltimore, MD 21215  
Hours: 9 a.m. – 5 p.m.  
Website: www.probonocounseling.org

Service: Provides free mental health services for men and women over age 55 to prevent victimization from abuse, neglect and financial exploitation. This program links victim and/or family member to a licensed mental health professional who will provide care at no cost.

## **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: [www.pyramid-healthcare.com/](http://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	Charlotte Hall
44871 St. Andrew's Church Road	30007 Business Center Drive
California, MD 20619	Charlotte Hall, MD 20622
301-235-1099	301-235-1099

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

## **St. Mary's County Health Department Behavioral Health**

Phone: 301-475-4330  
Fax: 301-475-9434  
Address: 21585 Peabody Street  
Leonardtown, MD 20650  
Email: [smchd.lbha@maryland.gov](mailto:smchd.lbha@maryland.gov)  
Website: [www.smchd.org/behavioralhealth](http://www.smchd.org/behavioralhealth)  
Service: The Local Behavioral Health Authority (LBHA) is part of the St. Mary's County Health Department and serves as the local point of contact in assisting individuals with access to behavioral health services (mental health, substance use treatment and prevention). The LBHA is responsible for monitoring and improving behavioral health systems to provide better outcomes for St. Mary's County residents.

# 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](mailto:smurphy@charhall.org)  
Website: [www.charhall.org](http://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](mailto:admin.bayside@signaturehealthcarellc.com)  
Website: [www.chesapeakeshorescares.com](http://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  
Leonardtown, MD 20650  
Email: [mdelahay@smnci.org](mailto:mdelahay@smnci.org)  
Website: [www.smnci.org](http://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.

# Nutrition

## Department of Aging & Human Services Congregate Meals Program

Fax: 301-475-4503  
Address: Northern, Garvey, and Loffler Senior Activity Centers  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: The congregate meal program is a lunch time meal program available to seniors. Meals are served Monday through Friday at the Garvey, Loffler, and Northern Senior Activity Centers. The cost of the meal is \$6 for those under 60 and by donation for ages 60 and over. Reservations must be made at least 24 hours in advance by calling your local Senior Activity Center.

Garvey Senior Activity Center  
23630 Hayden Farm Lane  
Leonardtwn, MD 20650  
301-475-4200, ext. 1080

Loffler Senior Activity Center  
21905 Chancellors Run Road  
Great Mills, MD 20634  
301-475-4200, ext. 1658

Northern Senior Activity  
Center  
29655 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-475-4200, ext. 3101

## Department of Aging & Human Services Home-Delivered Meals

Phone: 301-475-4200, ext. 1060  
Fax: 301-475-4503  
Address: 23630 Hayden Farm Lane  
P.O. Box 653  
Leonardtwn, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [Danielle.Manalansan@stmaryscountymd.gov](mailto:Danielle.Manalansan@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: A service provided for homebound seniors age 60 and over who show moderate to severe disability that prevents them from shopping or cooking for themselves. Depending on the need, a hot meal may be provided five days a week or a box of five frozen meals can be delivered each week. To be eligible, seniors must be unable to drive, and accessing public transportation for medical appointments only.

# **St. Mary's County Department of Social Services Supplemental Nutritional Assistance Program (SNAP)**

Phone: 240-895-7000

Fax: 240-895-7099

Address: 23110 Leonard Hall Drive

P.O. Box 509

Leonardtown, MD 20650 (Leonardtown Office)

21775 Great Mills Road

Lexington Park, MD 20653 (Lexington Park Office)

Hours: 8:30 a.m. – 12 p.m., Monday, Wednesday, and Friday

Website: <https://dhs.maryland.gov/local-offices/st-marys-county/>

Service: Provides monthly financial assistance to eligible individuals for the purchase of food. This program was formally known as Food Stamps.

# Physical Fitness

## Department of Aging & Human Services

### Physical Fitness Programs

Phone: 301-475-4200, ext. 1050  
Address: 23630 Hayden Farm Lane  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: Fitness is important to everyone, young and old alike.

The Department of Aging & Human Services offers a variety of fitness classes for those 50 years of age and older which are described below. Some classes require a fee as the Department contracts with certified fitness instructors in order to provide high quality, safe fitness programs. Fitness Cards can be purchased at each of the senior activity centers and are \$40 for 10 classes. Fitness cards may be used at any center for any class listed on the card.

### Arthritis Foundation Exercise Program

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

### EnhanceFitness

This evidence-based group exercise class improves balance, flexibility, bone density, endurance, coordination, strength and decreases your risk of falling. The class includes a 20 minute cardiovascular workout of a low to moderate impact followed by strengthening, balance and flexibility exercises. Classes are offered at all senior activity centers. Fitness Card required.

### Exercise Equipment

Exercise equipment is available for use by people 50 years of age and over at all senior activity centers. Receive an orientation to the equipment by staff, sign a physical activity waiver and use at your own risk. Equipment is available during Department hours. No fee.

### Line Dance Classes

Dancing is great exercise! Learn fundamentals and advance steps while enjoying the latest dances all while having a wonderfully physical workout at the same time. Classes are held at all senior activity centers. No fee.

## **Strength Training**

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

## **Tai Chi for Arthritis**

Tai Chi for Arthritis consists of movements from the Sun style Tai Chi. This style is particularly effective for those with arthritis, and the movements have higher stances, which makes it easier to learn. Classes are available at the Loffler Senior Activity Center No fee.

## **Walking Clubs**

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

## **Yoga**

This calm and tranquil experience offers benefits for inner awareness as well as physical balance and flexibility. Improve muscle strength and tone while learning ways to reduce stress and relax. Classes are offered at all senior activity centers. Fitness Card required.

## **Zumba Gold**

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant.

*Check the senior activity center of your choice for other fitness classes that may be occasionally offered.*

# **St. Mary's County Department of Recreation & Parks**

Phone: 301-475-4200 ext. 1800  
Address: 23150 Leonard Hall Dr  
Leonardtown, 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 preservation of natural, cultural and historical resources, enhancement of parks and outdoor spaces, and promotion of a variety of leisure experiences.

## **Great Mills Swimming Pool**

Phone: 301-866-6560  
Fax: 301-866-6561  
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](http://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  
Leonardtown, MD 20650  
Hours: 10 a.m. – 8 p.m., Monday-Saturday  
12 p.m. – 6 p.m. Sunday  
Website: <https://www.stmaryscountymd.gov/recreate/wellness-center/>  
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.

# Prescription Medication

## NACo Prescription Card

Phone: 877-321-2652

Website: [www.nacorx.org](http://www.nacorx.org)

Service: Prescription discount cards, no enrollment or membership fee, one card and immediate use. This is a joint effort of local county government and the National Association of Counties (NACo).

## The Maryland Senior Prescription Drug Assistance Program

Phone: 800-551-5995 TTY: 800-877-5156

Fax: 800-847-8217

Address: Maryland – SPDAP c/o International Software Systems  
Inc.

PO Box 749

Greenbelt, Maryland 20768

Hours: 8 a.m. – 5 p.m., Monday-Friday

Website: [www.marylandspdap.com](http://www.marylandspdap.com)

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

# Publications

## **New Beginning Newsletter Department of Aging & Human Services**

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

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

Email: Sarah.Miller@stmaryscountymd.com

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: A free bi-monthly newsletter that communicates Department of Aging & Human Services programs, events and services. Newsletter is available online at [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging) and in audio format.

# Recreation

## Department of Aging & Human Services

Garvey Senior Activity Center 301-475-4200, ext. 1080  
Loffler Senior Activity Center 301-475-4200, ext. 1658  
Northern Senior Activity Center 301-475-4200, ext. 3101  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Website: [www.stmaryscountymd.gov/aging/](http://www.stmaryscountymd.gov/aging/)  
Service: Provides a variety of classes and activities to the senior community to encourage active, involved healthy aging.

## Department of Recreation and Parks

Phone: 301-475-4200, ext. 1800  
Address: 23150 Leonard Hall Drive  
P.O. Box 653  
Leonardtowntown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [webtrac@stmaryscountymd.gov](mailto:webtrac@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/recreate/](http://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: [greenwellfoundation.org/](http://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](mailto:customerservice.dnr@maryland.gov)  
Website: [www.dnr.maryland.gov](http://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.

### **National Park Service**

Phone: 202-513-7156 or 202-208-3100  
Address: 1849 C Street, NW  
Washington, DC 20240  
Website: [www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm)  
Service: Persons age 62 can receive a discounted entrance into most national parks, monuments, historic sites, recreation areas and national wildlife refuges. Recreational Lands Pass can be obtain for \$20.00, or a lifetime version for \$80.00. Applicants must provide documentation of age and residency or citizenship. Passes are free for citizens with permanent disabilities.

### **Summerseat Farm**

Phone: 301-373-6607  
Address: 26655 Three Notch Rd  
Mechanicsville, MD 20659  
Email: [info@summerseat.org](mailto:info@summerseat.org)  
Website: [summerseat.org/](http://summerseat.org/)  
Service: Located in rural St. Mary's County, MD, Summerseat welcomes you along a quarter mile long, tree-lined driveway leading you away from the 21st century towards a peaceful dwelling, reminding you of times long past.

# Reference 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.

## Administration for Community Living

Phone: 202-401-4634  
Address: 330 C Street SW  
Washington, DC 20201  
Email: aclinfo@acl.hhs.gov  
Website: www.acl.gov  
Service: A public service of the Administration on Aging, U.S. Department of Health and Human Services is a nationwide service that connects older Americans and their caregivers with information on senior services.

## American Association of Retired Persons (AARP)

Phone: 888-687-2277                      TTY: 877-434-7598  
Address: 601 E. Street NW  
Washington, DC 20049  
Hours: 7 a.m. – 11 p.m., Monday-Friday  
Email: member@aarp.org  
Website: www.aarp.org  
Service: Offers information and products of interest to the senior population.

## **Assisted Living Research Institute**

Phone: 855-221-9611

Address: PO Box 45829  
Seattle, WA 98145

Website: [www.assistedliving.org/maryland](http://www.assistedliving.org/maryland)

Service: Assisted Living Research Institute is an industry-leading research organization dedicated to enhancing the lives of older adults by compiling comprehensive research, the latest studies, and real-world insight from experts, caregivers, and seniors into easy-to-understand, actionable guides and resources.

## **Benefits Checkup National Council on Aging**

Phone: 571-527-3900

Address: 251 18th Street South, Suite 500  
Arlington, VA 22202

Email: [membership@ncoa.org](mailto:membership@ncoa.org)

Website: [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org)

Service: A free web-based service which lists hundreds of assistance programs available to seniors.

## **Elder Care Locator**

Phone: 800-677-1116 TTY: 800-667-1116

Address: 330 C Street SW  
Washington, DC 20201

Hours: 9 a.m. – 8 p.m., Monday-Friday

Email: [eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org)

Website: [eldercare.acl.gov/Public/Index.aspx](http://eldercare.acl.gov/Public/Index.aspx)

Service: A free web-based service which links older adults and their caregivers with services throughout the United States that can enhance the well-being of older citizens and those who care for them.

## **Maryland Department of Aging**

Phone: 410-767-1100 or 800-243-3425

Fax: 410-333-7943

Address: 301 West Preston Street, Suite 1007  
Baltimore, MD 21201

Hours: 8:30 a.m. – 5 p.m., Monday-Friday

Website: [www.aging.maryland.gov](http://www.aging.maryland.gov)

Service: This department is responsible for funding and overseeing programs at all Maryland Area Agencies on Aging.

## **Maryland Department of Health**

Phone: 410- 767-6500 or 877-463-3464  
Address: 201 West Preston Street  
Baltimore, MD 21201  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [dhmh.healthmd@maryland.gov](mailto:dhmh.healthmd@maryland.gov)  
Website: [www.health.maryland.gov](http://www.health.maryland.gov)  
Service: Responsible for overseeing the Medical Adult Day Services, Medicaid Waiver and Medicaid programs.

## **Maryland Department of Human Services**

Phone: 800-332-6347  
Address: 311 West Saratoga Street  
Baltimore, MD 21201  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Website: [www.dhr.maryland.gov](http://www.dhr.maryland.gov)  
Service: The Maryland Department of Human Services is the state's human services provider. They help vulnerable Marylanders buy healthy foods, pay energy bills, and obtain medical assistance. They also provide stable environments for at-risk children and adults.

## **SeniorLiving.Org**

Phone: 954-691-9500  
Address: 501 E. Las Olas Blvd  
Ft. Lauderdale, FL 33301  
Email: [help@seniorliving.org](mailto:help@seniorliving.org)  
Website: [www.seniorliving.org](http://www.seniorliving.org)  
Service: SeniorLiving.org has a comprehensive directory of senior living options. From senior housing to health & care, safety, money management, and more — our mission is to help seniors age with ease. Our articles and guides are written by senior care experts. Many of our articles reference government sites and senior care studies, with real facts and figures to back up our advice and recommendations.

# Senior Groups

## Learning is ForEver (L.I.F.E.)

Phone: 301-475-4200, ext. 1063  
Fax: 301-475-4503  
Address: 23630 Hayden Farm Lane  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m.-4:30 p.m., Monday-Friday, last entry 4 p.m.  
Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)  
Service: This program offers stimulating educational and enrichment opportunities for adults who share in the enjoyment of continued learning for growth and fulfillment.

## Department of Aging & Human Services Retired and Senior Volunteer Program (RSVP)

Phone: 301-737-5670, ext. 1653  
Fax: 240-237-8132  
Address: 21905 Chancellors Run Rd  
P.O. Box 653  
Great Mills, MD 20634  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Email: [RSVP@stmaryscountymd.gov](mailto:RSVP@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/aging/rsvp-overview.asp](http://www.stmaryscountymd.gov/aging/rsvp-overview.asp)  
Service: Citizens 55 years of age and above are invited to participate in this exciting senior volunteer program. A wide range of community service opportunities are available at multiple partnership sites within our region, including county agencies and local non-profit organizations. Volunteers with diverse skills and backgrounds are needed to fill a variety of interesting and fulfilling volunteer service opportunities. Our community needs you, your time, and your talents. So become an active participant in the life of our community and let RSVP match you with a rewarding volunteer position.

## **Gold Card Club**

Phone: 301-475-6019  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Website: [medstarstmarys.org/our-hospital/community-involvement/](http://medstarstmarys.org/our-hospital/community-involvement/)  
Service: Sponsors a monthly luncheon for seniors at St. Mary's Hospital. While members enjoy a heart healthy lunch, they are treated to educational programs on topics of interest to seniors.

## **National Active & Retired Federal Employees Association (NARFE)**

Phone: 301-884-5112  
Address: NARFE Chapter #969  
21866 Cedar Point Road  
Lexington Park, MD  
Website: [www.narfe.org/site/chapter969/index.cfm](http://www.narfe.org/site/chapter969/index.cfm)  
Service: NARFE is dedicated to protecting the earned retirement benefits of federal employees, retirees, and their spouses by sponsoring and supporting members on issues such as legislation, COLA's, taxation and retirement income. Meetings are held the 3rd Friday of each month (except February & July) at Olde Breton Inn, Leonardtown. Chapter 969 operates two NARFE service centers where qualified federal government retiree volunteers are available to assist in obtaining benefits for employees of the U.S. and D.C. governments. The center is located at the old Frank Knox School location in Lexington Park from 9 a.m. – 12 p.m. Tuesday, Wednesday, and Thursday. An appointment is recommended by calling the Frank Knox School at 301-757-4121.

## **St. Mary's County Public Schools Retirees Association**

Phone: 301-872-5805  
Address: P.O. Box 1037  
Leonardtown, MD 20650  
Email: [trips@smcpsra.org](mailto:trips@smcpsra.org)  
Website: [smcpsra.wixsite.com/smcpsra](http://smcpsra.wixsite.com/smcpsra)  
Service: Raises funds for scholarships, lobbies for retired teacher benefits, and assists teachers who are ready to retire. The organization also provides services to community organizations and nursing centers. If interested in joining, call the phone number above and leave a message.

**St. Mary's County Department of Aging &  
Human Services  
Triad/SALT  
(Seniors and Law Enforcement Together)**

Phone: 301-475-4200, ext. 1073

Fax: 301-475-4503

Address: 41780 Baldrige Street

P.O. Box 653

Leonardtown, MD 20650

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

Email: [Sarah.Miller@stmaryscountymd.gov](mailto:Sarah.Miller@stmaryscountymd.gov)

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: Triad/SALT is a joint effort between St. Mary's County Sheriff's Office, Department of Aging & Human Services, local clergy, senior housing representatives, community organizations and senior volunteers coming together to identify and provide information, programs, and education seminars for the senior community.

**Veterans of Foreign Wars (VFW) Post #2632**

Phone: 301-862-3247

Address: 23282 Three Notch Road

P.O. Box 86

California, MD 20619

Hours: 3 p.m. – 9 p.m., Monday-Thursday

12 p.m. – 10 p.m. Fri. & Sat.

12 p.m. – 6 p.m. Sun.

Meetings: 7 p.m. – 2nd Tues. every month

Service: Must have DD.214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community.

# Support Groups

## Alcoholics Anonymous

Phone: 800-839-1686

Website: [www.aa.org/](http://www.aa.org/)

[alcoholicsanonymous.com/aa-meetings/maryland/leonardtown/](http://alcoholicsanonymous.com/aa-meetings/maryland/leonardtown/)

[alcoholicsanonymous.com/aa-meetings/maryland/lexington-park/](http://alcoholicsanonymous.com/aa-meetings/maryland/lexington-park/)

[alcoholicsanonymous.com/aa-meetings/maryland/charlotte-hall/](http://alcoholicsanonymous.com/aa-meetings/maryland/charlotte-hall/)

Service: Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem.

A.A.'s primary purpose is to help alcoholics to achieve sobriety.

## Cancer Support Group

Phone: 301-475-6070 or 240-434-7241

Fax: 301-475-6473

Address: 25500 Point Lookout Road

P.O. Box 527

Leonardtown, MD 20650

Meetings: 7 p.m. – 1st and 3rd Wednesday every month

Website: [www.medstarhealth.org](http://www.medstarhealth.org)

Service: Provides support to cancer patients and their families. Meetings are held at the MedStar St. Mary's Hospital Pavilion, Outpatient Infusion Center, first floor.

## Columbia Light House for the Blind (CLB)

Phone: 202-454-6400

Fax: 202-454-6401

Address: 1825 K Street NW, Suite 1103

Washington, DC 20006

Website: [www.clb.org](http://www.clb.org)

Service: CLB is a mission driven community resource for the blind and visually impaired. With vision screenings, independent living skills training, and employment services, CLB provides customized services for improving the well-being and independence of the community it serves.

## **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](http://www.smcil.org)  
Service: An opportunity for veterans to share their experiences with their peers in a safe and supportive environment.

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

Phone: 301-997-1066  
Fax: 301-997-1065  
Address: 41665 Fenwick Street  
P.O. Box 1245  
Leonardtown, MD 20650  
Hours: 10 a.m. – 5 p.m., Monday-Friday  
Email: [oooincmc@verizon.net](mailto:oooincmc@verizon.net)  
Service: This wellness and recovery center is open to adults who have lived through experiences with mental health and/or substance use issues.

## **Parkinson's Support Group at MedStar St. Mary's Hospital**

Phone: 301-475-6019  
Address: 25500 Point Lookout Road  
Leonardtown, MD 20650  
Meetings: 4:30 p.m. – 5:30 p.m. Monthly,  
2nd Tuesday of the month  
Website: [www.medstarhealth.org/classes-and-events/](http://www.medstarhealth.org/classes-and-events/)  
Service: Support program for individuals living with Parkinson's disease and for their caregivers offered every month. Meetings are held at the MedStar St. Mary's Hospital, Outpatient Pavillion.

## **Stroke Survivors**

Phone: 301-475-6019  
Fax: 240-434-7499  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)  
Service: Support program for stroke survivors and their families offered at the Health Connections. Held the third Tuesday or every month.

## **Southern Maryland Ostomy Support Group**

Phone: 301-274-9000  
Address: 7627 Leonardtown Road  
Hughesville, MD 20637  
Meeting: Call ahead for meeting time and date  
Email: rforsee@cphha.org  
Website: [www.cphha.org/community](http://www.cphha.org/community)  
Service: Chesapeake Potomac Home Health Care Agency offers an Ostomy support group to the Tri-County area to continually improve the health of our community, to help our patients and others.

## **Widow and Widower Support Group**

Phone: 301-863-8500  
Address: 21760 Great Mills Road  
Lexington Park, MD 20653  
Email: [office@lexingtonparkumc.org](mailto:office@lexingtonparkumc.org)  
Service: Gain support for yourself through a difficult loss, gain valuable and practical information from others who have been through the experience or offer your support and experiences to others.  
Group meetings are the 3rd Thursday of the month. Call ahead for time.

# Therapies

## Freedom Therapy Solutions

Phone: 301-290-5090  
Fax: 301-290-5091  
Address: 28105 Three Notch Road  
Mechanicsville, MD 20659  
Hours: 7 a.m. – 6p.m., Monday-Wednesday  
7 a.m. – 5:30 p.m., Thursday; 7 a.m. - 5 p.m., Friday  
Email: Michael@freedomtherapysolutions.com  
Website: www.freedomtherapysolutions.com  
Service: Physical therapy commonly uses therapeutic exercise, modalities and manual therapy to address your physical condition and limitation.

## Gateau Physical Therapy

Phone: 301-737-3400  
Fax: 301-862-4959  
Address: 23123 Camden Way  
California, MD 20619  
Email: info@gateaupt.com  
Website: www.gateaupt.com  
Service: Provide patients and clients with the most effective and efficient care to assist with their return to their maximum level of function.

## Henry Chiropractic

Phone: 301-737-0662  
Fax: 301-737-0675  
Address: 22780 Three Notch Road  
Lexington Park, MD 20653  
Website: www.henrychiropractic.com  
Service: Provides the most efficient treatment possible through advances in alternative healthcare and the highest quality of chiropractic care.

## Koth Therapy & Fitness

Phone: 301-884-0331  
Address: 30387 Three Notch Road  
Charlotte Hall, MD 20622  
Hours: 7 a.m. – 7 p.m. Monday-Thursday  
7 a.m. – 12 p.m. Friday  
Email: drkoth.com/  
Service: Provides physical therapy and fitness.

## **MedStar St. Mary's Rehabilitation Medicine**

Phone: 301-475-8981  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)  
Service: Provides physical, speech, occupational therapy, pulmonary and cardiac rehabilitation for inpatients and outpatients.

## **NovaCare Rehabilitation**

Phone: 301-475-5830  
Fax: 301-475-6507  
Address: 23000 Moakley Street, Suite 101  
Leonardtown, MD 20650  
Hours: 7 a.m. – 6:30 p.m. Monday-Thursday  
7 a.m. – 3:30 p.m. Friday  
Website: [www.novacare.com](http://www.novacare.com)  
Service: Our high-qualified clinical team provides preventative and rehabilitative services that maximize functionality and promote well-being. Our staff will develop individualized treatment plans to help achieve patients' goals.

## **NRH Rehabilitation Network**

Phone: 202-877-1000  
Address: 102 Irving St. NW  
Washington, DC 20010  
Hours: 7 a.m. – 7 p.m. Monday- Thursday  
7 a.m. – 4 p.m. Friday  
Website: [www.medstarnrh.org](http://www.medstarnrh.org)  
Service: Provides multiple outpatient services, specialty services, and day treatment services. Please view website for services or call.

## **Personalized Therapy, LLC**

Phone: 301-862-2505  
Fax: 301-862-2548  
Address: 22593 Three Notch Road  
California, MD 20619  
Email: [Scheduling@ptherapy.net](mailto:Scheduling@ptherapy.net)  
Website: [www.personalizedtherapyllc.com](http://www.personalizedtherapyllc.com)  
Service: Personalized Therapy is the leading Orthopedic Rehabilitation and Behavioral Health Center in Maryland. Personalized therapy provides occupational, physical, speech, and ABA therapy, and Clinical Psychology services to adults and children.

## **Proflex Physical Therapy**

Website: [www.proflexpt.com/](http://www.proflexpt.com/)

Service: Every patient receives an evaluation prior to beginning treatment. At the conclusion of the evaluation, we develop an individualized plan of care that is shared with the patient, and a copy of this plan is sent to the patient's physician. ProFlex works with each patient, designing exercises and using modalities tailored to their needs to help them regain or improve their quality of life.

	Contact
22715 Washington Street	Phone: 301-997-0172
Suite 102	Fax: 301-997-0175
Leonardtown, MD 20650	Email: <a href="mailto:leonardtown@proflexpt.com">leonardtown@proflexpt.com</a>

	Contact
Lexington Park	
22738 Maple Road	Phone: 301-363-0539
Suite 102	Fax: 301-363-4794
Lexington Park, MD 20653	Email: <a href="mailto:lexingtonpark@proflexpt.com">lexingtonpark@proflexpt.com</a>

	Contact
Waldorf	
3320 Crain Highway	Phone: 301-870-7366
Waldorf, MD 20603	Fax: 301-870-6717
	Email: <a href="mailto:waldorf@proflexpt.com">waldorf@proflexpt.com</a>

## **Ultimate Therapy**

Phone: 301-997-1155  
Fax: 301-997-1199  
Address: 40900 Merchants Lane, Suite 202  
Leonardtown, MD 20650

Website: [www.ultimate-therapy.com](http://www.ultimate-therapy.com)

Service: Our practice provides one-to-one quality therapy designed to reduce your pain, improve your strength, range of motion, and functional mobility. Massage services available by appointment.

## **Winters Chiropractic and Physical Therapy**

Phone: 301-884-3423 (Charlotte Hall);  
301- 475-7165 (Leonardtown)  
Address: 29770 Three Notch Road, Charlotte Hall, MD, 20622  
40900 Merchants Lane, Leonardtown, MD, 20650  
Hours: 10 a.m. -7 p.m. Monday-Thursday  
9:30 a.m. – 5 p.m. Friday  
Website: [www.docwinters.com](http://www.docwinters.com)  
Email: [info@docwinters.com](mailto:info@docwinters.com)

Service: Offers many services such as chiropractic adjustments, physical therapy, disability certifications, and more.

# Transportation

## Department of Aging & Human Services Senior Rides Program

Phone: 301-475-4200, ext. 1066  
Fax: 301-475-4503  
Address: 23630 Hayden Farm Lane  
Leonardtown, MD 20650  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday, last entry 4 p.m.  
Website: <https://www.stmaryscountymd.gov/aging/SeniorRides/>  
Service: Volunteer drivers provide door to door transportation for seniors unable to access other forms of public transportation and lack other reliable transportation options. Donations accepted. Fees may apply.

### AAA Transportation

Phone: 301-933-4357 or 1-800-577-1050  
Address: 1315 Marlboro Road  
Lothian, MD 20711  
Email: [info@aaatransport.net](mailto:info@aaatransport.net)  
Website: [www.aaatransport.net](http://www.aaatransport.net)  
Service: Provides medical transportation services within Southern Maryland to include transfers from facility to hospital, inter-facility transports, and wheelchair transportation services. All major insurances accepted.

### LifeStyles, Inc.

Phone: 240-237-8236  
Address: 21795-F N. Shangri-La Dr.  
Lexington Park, MD 20653  
Email: [transportation@lifestylesofmd.org](mailto:transportation@lifestylesofmd.org)  
Website: [www.lifestylesofmd.org](http://www.lifestylesofmd.org)  
Service: Provides transportation within and outside of St. Mary's County to persons who meet eligibility guidelines. May also provide gas cards to those who qualify.

**MASS, Inc.**  
**(Martin Shuttle Service)**

Phone: 301-373-4407 or 240-309-0045

Address: 42572 Anne Court  
Hollywood, MD 20636

Email: gomassinc@aol.com

Service: Provides door-to-door service to local errands and appointments. Transportation is also provided to Washington DC, Baltimore, and Northern VA. Service also provided to airport, train and bus terminals, errands and medical appointments.

**Maryland Transit Administration**

Phone: 800-743-3682 or 410-539-5000

Address: 6 St. Paul Street  
Baltimore, MD 21202

Website: [www.mta.maryland.gov](http://www.mta.maryland.gov)

Service: People with disabilities, seniors age 65 and older, and Medicare cardholders can present Maryland issued identification that can provide them with a reduced fare on bus, light rail, Metro, and MARC service. Service is available from California and Charlotte Hall to Washington DC, Monday – Friday.

**Smart Ride, Inc.**

Phone: 410-535-6932

Fax: 410-414-5085

Address: 120 Dares Beach Road  
P.O. Box 1846

Prince Frederick, MD 20678

Email: [info@smartrideinc.com](mailto:info@smartrideinc.com)

Website: [www.transportationsouthernmd.com](http://www.transportationsouthernmd.com)

Service: Smart Ride is a full service transportation company that provides airport shuttle, train stations, bus stations, medical transportation, and group trips. Fares vary with trip, advanced reservation required, 10% Senior Discount. They also offer after hours pick up between 10 p.m. – 5 a.m. at an additional fee. Please call for prices.

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

Phone: 301-475-4296  
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](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/medical-transportation](http://www.smchd.org/medical-transportation)

Service: This program is strictly for medical appointments and is a last resort service. You must have a valid Medical Assistance card to qualify. Please call at least two days prior to appointments in St. Mary's County and at least three days for appointments outside of the county to arrange for transportation. For appointments outside of the county, transportation is only available for medical services that are unavailable in St. Mary's County.

## **St. Mary's County Transit System (STS)**

Phone: 301-475-4200, ext. 1120/1121  
Address: 44829 St. Andrews Church Road  
P.O. Box 409  
California, MD 20619  
Hours: 5:30 a.m. – 11 p.m., Monday-Friday  
Email: [sts.dispatcher@stmaryscountymd.gov](mailto:sts.dispatcher@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/DPW/STS-Transit/](http://www.stmaryscountymd.gov/DPW/STS-Transit/)

Service: Public transportation is available for everyone. Door to door transportation is available for senior citizens and adults with disabilities for medical appointments and visits upon approval of application.

# Veterans Services

## **Annapolis Vet Center**

Phone: 410-605-7826  
Address: 100 Annapolis Street  
Annapolis, MD 21401  
Website: [www.va.gov/annapolis-vet-center/](http://www.va.gov/annapolis-vet-center/)

Service: Readjustment counseling is a wide range of psycho-social services offered to eligible Veterans, Service members, and their families in the effort to make a successful transition from military to civilian life. Services include: individual and group counseling for Veterans, Service members, and their families, family counseling for military related issues, bereavement counseling for families who experience an active duty death, military sexual trauma counseling and referral, outreach and education including PDHRA, community events, etc., substance abuse referral, employment referral, VBA benefits explanation and referral, and screening or referral for medical issues.

## **Charlotte Hall Veterans Home**

Phone: 301-884-8171  
Fax: 301-263-7194  
Address: 29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
Website: [veterans.maryland.gov/](http://veterans.maryland.gov/)

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.

## **College of Southern Maryland Veterans & Military Support Services**

Phone: 301-934-7656  
Address: 22950 Hollywood Road  
Building B, Room 217  
Leonardtown, MD 20650  
Email: [veteransbenefits@csmd.edu](mailto:veteransbenefits@csmd.edu)  
Website: [www.csmd.edu/student-services](http://www.csmd.edu/student-services)

Services: Offers to eligible veterans, servicepersons, and certain dependents of veterans VA educational benefits. We provide you with the appropriate paperwork to apply to the VA for benefits.

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

Phone: 800-733-8387  
Fax: 303-331-7808  
Address: P.O. Box 469063  
Denver, CO 80246-9063  
Website: [www.va.gov](http://www.va.gov)

Service: CHAMPVA is a health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

## **Disabled American Veterans (DAV)**

Phone: 301-997-1036  
Address: P.O. Box 788  
Hollywood, MD 20636  
Website: [www.dav.org](http://www.dav.org)

Service: DAV is the most long-lasting veterans' advocacy and assistance group in this country. DAV is dedicated to a single purpose: empowering veterans to lead high-quality lives with respect and dignity. DAV accomplishes this by ensuring that veterans and their families can access the full range of benefits available to them.

## **Helmets to Hardhats**

Phone: 866-741-6210  
Address: 5715 16th St, NW  
Washington, DC 20011  
Email: [marketingadmin@helmetstohardhats.org](mailto:marketingadmin@helmetstohardhats.org)  
Website: [helmetstohardhats.org/](http://helmetstohardhats.org/)

Service: Connects National Guard, Reserve, retired and transitioning active-duty military service members with skilled training and quality career opportunities in the construction industry.

## **Maryland's Commitment to Veterans**

Phone: 1-877-770-4801  
Website: [health.maryland.gov/bha/veterans/](http://health.maryland.gov/bha/veterans/)  
Service: Connects veterans and family members with available resources.

## **Maryland Department of Natural Resources (DNR)**

Phone: 410-260-3220  
Address: 580 Taylor Avenue  
Annapolis, MD 21401  
Website: [www.dnr.maryland.gov/service](http://www.dnr.maryland.gov/service)

Service: The Department of Natural Resources has several offers for Maryland's DAV-POW veterans. The pass permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests. In order to obtain the UDP you must download the application. You and your healthcare provider must complete the application.

### **Department of Veterans Affairs Tax Exemptions and Credits St. Mary's County Office**

Phone: 301-880-2900  
Fax: 301-475-4856  
Address: 23110 Leonard Hall Drive  
P.O. Box 1509  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Email: [sdat.stm@maryland.gov](mailto:sdat.stm@maryland.gov)  
Website: [www.veterans.maryland.gov/maryland-tax-benefits/](http://www.veterans.maryland.gov/maryland-tax-benefits/)

Service: The State of Maryland offers a number of tax exemptions and credits to veterans, active duty military personnel and surviving spouses. For veterans with service connected disabilities rated at 100% "permanent and total", property tax exemptions are available. In addition, there are deductions for military retirement pay, as well as tax credits and exemptions for vehicle and vessel registration.

### **Naval Health Clinic Patuxent River Case Management**

Phone: 301-995-3851  
Address: 47149 Buse Road, Bldg 1370  
Patuxent River, MD 20670  
Email: [NHCPRweb@med.navy.mil](mailto:NHCPRweb@med.navy.mil)  
Website: [paxriver.tricare.mil](http://paxriver.tricare.mil)

Service: The Case Management staff at NHCPR are a team of health care professionals working with patients and their families to develop a plan that will help them gain control of their illness, injury, or situation as soon as possible.

## **Navy-Marine Corps Relief Society**

Phone: 301-342-4739  
Address: 22187 Arnold Circle, Building 401  
Patuxent River, MD 20670  
Hours: 8 a.m. – 2 p.m., Monday-Thursday  
Email: Patuxent River@nmcrs.org  
Website: www.nmcrs.org

Service: Nonprofit, volunteer service organization, for active-duty and retired Sailors and Marines, their eligible family members and survivors that uses both financial and non-financial resources to identify solutions to meet emerging needs.

## **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 State Careers for Veterans**

Phone: 800-705-3493  
Website: dbm.maryland.gov/jobseekers/Pages/VeteransJobs.aspx  
Service: This page contains resources Maryland provides to returning veterans - employment opportunities, veteran services, upcoming events and more.

# **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 COL John Lombardi, Director 301-884-8171 or email [admissions@charhall.org](mailto: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 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](mailto:mark.hendricks@maryland.gov).

## *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](mailto:dana.burl@maryland.gov).

## **Mesothelioma Veterans Center**

Phone: 855-272-6681

Website: [www.mesotheliomaveterans.org/](http://www.mesotheliomaveterans.org/)

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

## **Patuxent Habitat for Humanity**

Phone: 301-863-6227

Address: 21600 Great Mills Road  
Lexington Park, MD 20653

Email: [info@patuxenthabitat.org](mailto:info@patuxenthabitat.org)

Website: [www.patuxenthabitat.org](http://www.patuxenthabitat.org)

Service: Provides critical home repairs for qualified veterans such as ramps, roofs, and bathroom accessibility.

## **Quilts of Valor- Pax Sound of Freedom**

Phone: 515-708-7689

Website: [www.govf.org/](http://www.govf.org/)

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

## **Southern Maryland Veterans Outpatient Clinic**

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

Website: [www.va.gov](http://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 health-care 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

## **Three Oaks Center Veteran's Resource Center**

Phone: 301-863-9535, ext. 103  
Address: 46905 Lei Drive  
Lexington Park, MD 20653

Website: [www.threeoakscenter.org](http://www.threeoakscenter.org)

Service: Provides supportive services to veterans families, employment and education assistance, counseling and support groups, and more.

## **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](http://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.

## **Truist Bank – Veterans Administration Loans**

Website: [www.truist.com/mortgage/va-loan](http://www.truist.com/mortgage/va-loan)  
Service: Veterans Administration (VA) loans are available to qualified veterans, active duty, reserves and National Guard personnel. Loans are residential mortgages, allowing for the purchase or refinance of an owner-occupied home.

## **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](http://www.va.gov)

Service: The United States has the most comprehensive system of assistance for Veterans of any nation in the world. 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/](http://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.

3) National Cemetery Administration (NCA).

## **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.

### **Veterans Crisis Line**

Phone: 800-273-8255, press 1 TTY: 800-799-4889  
Text: 838255  
Hours: 24/7  
Website: [www.veteranscrisisline.net](http://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.

### **Veterans Affairs Dental Insurance (VADIP)**

Phone: 855-370-3303  
Website: [www.va.gov/healthbenefits/vadip/](http://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 treatment.

### **Veterans of Foreign Wars (VFW) Post #2632**

Phone: 301-862-3247  
Address: 23282 Three Notch Road  
P.O. Box 86  
California, MD 20619  
Email: [commander@vfw2632.com](mailto:commander@vfw2632.com)

Service: Must have DD-214 with proof of overseas combat. Connects veterans with services they are entitled to and provides support to the community. Meetings are held the 2nd Tuesday of the month at 7 p.m.

## **Warfighter Advance**

Phone: 202-239-7395

Website: [www.warfighteradvance.org/](http://www.warfighteradvance.org/)

Service: Provides mental health resources and related services to veterans and their family members.

## **Women Veterans**

### **The Women Veterans Call Center**

Phone: 855-829-6636

Website: [www.womenshealth.va.gov](http://www.womenshealth.va.gov)

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.

## **Wounded Warrior Project**

Phone: 202-558-4302

Website: [www.woundedwarriorproject.org/](http://www.woundedwarriorproject.org/)

Service: Provides services and resources to 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.

# Vision Services

## Eye Care America

Phone: 877-887-6327  
Fax: 415-561-8567  
Address: 655 Beach Street  
P.O. Box 429098  
San Francisco, CA 94142

Email: [eyecareamerica@aao.org](mailto:eyecareamerica@aao.org)  
Website: [www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)

Service: Provides free dilated, medical eye examinations and treatment for any diagnosed disease. To qualify, individuals must be a US citizen, 65 or older, not belong to an HMO or VA, and have not seen an ophthalmologist in three or more years. Eyeglasses, prescription drugs, hospital services, and other medical professional fees are not provided.

## Maryland State Library for the Blind and Print Disabled

Phone: 410-230-2424 or 1-800-964-9209  
TTY: 800-934-2541  
Fax: 410-333-2095  
Address: 415 Park Avenue  
Baltimore, MD 21201

Email: [Reference.desk@maryland.gov](mailto:Reference.desk@maryland.gov)  
Website: [www.marylandlibraries.org](http://www.marylandlibraries.org)

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

## National Federation of the Blind

Phone: 410-659-9314 or 866-504-7300  
Address: 200 East Wells Street  
Baltimore, MD 21230

Email: [nfb@nfb.org](mailto:nfb@nfb.org)  
Website: [www.nfb.org](http://www.nfb.org)

Service: Serves as a resource center for services, assistive services, and educational materials for persons who are blind. Free audio news service is available for anyone who is blind, low-vision, deafblind, or otherwise print-disabled that offers access to more than 500 publications, emergency weather alerts, job listings, and more. This service also offers educational and entertainment content suited for children.

# Vital Records

## Division of Vital Records

Phone: 410-764-3038  
Address: 6764-B Reisterstown Road  
Baltimore, Maryland 21215  
Website: [www.dhmh.maryland.gov/vsa/Pages/Home.aspx](http://www.dhmh.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](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/birth-certificates/](http://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.

# Voter Registration

## St. Mary's County Board of Elections

Phone: 301-475-4200, ext. 71625  
Fax: 301-475-4077  
Address: 23250 Hollywood Road  
Leonardtown, MD 20650  
P.O. Box 197  
Email: [wendy.adkins@stmaryscountymd.gov](mailto:wendy.adkins@stmaryscountymd.gov)  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Website: [www.stmaryscountymd.gov/supervisorofelections/](http://www.stmaryscountymd.gov/supervisorofelections/)  
Service: Voter registration and absentee ballots; provides voter information and assistance.

# Notes

# Notes

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

## Locations:

### Department of Aging & Human Services

41780 Baldrige Street  
PO Box 653  
Leonardtown, MD  
301-475-4200, ext. 1050



### Garvey Senior Activity Center

23630 Hayden Farm Lane  
Leonardtown, MD  
301-475-4200, ext. 1080



### Loffler Senior Activity Center

21905 Chancellors Run Road  
Great Mills, MD 20634  
301-475-4200, ext. 1658



### Northern Senior Activity Center



29655 Charlotte Hall Road  
Charlotte Hall, MD 20622  
301-475-4200, ext. 3101

### Division of Human Services/Maryland Access Point

Potomac Building  
29115 Leonard Hall Drive  
Leonardtown, MD 20650  
301-475-4200, ext. 1680

