



PRINCE GEORGE'S COUNTY
Senior Resource Guide

2025

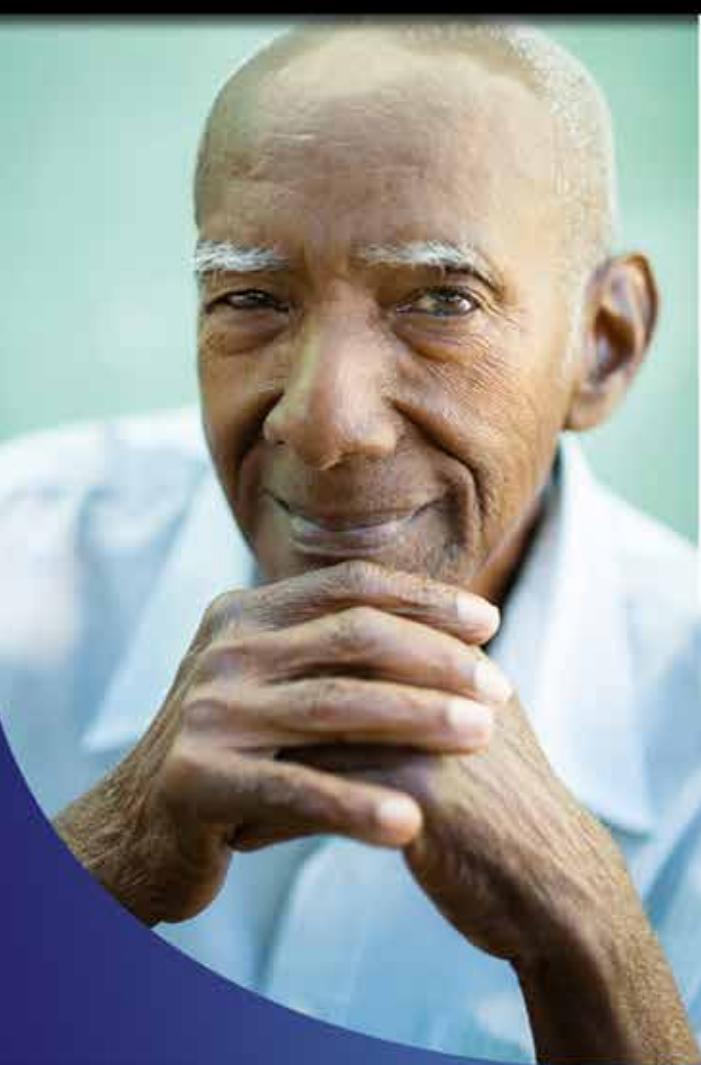


Prince George's County Department of Family Services Aging and Disability Resource Center

6420 Allentown Road | Camp Springs, MD 20748



301-265-8450 | Maryland Relay 711 | FamilyServices.mypgc.us



The Prince George's County Aging and Disability Resource Center (ADRC) assists older adults, individuals with disabilities and family members with navigating long-term care services and support systems.

The ADRC also provides information, assistance, referrals, and options counseling to empower people to make informed decisions about accessing public and private programs that enhance their quality of life.



Message from PGSPN President

Welcome to the 2025 Prince George's County Senior Resource Guide!

The Prince George's County Senior Provider Network (PGSPN) is a 501(c) (3) non-profit organization committed to enriching the lives of seniors and their caregivers in Prince George's County. Our extensive range of services caters to various life stages, recognizing that the well-being of an elder often resonates throughout the entire family. This guide is a collaboration between the Department of Family Services, Aging and Disabilities Services Division, and PGSPN to assist seniors, caregivers, and families in identifying valuable services and resources for their specific needs. We are proud to partner with Prince George's County to produce the resource guide annually.

Our mission is rooted in collaboration. PGSPN unites business leaders, non-profits, and government representatives to promote the health and happiness of seniors and their families. By cultivating connections, fostering cooperation, and providing educational resources, we ensure that families can easily access our comprehensive network of service providers. Our network convenes regularly to exchange insights, tackle senior-related issues, and engage in meaningful annual service projects.

PGSPN proudly supports Prince George's County seniors, their families, and caregivers through various initiatives, including:

- Producing and distributing the comprehensive Prince George's Senior Resource Guide.
- Organizing a Speakers Bureau that offers free information on topics relevant to seniors, catering to senior groups, senior center patrons, and community organizations.
- Sponsoring engaging community events focused on senior well-being.
- Providing essential incontinence supplies to seniors in need.
- Acting as a vital information resource for public agencies about seniors' needs.
- Hosting an annual Caregiver's Retreat dedicated to family caregivers.
- Supporting seniors through special projects tailored to their unique needs.

Join us for our monthly membership meetings held on the third Thursday of each month. For more information, please visit pgspn.org

Sincerely,



Shaunda P. Bellamy
PGSPN President
President, Pickett Fences Senior Services, Inc.





A MESSAGE FROM THE *Area Agency on Aging*

The Prince George's County Department of Family Services, Aging and Disabilities Services Division, which also serves as the local Area Agency on Aging, is pleased to partner with the Prince George's Senior Provider Network (PGSPN) to present this 2025 Senior Resource Guide.

The mission of the Area Agency on Aging is to provide services, information, and resources for older adults, caregivers, and families. Through this guide we endeavor to connect older adults and family caregivers with resources to assist with their desire to age in place in their homes and community. We also want to provide caregivers with information about long-term care options for their loved ones.

The senior population in our county is steadily growing, constituting 21.5% of our total population based on the latest American Community Survey Census Data. Hence, it is crucial that our residents, particularly older adults, and caregivers, have access to timely information when they require assistance. Please remember that your county government is always available to support you.

This Senior Resource Guide is your source of information to help guide you to resources when you need services. It provides a list of resources from businesses, non-profits, and County agencies. This guide includes information about housing, transportation, home health services, recreation, and more. In addition, there is a section of definitions to help you understand terminology associated with long-term care.

As the local Area Agency on Aging, we want to provide you with the help you need. Our staff considers it a privilege to assist you and your loved ones and to answer questions that you may have regarding long-term care and the many options available. Please take advantage of this valuable Resource Guide and keep it close at hand and if you need additional information, contact our office at 301-265-8450.



Karen H. Sylvester

Karen H. Sylvester, Associate Director
Area Agency on Aging





Steven G. Novak
President

A MESSAGE FROM
*Crescent Cities
Charities, Inc.*

On behalf of the Board of Directors of Crescent Cities Charities, Inc., we are pleased and honored to sponsor the 2025 Prince George's County Senior Resource Guide.

As you are aware, the information contained in this publication can be of vital importance to anyone in need of a specific service, i.e. health care, financial, transportation, nutrition, housing, recreation, and much more.

Since 1993, the mission of Crescent Cities Charities has been to provide educational assistance to promising students with financial need and to provide grants and programs to worthy charities and community organizations in Prince George's County and surrounding region.

For twenty years, Crescent Cities Charities owned and operated Crescent Cities Center, which is a 150-bed skilled nursing facility in Riverdale Park. We recently sold the facility and are now using those funds to support grant distributions to hundreds of worthy non-profit groups in our area totaling over \$3.5 Million Dollars since May, 2019. Additionally, we have provided over \$1 Million Dollars in scholarships to 490 graduating high school seniors in the Prince George's County area.

If you are a part of a non-profit group or are aware of one that does charitable work, I encourage you to visit cccharities.org and find out more about our organization. We are here for you.

May God bless each of you, and it is my sincere hope that this year's edition of the Senior Resource Guide will help make your daily decisions and activities a bit easier.

Steven G. Novak, President
Crescent Cities Charities
cccharities.org



PGSPN PRINCE GEORGE'S Senior Provider Network

COMMUNITY / RESOURCES / COLLABORATION / EDUCATION

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Important Telephone Numbers

AGENCY	PHONE NUMBER
AARP	888-687-2277
Alzheimer's Association	800-272-3900
Columbia Lighthouse for the Blind	301-589-0894
Developmental Disabilities Administration	301-362-5100
Elder Care Locator	800-677-1116
Equal Rights Center	202-234-3062
MD Department of Education, Division of Rehabilitation Services	410-554-9442
.....	888-554-0334
Maryland Legal Aid	301-560-2100
Maryland Relay	711
Maryland Department of Veterans Affairs	301-248-0463
Medicaid Recipient Relations	410-767-5800
Prince George's County Click	PGC311
Prince George's County Crisis Response System	301-429-2185
Prince George's County, Dept. of Family Services, Aging and Disabilities Services Division	301-265-8450
Children, Youth and Families Division	301-265-8446
Domestic Violence and Human Trafficking Division	301-265-8423
Office of Veterans Affairs	301-780-8260
.....	301-952-3904
Prince George's County, Health Department	301-883-7879
Adult Evaluation and Review Services	301-856-4730
Behavioral Health Services	301-856-9500
Prince George's County, Department of Housing and Community Development	301-883-5501
Prince George's County Memorial Library System	301-699-3500
Employ Prince George's	301-618-8400
Prince George's County, Department of Social Services, Adult Protective Services	301-909-2450
Eviction Prevention Program	301-909-6362
MD Energy Assistance Program	301-909-6300
Respite Care	301-909-2091
Prince George's County Senior Health Center	301-927-4987
Prince George's County Register of Wills	301-952-3250
Prince George's County Veterans Center	301-856-7173
Social Security Administration	800-772-1213

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Looking for a speaker?

The Prince George's Senior Provider Network (PGSPN) offers a FREE Speakers Bureau!

Check out the wide array of topics and speakers!
pgspn.org

Definitions

Area Agency on Aging (AAA)

A local (city or county) agency, or non-profit funded under the federal Older Americans Act, that serves as a one stop shop to provide information, assistance and resources for persons 60 years of age or older and their caregivers. The network of AAA offices consists of more than 600 approved agencies. In Prince George's County, the Department of Family Services, Aging and Disabilities Services Division serves as the local AAA.

Aging and Disability Resource Center (ADRC)

Aging and Disability Resource Centers (ADRCs) serve as single points of entry into the long-term services and supports (LTSS) system for older adults, people with disabilities, caregivers, veterans and families. Some states refer to ADRCs as "access points" or "no wrong door" systems.

Adult Medical Day Care

Adult Day Care Programs are designed to offer a safe environment for functionally impaired older adults who are unable to remain home alone. They can be a welcome respite for families and spouses caring for a loved one. Adult Day programs provide clients with structured activity and, when needed, assistance with activities of daily living (ADLs). There are 2 types of adult day programs: 1) Adult Day Care (ADC), which offers personal care services, and 2) Adult Day Health (ADH), which offers personal care as well as skilled nursing and rehab services. Some day programs are designed specifically for persons needing memory care and support. Transportation is an option at most centers.

Assistive Technology/Devices

An assistive technology device is "any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities."

Caregiver Support

If you provide support and assistance with various activities to a family member, friend, or neighbor then you are a caregiver. A caregiver may provide emotional or financial support, as well as hands-on help with different tasks. Caregivers can use the formal and informal supports that are available. Caregiving may also be done from long distance. Caregiving can be individuals who are unpaid or paid.

Durable Medical Supplies

Medical supply companies provide durable medical equipment (DME) that your doctor prescribes for use in your home. Only your doctor can prescribe medical equipment for you. Durable Medical Supplies meet these criteria:

- Durable – long lasting
- Used for a medical reason
- Not usually useful to someone who is not sick or injured
- Used in your home

Examples of DME are items such as blood sugar monitor, test strips, braces (arm, leg, back and neck), canes, commode chairs, home oxygen equipment and supplies, hospital beds, wheelchairs, infusion pumps, etc. Medicare Part B usually covers durable medical equipment prescribed by your doctor.

Financial Services/Insurance

There are a wide variety of insurance programs which range from health, life, home, and Long-Term Care. The local Area Agency on Aging provides counselors to assist with some forms of insurance that relate to Medicare and/or Medicaid. Consumers need to weigh options and compare plans to ensure coverage that best fits the individual's needs.

Housing Options

• Assisted Living Facility (ALF)

Assisted Living facilities provide services to residents who need assistance with personal care, medication management, and/or home management but do not require skilled health care. Assisted living facilities can be a small home in a community with as little as two to three residents or larger facilities with private apartments.

Definitions

- **Continuing Care Retirement Community (CCRC)**

CCRCs provide 3 levels of accommodations: independent living, personal care/assisted living, and skilled nursing/rehab on the same campus. Services vary by level of accommodation. Most CCRCs require new residents to pay a one-time entrance fee prior to admission. Entrance fee refund policies vary. All CCRCs require payment of monthly or daily service fees.

- **Independent Living**

Independent or Retirement Living Communities are most appropriate for those who can manage their health care needs on their own or with assistance from family or private caregivers in an apartment type setting. Independent Living does not offer health care services or assistance, but may offer a monthly meal plan, housekeeping, social activities, and transportation.

- **Subsidized Housing**

HUD's Section 202 Supportive Housing for the elderly provides rental housing for low-income tenants who are at least 62 years old with household incomes no greater than 50 percent of the area's average.

Geriatic Care Management

A geriatric care manager is a professional who specializes in assisting older adults, disabled individuals, and their families with all of their care needs, as well as connecting them with a wide network of services, benefits, programs and facilities in the community. They also serve as an advocate for their client's health, safety and quality of life.

Hospice Services

Hospice care provides end-of-life care to patients with a terminal illness and a life expectancy of less than 6 months. Because most people prefer to stay at home, services are usually provided in the home setting as opposed to an in-patient facility. Services are provided by an inter-disciplinary clinical team including nurses, certified nursing assistants (CNAs), social workers, volunteers, bereavement counselors, chaplains, and medical directors.

Home Care (Non-medical)

Home health care can provide companion care, and personal care to an individual in their home. Services may include light housekeeping, hygiene assistance, medication reminders, meal preparation, shopping, and escort services. Fees vary for this service, usually private-pay and typically are not covered by insurance.

Home Health Care (Skilled)

Doctor's orders are needed to begin skilled care. Services are provided to patients in their homes, typically for up to 60 days, and often following a hospital discharge. Skilled nursing is provided by RNs and LPNs, and rehabilitation services (such as physical therapy and speech therapy) are provided by licensed therapists. Home Health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). Covered by most insurances.

Legal Services/Elder Law/Estate Planning

Elder Law Attorneys are dedicated to helping seniors and their families with legal matters. They can provide guidance and assistance with creating important documents such as the durable medical power of attorney, health care power of attorney, financial power of attorney, a living will, a trust, and a last will and testament. In the event a situation arises and none of these documents is in place an elder law attorney can help the family navigate the legal proceeding necessary to acquire legal authority, known as guardianship. Additionally, when a loved one passes away, an elder law attorney can assist the family with the probate process.

Long Term Care

Long term care is the medical and social care given to people who have severe chronic impairments. It may include care in the home by family members, voluntary or employed assistance such as a home care agency, or in an institution such as a nursing home.

Medicaid

A joint federal and state program that helps with medical costs for some people with limited income and resources. Medicaid programs vary from state to state, but most health care costs are covered if you qualify for both Medicare and Medicaid.

Medicare

Medicare is the federal health insurance program for:

- People who are 65 or older who have paid into Social Security.
- Certain younger people with disabilities.
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD)

Options Counseling

A person-centered service for older individuals, persons with disabilities, and/or their caregivers. It is an interactive decision-support process whereby consumers, family members and/or significant others are supported in their discussions to determine appropriate long-term care choices that best meet their needs, preferences, values and individual circumstances.

Skilled Nursing and Rehabilitation Facilities

A skilled nursing and rehabilitation facility or nursing home provides 24-hour nursing supervision for those who medically need it. Skilled nursing facilities ensure medical, psychological, or social needs are met. These facilities offer a full range of care including rehabilitation, and specialized nutritional, social service and activity programs. Skilled Nursing Facilities can be very helpful in gaining necessary rehabilitation and providing for a person's needs for both long and short term situations.

Real Estate Services

Real estate agents work with property buyers or sellers and help them navigate the complex nature of the property market. Agents talk with clients to find out what kind of property they want and what they are willing to sell or pay, and any specific amenities they are seeking. They work with a real estate broker to find properties that suit their client's needs.

Senior Centers/Recreation/Leisure

Today's seniors are very active with a wide range of interests, abilities, and resources. Senior centers have and continue to evolve to meet the changing and growing diverse needs. Senior centers offer a variety of classes, trips, special events, educational workshops, activities and senior resources. Senior centers frequently are community focal points providing a place where older adults come together for services and activities and connect with each other and the community.

Senior Move Transition Specialist/ Professional Organizers

Sometimes the desire to downsize and/or move is high but the task of doing so is overwhelming. Professional organizers and senior move transition specialists provide expertise related to organizing, senior move management, transition and relocation issues affecting older adults.

Senior Villages

Villages bring together volunteer-based services and supports to help seniors live in their homes as active, valued members of the community for as long as they would like. Across the country, the village movement is represented by community-based, peer-run, member-driven organizations (Villages) offering members a wide variety of practical services, arranging for social activities, and providing information about useful resources. Villages structures and services reflect the unique needs of their communities, embrace a not for profit ethic and can be all volunteer, staffed or a combination of models. Village operations are often sustained by a blend of membership fees, donor support and grant funding.

For information on joining a village in your Prince George's County community please call:

- Hyattsville Aging in Place, 301-887-3101
- Cheverly Village, 240-770-1033

If you are interested in forming a village in your community or interested in attending an Aging in Place Prince George's County - Village Working Group meeting, please call 240-542-2012.

Members Directory

This Directory is a listing of PGSPN members. For additional resources, please call the Aging and Disabilities Resource Center at 301-265-8450.

AGING LIFE CARE MANAGEMENT

Aging Well Eldercare

301-593-5285

care-manager.com



Ann Craynon ElderCare Solutions

301-218-0958

3540 Crain Hwy #241, Bowie, MD 20716

aceldercaresolutions.com

ann@aceldercaresolutions.com

Ann Craynon ElderCare Solutions offers personal evaluations and support for those who choose to age in place as well as those facing transitions caused by a move or an increase in care needs. We facilitate communication between doctors, therapists, caregivers, and family members and skillfully navigate the challenges that arise when parties are not in agreement. We are able to provide an extra set of eyes for those who are caring from a distance — will help you weigh important decisions and can step into your shoes when you are unable to be there.



Pickett Fences Senior Services, Inc.

301-358-2066

9701 Apollo Drive, Suite 301

Largo, MD 20774

pickettfences.org

spbellamy@pickettfences.org

Pickett Fences is a non-profit 501(c)(3) organization founded in 2012, to improve the quality of life for Senior Citizens by providing education, resources, caregiver support, and connecting seniors with the services they need to safely remain in their homes. Pickett Fences collaborates with various organizations within Prince George's County to meet the needs of our growing senior population. We provide geriatric social services that includes advocacy support, case management, education, emergency financial assistance, and caregiver support, etc.

Reassurance4U Companion/Concierge Service

301-580-8844

reassurance4u.com

Seabury Resources for Aging Care Management

202-364-0020

cminfo@seaburyresources.org

SRC Eldercare Services

301-275-3766

ramsey.caldwell@aol.com

SILVER

SILVER

AGING IN PLACE SERVICES



Functional Therapy Solutions

301-641-7035

10000 Running Sand Knoll

Laurel, MD 20723

homes2eval.com

homes2eval@gmail.com

Contact: Eldorna Samuel

Functional Therapy Solutions will provide practical solutions to meet your unique needs so that you can remain in your home. Solutions like installing of ramps, raised toilet seats or GPS trackers for wanderers, are all part of our Occupational Therapy assessment recommendations. We work with case managers, insurance companies, Medicaid Waiver providers and others to ensure your home is barrier-free, functional and handicap accessible. Our goal is for you to be as comfortable and independent as possible while remaining in your own home.

SILVER

ASSISTED LIVING



Abundance Care

Residential Assisted Living

703-861-0982

12619 Kavanaugh Lane

Bowie, MD 20715

abundance-care.com

valerie@abundance-care.com

Contact: Valerie Lucas

Our mission is to create and provide a loving home environment where we would be proud to have our mom and dad live. Our home becomes your home, and we invite our residents to be a part of our family. Our main priority is the care and safety of our residents. We provide 24-hour care, including "awake staff" at night, with a carefully selected and highly trained team of English-speaking caregivers certified by the State of Maryland. Our assisted living homes are convenient for families in the DMV area. We encourage our residents to have visitors, and we have a "no appointment needed" policy for visitors between 7 am and 7 pm. Let us know in advance. You are welcome to join us for a meal or an activity.

SILVER



Ameristar Assisted Living, Inc.

240-413-1321

6604 Adrian Street

New Carrollton, MD 20784

ameristar@ameristarhealthcare.com

ameristarassistedliving.com

Contact: Wilfred Kandie

Ameristar Assisted Living, Inc. takes pride in offering the care and support needed to allow people to live their lives to the fullest. Our team members believe real happiness and joy come from serving others. Joy in Service is not just our Core Value; it is a guiding principle for all we do and a passion evident in daily interactions with residents and other team members. We offer many different types of care and support for adults of all ages. This includes care services for older people and people with dementia, and support for adults with various disabilities and conditions.

SILVER

MEMBERS DIRECTORY BY CATEGORY

Arbor Terrace of Greenbelt	301-486-1590	at-greenbelt.com
Arden Courts Memory Care Community	301-847-3051	arden-courts.com/silverspring
Ascension Assisted Living Facility	202-375-1278	hokogi@ascensionalf.com
Attentive Healthcare Assisted Living	240-486-2779	healthcareattentive.com
 Bethel Assisted Living 240-381-0702 1416 Kings Manor Drive, Bowie, MD 20721 bethelassistedlivinghome@gmail.com Contact: Jacqueline Moki	Bethel Assisted Living Homes, I, II and III are nurse owned and operated. We provide customized care based on the residents' needs and level of care. Our facilities provide care with compassion for levels 1, 2 and 3. Bethel homes are located in Glenn Dale and Bowie, Maryland. Our facilities are clean and well decorated. Our mission statement is "keeping our seniors safe and active."	SILVER
Fine Living Care	202-409-1366	finelivingcare@gmail.com
 Harmony at Enterprise 301-503-5090 12000 Traditions Blvd., Bowie, MD 20720 harmonyseniorliving.com asmith@harmonyatenterprise.com Contact: Apple Smith	Our senior living community offers spacious apartments and a rich menu of services and amenities, perfect for those who are ready to expand their horizons. Our friendly community offers residents unrivaled access to everything our city has to offer, from Glen Echo Park to Six Flags. Within our spacious community, spend the day your way with morning yoga and afternoon art classes followed by an evening conversation with friends over wine and cheese.	SILVER
 Morningside House of Laurel 301-725-2220 7700 Cherry Lane, Laurel, MD 20707 mhseniorLiving.com lvalencia@mhseniorliving.com Contact: Leslie Valencia	The boutique-style assisted living and memory care community is located in Laurel, Maryland. We offer an array of choices of apartment accommodations, restaurant-style dining, transportation to and from appointments, shopping, and outings. We also provide laundry and housekeeping services to our residents at no additional charge. Our residents can choose to keep their physicians or use the physicians who service the community. Our Health and Wellness Nurse provides residents individualized service and care plans to meet their needs.	SILVER



Springtime Home Assisted Living

301-661-7268

804 Cypress Point Cir.

Mitchellville, MD 20721

springtimehome.com

springtimeHome@gmail.com

Contact: Danalee Robb, MSNBL, RN

Springtime Home specializes in providing excellent quality assisted living and retirement care to make the transitions as smooth as possible... it's where the heart is! We offer 6 homes which all are Level III providers. Springtime Home knows that independence and good health are gifts we all cherish. However, life takes us through changes. With a little help from our caring team, you can maintain control of your life and health, exercise your independence and preserve your dignity.

SILVER



Warm Touch Homecare & Assisted Living

301-395-3541

9216 Rolling View Drive

Lanham, MD 20706

warmtouchhomecare.weebly.com

warmtouchhomecare@gmail.com

Contact: Leonie Nwaogwugwu

At Warm Touch Homecare & Assisted Living, we offer quality care with a touch that feels like home. We take pride in our ability to provide a calming atmosphere for our residents. From dietician-curated meals to dedicated staff available 24/7, we strive to make our residence a place of comfort. We are dedicated to giving our residents and their loved ones, total peace of mind. So choose Warm Touch where comfort is our commitment.

SILVER

CEMETERY/FUNERAL HOME



National Harmony Memorial Park

301-772-0900

7101 Sheriff Road

Hyattsville, MD 20785

cordelia.hodges@dignitymemorial.com

Family Service Counselor dedicated to educating individuals and organizations on the wisdom and benefit of protecting their loved ones by making cemetery arrangements before a time of need. Available to make presentations virtually and in person at churches, local events, health fairs, and civic and community association meetings.

SILVER

COUNSELING/EDUCATION/CONSULTING

Esteem Family Services	202-538-2227	esteemfamilyservices@gmail.com
 JUANITA C. GRANT FOUNDATION The Juanita C. Grant Foundation 301-325-8850 jcgfdn.org Contact: S. Orlene Grant, MSN	The Juanita C. Grant Foundation is dedicated to improving the quality of life for the 50+ age resident in Prince George's County through advocacy, workforce development, research, and community engagement. JCGF conducts job readiness workshops geared to the 50+, convenes conferences on aging, convenes the Annual 50+ Workforce Forum and Hiring Event, Round Tables on Ageism, and the Elder Abuse/Fraud Seminar Series.	SILVER
Senior Medicare Patrol	301-919-9734	seniormedicarepatrol.com

FINANCIAL SERVICES/INSURANCE

Grace Benefits Group 301-719-5761 7003 Glenn Dale Road, Unit 655 Glenn Dale, MD 20769 planenroll.com/?purl=A1wb0qNs vnixon.insurance@gmail.com Contact: Valerie Nixon	We offer comprehensive insurance services aimed at minimizing your expenses while maximizing your savings. Our services include plan reviews for Medicare Supplements and Medicare Advantage, eligibility checks for state and federal programs, as well as options for short-term care, cancer, and stroke plans. All our reviews are provided free of charge and with no obligation.	GOLD
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 Gottlieb Insurance Advisory 301-332-4337 11016 Haislip Court, Potomac, MD 20854 gottliebinsuranceadvisory.net themarkgottlieb@gmail.com Contact: Mark Gottlieb	We offer a range of insurance products which offer financial protection and important benefits for seniors, including but not limited to Medicare products; Long Term Care funding options; life insurance; and annuities. We also offer health insurance and other products for persons of all ages, including subsidized plan offered through MHBE.	SILVER
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J. E. Henderson
Financial Savant Tax & Business Service
301-459-3796
6606 Woodstream Dr., B-100
Seabrook, MD 20706
jehfinancial.net
jim@savanttaxhenderson.com
Contact: James E. Henderson, RFC

We systematically address the following wealth management issues: investment and tax management; cash flow and debt management; family insurance management, including life, health, supplemental, disability, long-term care, Medicare, and annuities; and planning issues involving retirement income, college tuition, legacy and estate, and special needs. We specialize in small business benefits consulting. We thoroughly analyze individual circumstances and customize our advice to meet specific needs and help make client dreams come true.

GOLD

Primerica

301-254-6702

primerica.com/jh_pickettsr

Western & Southern Life
301-778-1343
9658 Baltimore Avenue, Suite 200
College Park, MD 20740
westernsouthernlife.com
juliet.walker-brown@wslife.com
Contact: Juliet Walker-Brown

Financial products can be complex, but we simplify them into practical solutions for our middle-market clients. Our personal, face-to-face relationships set us apart from the competition. The Western and Southern Life Insurance Company, established in 1888, is known for its financial stability and strength. Many of my clients come from referrals. I appreciate your help in expanding my network. I'm looking to connect with individuals and families seeking peace of mind through protection, debt freedom, and financial independence.

SILVER

HEALTH & WELLNESS



CAFY – Assisting Senior Citizen's Program
301-390-4092
P.O. Box 4419
Capitol Heights, MD 20791
ajoell@cafyonline.org
Contact: Arlene Joell

Our Vision is to Increase the safety and awareness of our vulnerable elders and create a local body that works collaboratively to improve the quality of life and reduce traumatic outcomes through assessment and action. Our Mission aims to strengthen our elders' voices and support them in empowerment and reparation. Our Services include Peer assistance, advocacy, legal assistance, counseling, and training.

SILVER

Delaware Diagnostic Labs

917-215-3041

deldxlabs.com

QCI Behavioral Health

301-636-6504

qcihealth.com

HOME CARE NON-MEDICAL

**A Homemade Plan**

Office: 888-610-2643

Fax: 443-853-2040

ahOMEMADEPLAN.com

Contact: Tyler Stott, Managing Partner

A Homemade Plan is a locally owned and operated home care agency that assists with daily activities that promote safety and independence in the home. We offer both live-in and hourly home care services. Serving Prince George's County and surrounding areas.

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Always Reliable Homecare LLC

301-238-7478

alwaysreliablehomecare.net

**Ann Caregivers**

240-521-9555

16701 Melford Blvd., Suite 400

Bowie, MD 20715

anncaregiversllc.com

anncaregiversllc@gmail.com

Contact: Yvonne Oudit

We are an in-home care RSA-licensed provider. We come to your home to assist, care, and support you or your loved ones with their activities of daily living and limited mobility, helping them to regain their strength and independence with dignity, respect, kindness, compassion, and care. We assist and care for those who are or may be at the onset of dementia or other health challenges, bedbound, or who may have mobility challenges or need companionship. Our services are as follows but are not limited to hot meals are prepared and served and fed, clean up of kitchen, dishes, baths, dressed in cleaned clothing, toileting care, wheelchair transferring, laundry, making beds, reading, playing games, assist with activities, light housekeeping, incontinence care, accompanying to medical appointments, companionship care, hospital sitter to name a few.

SILVER

**ComforCare**

240-764-5844

9420 Annapolis Road, Suite 216

Lanham, MD 20706

comforcare.com

marmour@comforcare.com

Contact: Michelle Armour

ComForCare is a non-medical home care agency. We are committed to ensuring that everyone we meet gets the attention and care they need and deserve to attain and maintain the highest level of independence, dignity and quality of life. This is done by ensuring we listen to the client and family to really understand their needs and put them at ease regarding our ability to address those needs. Simply put we are passionate about serving. We are here for you!

SILVER

**Comfort Keepers**

703-594-8503

10351 Southern Maryland Blvd., Suite 201

Dunkirk, MD 20754

comfortkeepers.com

winstonchapman@comfortkeepers.com

Contact: Winston Chapman

We provide create in-home care services in Dunkirk, Bowie, Waldorf, Owings, Upper Marlboro, and surrounding areas of Maryland. At Comfort Keepers Home Care we work closely with seniors and their families to provide custom care that helps seniors thrive and achieve greater well-being. We offer various services, including in-home care, respite care, veterans home care, Alzheimer's and dementia care, and more. With our skilled caregivers in your loved one's home, you can rest assured knowing they're receiving the best care possible.

GOLD

Compassionate Care at Home

202-578-5904

compassionatecareat.com

**Family Choice Healthcare**

888-358-1341 ext. 108

4601 Forbes Blvd., Suite 320

Lanham, MD 20706

familychoicehealthcare.com

ktaylor@familychoicehealthcare.com

Contact: Kym Taylor

For over 20 years, Family Choice Healthcare has delivered quality in-home care. We provide companion care, assist with routine daily activities and accompany your loved one to doctor's appointments and physical/occupational therapies. Family Choice Healthcare offers a level of care that brings balance and peace to both clients and caregivers. Our staff is trained to deal with demanding behaviors associated with Dementia/Alzheimer's.

SILVER

**FirstLight Home Care of Bowie**

301-778-1988

1401 Mercantile Lane; Suite 200-CC

Upper Marlboro, Maryland 20774

bowie.firstlighthomecare.com

rpeake@firstlighthomecare.com

Our goal is to help every one of our client's live life to the fullest, whatever it means to them. We provide non-medical home care for seniors, people with disabilities, those recovering from illness, injury or surgery, mothers just home from the hospital, veterans, and anyone who needs a little extra help. From laundry to listening, from bathing to baking, from helping with mail to helping in the garden.

SILVER

Griswold Home Care

301-899-3200

griswoldhomecare.com/prince-george-county

Home Instead

202-907-6949

homeinstead.com

MYNAC Group

301-201-3500

mynacstaffing.com

Platinum Seniors Care

301-476-1621

psc-healthcare.com

Senior Helpers of Laurel

240-688-4431

seniorhelpers.com/md/laurel



Senior Helpers of PG County

301-778-0401
12164 Central Avenue, Unit 219
Mitchellville, MD 20721
seniorhelpers.com/md/pg-county
tclay@seniorhelpers.com
Contact: Tamara Clay

Founded in 2002, our home care company specializes in compassionate support for individuals and families, focusing on Alzheimer's and dementia care. We provide personalized assistance, companion care to reduce loneliness, and surgery support for smoother recoveries. Our trained team offers personal care, including grooming, bathing, mobility support, and medication reminders. Our mission is to empower individuals to live independently and with dignity in their homes.

GOLD



Senior Helpers Southern Maryland

240-696-2300
9375 Chesapeake St., Suite 103
La Plata, MD 20646
seniorhelpers.com/md/southern-md
getgreatcare@seniorhelpers.com
Contact: James Bodas-Turner

Senior Helpers is a leading provider of in-home senior care services, offering a wide range of personalized care options to help seniors age comfortably in their own homes. Our services include Alzheimer's & Dementia Care, Personal Care, Companion Care, Respite Care, Chronic Disease Care, End-of-Life Support, and Return Home Care. Senior Helpers aims to enhance the quality of life for seniors and provide peace of mind for their families by delivering dependable and affordable care.

SILVER



Serving You Homecare

410-980-3145
1401 Mercantile Ln., Suite 200B
Upper Marlboro, MD 20774
servingyouhomecare.com
info@servingyouhomecare.com
Contact: Jacque Hustead

Serving You Homecare is dedicated to providing compassionate, personalized care for adults and seniors in their homes. Our mission is to enhance clients' quality of life through tailored solutions, including personal care, companionship, medication management, and specialized support for chronic illnesses or disabilities. Our certified caregivers prioritize safety and independence, creating customized care plans in collaboration with clients and their families. With a focus on trust and transparent communication, we aim to be the top choice for home care services, whether for a few hours a week or full-time assistance.

GOLD



Trust Home Care

410-826-4345
3010 Mitchellville road, Suite 104
Bowie, MD 20716
trusthomecare.info
trusthomecareinc@gmail.com
Contact: Mellisa Owusu Ansah

At Trust Home Care, Inc., we make every effort to provide superior quality homecare services and community activities that will enhance the quality of life of our clients. We provide client-centered, budget-friendly, and superior quality services for the benefit of our clients. We accept client requests for live-in, temporary, or long-term care. We can even provide care on weekends and holidays.

SILVER



Visiting Angels Home Care Agency
 301-583-8820
 9701 Apollo Drive, Suite 297
 Largo, MD 20774
visitingangels.com/largo
info@Visitingangelspg.com
 Contact: Vikki Kalitsi

Visiting Angels Home Care Bethesda

Since 2001, Visiting Angels has been specializing in giving you "a peace of mind" while providing customized care for your loved ones. We are licensed by the state of Maryland; all our caregivers are employees who are bonded, and we conduct background checks and drug screens on each one. Call us to schedule your "Angel" today!

GOLD

visitingangels.com/aspenhill/home

HOSPICE AND PALLIATIVE CARE

Amedisys Hospice

667-304-1702

amedisys.com



Hospice of the Chesapeake
 Hospice Care, Grief Support
 877-462-1103
 John and Cathy Belcher Campus
 90 Ritchie Hwy., Pasadena, MD 21122
hospicechesapeake.org
tturner@hospicechesapeake.org

Hospice of the Chesapeake's mission is to care for life throughout the journey with illness and loss. Hospice of the Chesapeake provides physical, psycho-social and spiritual support services to individuals living with and affected by advanced illness. These services are provided wherever the patient calls home. Hospice of the Chesapeake is committed to providing the best possible care for all regardless of their inability to pay.

SILVER

Luminis Health Gilchrist Lifecare Institute

443-257-0643

luminis.health/gilchrist



Montgomery Hospice & Prince George's Hospice
 Hospice Care • Grief Support • Education
 301-921-4400
montgomeryhospice.org
princegeorgeshospice.org
 Contact: Admissions

Montgomery Hospice & Prince George's Hospice is devoted to serve and enhance the quality of life of those facing a serious life-limiting illness. Our team of physicians, nurses, social workers, chaplains, bereavement counselors, hospice aides, and volunteers provide a network of support and quality care, while our complementary holistic therapies bring comfort and symptom relief to our patients. We bring 39 years of experience focusing on what matters most to our patients and their families. At Montgomery Hospice & Prince George's Hospice, we make sure that skill, compassion, and cultural competence are the foundations of the care we offer to those living with an advancing life-limiting illness in Montgomery and Prince George's Counties.

GOLD

LEGAL SERVICES/ELDER LAW



Brandi Law, LLC

301-699-3100
5303 Baltimore Avenue #206
Hyattsville, MD 20781
brandilawfirm.com
jennifer@brandilawfirm.com
Contact: Jennifer Brandi

A boutique law firm providing personalized legal services. Our expertise is in preserving the maximum amount of assets for individuals, spouses, family members and people with disabilities while obtaining lawful Medicaid long term care benefits. Our attorneys also assist with long-term care planning, wills, powers of attorney, and guardianship.

GOLD



Byrd & Byrd, LLC

301-464-7448
14300 Gallant Fox Ln., Bowie, MD 20715
byrdandbyrd.com
bblackford@byrdandbyrd.com
Contact: Bryce Blackford

We are a law firm that offers wise and experienced counsel and guidance. Our attorneys have over 100 years of combined experience. Each attorney's practice focus is unique and can meet your different legal needs. Our key objective is to provide our clients with the knowledge and tools to achieve every benefit the law allows. Byrd & Byrd, Attorneys at Law, based in Prince George's County also serving in surrounding counties and Washington D.C.

GOLD



Johnson Legal PLLC

202-830-7786
4334 Farragut Street, Suite I (eye)
Hyattsville, MD 20781
johnson-legal.co
ayana@johnsonlegal.co
Contact: Ayana Johnson

A boutique law firm specializing in Estate Planning and Elder Law. Johnson Legal serves to educate and empower individuals to protect their family and their wealth through effective estate planning. We prepare trusts, wills, power of attorney, medical directives, pre-nuptial and post-nuptial agreements, and other legal documents which work to ensure that your affairs are in order, should you experience a medical emergency or death.

SILVER



The Law Office of Ethel Mitchell

240-638-2828
8403 Colesville Road #1100
Silver Spring, MD 20910
willsandtrusts.net

For over eight years, every Saturday morning from 8:30-10 am on Radio One 1450 AM, I host "Law Talk With Ethel Mitchell," a live, call-in talk show that speaks of law and its importance in everyone's lives. The program can be heard over woldcnews.com and Alexa. Attorney Mitchell speaks to church organizations and private and public organizations about Estate Wills, Trusts, Probate, and Estate & Trusts Administration. Wills and Trusts, LLC provides estate planning services in Washington, DC, Maryland, and Northern Virginia.

GOLD

Law Office of Karren Pope-Onwukwe, LLC

301-464-9600

kpopeatty.com

**Shedden Law LLC**

301-223-0155

9103 Woodmore Center Drive, #249

Lanham, MD 20706

sheddenlawllc.com

miriam@sheddenlawllc.com

Contact: Miriam Rhoden-Shedden

Client centric boutique estate planning law firm. Our mission is to be a guiding hand to help you plan. We can tailor a plan to include wills, trusts, advance medical directives and power of attorney.

SILVER

MEDICAL EQUIPMENT & SUPPLIES**DME & Supplies, LLC**

301-985-2985

9701 Apollo Drive, Suite 105

Largo, MD 20774

dmesuppliesllc.site

dme_suppliesllc@aol.com

DME & Supplies is a home medical equipment and supply company as well as a provider for several insurance companies within the DMV. We are very professional and knowledgeable with great customer service. The owner has 19 years experience in the business and has a great reputation within the community that offers both English and Spanish DME departments.

GOLD

**Norbrook Medical Equipment & Supplies, Inc.**

301-577-5846

9463 Annapolis Road, Lanham, MD 20706

norbrookmedical.com

customerservice@norbrookmedical.com

Norbrook Medical Equipment and Supplies, Inc., in Lanham is your full-service home medical equipment provider. We carry incontinence supplies, respiratory supplies, wheelchairs, transport chairs, rollators, walkers, power mobility products, lift chairs, hospital beds, and so much more. We also have a Certified Mastectomy & Custom Compression Garments Fitter on site!

SILVER

MINISTRY

First Baptist Church of Glenarden Senior Ministry 301-773-3600

ssmith@fbcglenarden.org

PHYSICIANS AND PRIMARY CARE



**Arthritis and Pain Associates of
Prince George's County**
301-345-5600
7300 Hanover Drive, #201
Greenbelt, MD 20770
arthritispainpg.com
btaylor@apapgc.com
Contact: Barbara Taylor

We have Rheumatology physicians at 3 locations (Greenbelt, Clinton, and Laurel.) We treat autoimmune diseases, Rheumatoid Arthritis, Lupus, Gout, Osteoarthritis, Osteoporosis, back pain, knee pain, shoulder pain and any joint pain. We perform bone density testing in the Greenbelt office. We also test for Total Body Composition by Dexa which gives you an accurate measurement of your lean muscle vs. body fat. Additionally, we offer physical therapy and antibody testing for COVID.

GOLD

Loving Hands Podiatry

301-323-5652 lovinghandspodiatry55@gmail.com



**Seraphim Partners
Mobile Wound Clinic**
240-601-9612
6490 Landover Road, Suite E7
Landover, MD 20785
seraphim-partners.com
zainabmoriba@seraphim-partners.com
Contact: Zainab Moriba

Seraphim Partners is dedicated to delivering advanced, patient-centered wound care directly to you, in the comfort of your home—because we believe that's where healing belongs. Our team specializes in utilizing cutting-edge, FDA-approved wound care products and services to support patients through every stage of their wound healing journey, no matter the wound type. With a comprehensive range of advanced wound care solutions, we bring exceptional care to your doorstep, ensuring both comfort and accessibility while prioritizing your well-being.

SILVER

PRINCE GEORGE'S COUNTY GOVERNMENT



**Prince George's County
Department of Family Services,
Aging and Disabilities Service Division**
301-265-8450
6420 Allentown Road
Camp Springs, MD 20748
princegeorgescountymd.gov

The Prince George's County Aging and Disabilities Services Division, which also serves at the local Area Agency on Aging (AAA), advocates, educates and plans services and programs to meets the needs of older adults and individuals of differing abilities, promoting choice, independence and dignity. This is accomplished through the delivery of quality services, successful partnerships, and community outreach.

GOLD



**Prince George's County
Department of Social Services,
Adult Resource Bureau**
301-909-2030
925 Brightseat Road, Landover, MD 20785
princegeorgescountymd.gov

Prince George's County, Department of Social Services (PGCDSS) provides opportunities for residents of the County to become independent, responsible and stable members of the community. We do this by providing intervention services that strengthen families, protect children and vulnerable adults, encourage self-sufficiency and promote personal responsibility. We achieve this by building community capacity, identifying gaps in service, developing community-based solutions, and building a collaborative and competitive network of providers that includes PGCDSS.

GOLD



**Prince George's County
Memorial Library System**
301-699-3500
9601 Capital Lane, Largo, MD 20774
pgcmls.info
outreach.services@pgcmls.info

Prince George's County Memorial Library System's mission is to help customers discover and define opportunities that shape their lives. We offer print materials, large print books, electronic books, audio-books, educational dvds, computer access, wifi, and 85 + online resources including free digital access to The Washington Post and New York Times. Prince George's county residents are also eligible for the Books By Mail service if they can no longer visit the library due to visual impairment or physical disability. Books By Mail is a free service through which home-bound residents can receive material by mail.

SILVER

PROFESSIONAL ORGANIZER/DOWNSIZER



Southern Belle Cleaners
301-485-9106
9801 Apollo Drive #6585
Upper Marlboro, MD 20792
southernbellecleanersdmv.com
ehead@southernbellecleaner.com
Contact: Emmalyne Head

Southern Belle Cleaners (SBC) provides declutter services for Seniors and those that have fallen victim to hoarding. Using their Southern Hospitality, they approach each session judgment free and create a unique plan that will address the client's specific needs. Additionally, we are there for Seniors to create a safer home or transitioning to smaller residences. The SBC Team are truly passionate about helping their clients return to a healthier living environment. After seeing the varying effects of Hoarding, SBC has recently started facilitating workshops providing prevention tips. Their mission is to start an open dialogue and encourage others to seek help when unable to manage household cleaning.

SILVER

Tender Heart Movers

240-545-8910

tenderheartmovers.com

REAL ESTATE AND MORTGAGE SERVICES

Bennett Realty Solutions

301-787-4035

yourhomesearchpartner.com



Mature Moves Matter
301-802-4568
brendalawson.kw.com
Contact: Brenda Lawson

Brenda Lawson has 30 years of experience in educating and empowering seniors to make informed decisions about late-in-life tasks. Her "Mature Moves Matter" seminars cover key topics such as downsizing, estate planning, and home health care. As a Seniors Real Estate Specialist® (SRES®) and REALTOR®, she helps clients sell their homes and transition to their ideal living situations.

SILVER



Keller Williams Preferred Properties
301-802-4568
nitasellsrealestate.com
nitapegues@kw.com
Contact: Fanita Pegues

Fanita Pegues is a Certified Probate Real Estate Specialist with over 20 years of experience in the local community. She and her team provide expert assistance in managing estate property sales, including selling homes, repairs, organizing, and de-cluttering. Understanding the stress of the probate process, we offer comprehensive support from start to finish. Our probate team can connect you with attorneys, accountants, contractors, and other professionals to help settle your loved one's estate.

SILVER



The Tilghman Team of Keller Williams Preferred Properties
 301-661-4472
 1441 McCormick Drive, Suite 1020
 Upper Marlboro, MD 20774
 jtilghman@kw.com
 thetilghmanteam.com
 Contact: Jennifer Tilghman

Jennifer's team provides real estate services to those in transition, whether one is moving into retirement communities, empty nesters rightsizing, families moving up, or first-time homebuyers purchasing that first home. These are all transitions and can be overwhelming. Jennifer provides care and compassion, utilizing her coaching skills to assist with later life decisions. As a certified downsizing coach, she helps clients not only declutter their environments but also their lives. The team provides all real estate services (including investments) and manages all aspects of the client's transaction (with resources for contractors, clean-outs, estate sales, packing and & moving, etc.). It's a one-stop shop. Relieve the stress and call on the Tilghman Team to do the work for you.

SILVER

RECREATION AND LEISURE

Bowie Senior Center	301-809-2300	cityofbowie.org/seniorcenter
Camp Springs Senior Activity Center	301-449-0490	pgparks.com
Evelyn Cole Senior Activity Center	301-386-5525	pgparks.com
Gwendolyn Britt Senior Activity Center	301-699-1238	pgparks.com
J.E. Howard Senior Activity Center	301-735-2400	pgparks.com
Laurel-Beltsville Senior Activity Center	301-206-3350	pgparks.com
Langley Park Senior Activity Center	301-408-4343	pgparks.com
M-NCPPC Senior Services	301-446-3420	pgparks.com
Senior Activity Program at Southern Area Aquatic and Recreation Complex	301-782-1455	pgparks.com
SAGE/Prince George's Community College	301-546-0923	pgcc.edu

Sunshine Travel Squad
 301-641-7035
 10000 Running Sand Knoll
 Laurel, MD 20723
 sunshinetravelsquad.com
 eldorna@sunshinetravelsquad.com
 Contact: Eldorna Samuel

As a licensed Occupational Therapist turned Travel Advisor, we provide personalized travel plans that cater to your unique needs and preferences, arrange accessible transportation, secure specialized equipment, and ensure you have accessible travel with everything you need. Whatever the occasion—be it a family reunion, corporate retreat, or a trip with your religious organization—we bring excitement and adventure to your travels. From transportation and accommodations to exciting activities, we handle everything to provide a seamless and stress-free experience.

SILVER

Too Smooth Dudes Trio	240-565-3239	whession123@aol.com
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REHAB AND SKILLED NURSING



Ameristar Healthcare Services, Inc.
301-474-7840
6604 Adrian Street
New Carrollton, MD 20784
ameristarassistedliving.com
ameristar@ameristarhealthcare.com

Ameristar Healthcare Services, Inc. is a dedicated home care assistance agency. We provide service such as personal care, nutrition, companionship, mobility, housekeeping, meal preparation, medication reminders, ADLS, and personal hygiene aid. We recruit the most qualified and experienced home care assistance professionals that go above and beyond your needs and expectations.

SILVER



Care Positive
301-439-1810
1738 Elton Rd., Silver Spring, MD 20903
carepositive.com
carepositive@gmail.com

Care Positive has been trusted for 10 years in the State of Maryland to provide quality service, which includes skilled service with medication. Care Positive provides care from the heart to seniors and others who are in need of care in the comfort of their homes. We have well-qualified caregivers and match each client with a compatible caregiver.

SILVER



Cherished Hands Home Health
240-550-6035
18526 Office Park Drive
Montgomery Village, MD 20886
cherishedhands.net
cherishedhands@gmail.com
Contact: Abby Sakariyah

Cherished Hands Home Health is a proud five-star skilled home care agency and staffing agency founded in 2016 by Abby Sakariyah, a Family Nurse Practitioner. Cherished Hands is founded on the cornerstone of providing care solutions to adults and the pediatric population. The Agency serves Montgomery County, PG, Fredrick, Howard, Baltimore County, and Baltimore City. Also, we support facilities by providing staffing services and CPR classes.

SILVER



ClinCare Nursing Services
301-247-6320
3400 Inverwood Lane,
Bowie, MD 20721
clinhealthnursing.com
clincare@clinhealthnursing.com
Contact: Dian Budram

ClinCare Nursing Services is a Residential Service Agency focused on providing compassionate and confidential nursing care tailored to individual needs. We offer both skilled care, delivered by Registered Nurses and Licensed Practical Nurses, and non-skilled care from Certified Nursing Assistants. Skilled services include wound care, IV therapy, and medication management, while non-skilled assistance encompasses daily living activities such as bathing, grooming, and meal preparation. Our commitment is to ensure a positive patient experience throughout the entire course of care.

SILVER



Community Centered Home Healthcare

240-605-6954

c chc.homecare1@gmail.com

Contact: Cynthia Brunson

Community Centered Home Healthcare, LLC (CCHC) is a Level 3 Residential Service Agency. Our staff provide non-skilled care (bathing, dressing, feeding, meal preparation, incontinence, and memory care {Alzheimer's and Dementia}, errands, light housekeeping, laundry, groceries, and medication assistance. Additionally, CCHC provides skilled nursing care (RN, LPN, IV Therapy, Wound and Respiratory Care, Tube Feeding, etc.) CHCC is accredited by the Accreditation for Commission Health Care (ACHC). CCHC nursing staff are highly experienced, population-focused, and are licensed or certified by the State of Maryland. CCHC follows CDC immunization guidelines. We are bonded and insured. Rest assured, you have found the team that is best suited for you and your loved one's needs.

communitycenteredhomehealthcare.org

SILVER



Community Support Health Services, LLC

Community Support Health Services

301-466-4607/301-351-9831

11601 Legend Glen Drive

Bowie, MD 20720

communityshs.com

roseanesbitt@gmail.com

Contact: Rose Nesbitt

Community Support Health Services is a woman and minority owned Residential Service Agency serving several counties in Maryland. We provide needed care with Daily Activities and or skilled nursing care. We administer medications, check vital signs, provide companionship, light house hold cleaning & cooking, assist with medical appointments, assist with shopping, assist with groceries and other (e.g., assist with vacation). We also provide skilled nursing care by a Registered Nurse who can supervise care done by a Licensed Nurse Practitioner, and or Certified Nursing Assistant, and Certified Medication Technician in the client's home. Such skilled nurse care include: G-tube feeding; catheter, and wound care.

SILVER



DANA Nursing Agency

301-324-7130

804 Cypress Point Circle

Mitchellville, MD 20721

dananursing.com

dananursingagency@gmail.com

We provide in-housing nursing care and staffing for medical facilities with registered nurses, licensed practical nurses, and certified nursing assistants. We strive to offer excellence in patient care with a group of professionals whose hallmark is love and dedication.

SILVER


Ebenezer Etta Healthcare Services, LLC

240-260-8882
 4200 Forbes Blvd., Suite 109
 Lanham, MD 20706
ebenezerettahc.com
ebenezeretta@gmail.com
 Contact: Estella Etta

Ebenezer Etta Healthcare Services is dedicated to providing the highest quality of home health services to our clients. We are a licensed Home Care and Staffing Agency that provides and prioritizes services to clients in the state of Maryland. We render round the clock care to minimize the need for hospitalization and improve clients quality of life. Care Includes but is not limited to; Personal Care, Medication reminder, Short and Long term Client care, Respite Care, Housekeeping, and Medical Appointments. We also specialize in clients mobility assistance with; range of motion exercises, assistance with walking and transferring, turning, positioning in bed and lifting. When the loved ones in your life need a level of assistance you cannot provide, count on Ebenezer Etta Healthcare Services to be there for you.

SILVER

EPIC In-Home Care	240-416-7054	epic-inhomecare.com
Ever Caring	240-423-0480	evercaringinc.com
Right at Home	301-255-0066	rightathomemd.net


Sarah's Peace and Love Home Healthcare

240-716-4250
 Fax: 240-823-6773
 8101 Sandy Spring Road, Suite 300-W16
 Laurel, MD 20707
peaceandlovehhc.com
sipeaceandlove@hotmail.com

As a provider of home care services, we have customized our care services to ensure that we can address the various needs of our clients. We accept long-term care and short-term care, weekends, and holidays. Our services include bathing & toileting, behavioral health services, companionship, dementia care, family counseling, grooming & hygiene, light housekeeping, meal preparation, medication reminders, personal care, safety supervision, respite care, and transportation.

GOLD

SENIOR CARE REFERRAL AND PLACEMENT SERVICES



Care Patrol of Prince George's County
301-852-9310
PO Box 434
Glenn Dale, MD 20769
carepatrol.com
cpicard@carepatrol.com
Contact: Charles Picard

Providing free assistance to families and seniors to help find appropriate assisted living placement. CarePatrol will support and guide you throughout the entire process from identification of assisted living options through admission and beyond.

SILVER

SILVER

SILVER



Companions to Care, LLC
301-245-7170
9701 Apollo Drive, Suite 100
Largo, MD 20774
companionstocare.com
info@companionstocare.com

We are your personal senior living advisors to guide you through the journey of finding the best suitable assisted living community for you or a loved one. Our free personalized services offer expert guidance in finding the ideal community based on physical and health needs, location, budget, and other personal interests. We understand moving into an assisted living community whether independent living, assisted living, or memory care can be very emotional and stressful. We are committed to helping you through this challenging process.



Oasis Senior Advisors
Silver Spring & Northern
Prince George's Counties
240-761-3060
jisaac@youroasisadvisor.com
Contact: Josephine Isaac

Our Vision is to increase the safety and awareness of our vulnerable elders and create a local body that collaboratively works towards improving the quality of life and reducing traumatic outcomes through assessment and action. Our Mission is to strengthen the voice of our elders and support them in empowering and re-stabilizing themselves. Our Services include peer assistance, advocacy, legal assistance, counseling, and training.

oasisenioradvisors.com/local-advisors/silver-spring

Senior Care Authority

410-991-7832

seniorcareauthority.com/annapolis

SENIOR HOUSING

**Collington, A Life Plan Community**

301-541-5022
 10450 Lottsford Road
 Mitchellville, MD 20721
 collington.kendal.org
 sshort@collington.kendal.org

Sandy Short, Director of Sales & Marketing

For over 30 years, Collington has served as a values-based, non-for-profit life plan community, offering residents cottage, villa, and apartment living, as well as a full continuum of health services-including independent living, assisted living, memory support, and skilled nursing care-all in the context of a bucolic, 126 -acre campus, located only a few miles from Washington, DC.

SILVER



Sky Bridge at Town Center
 240-545-8080
 360 Sky Bridge Drive
 Upper Marlboro, MD 20774
 Contact: Rochelle Clarke

A 55+ senior living community offering active adult, independent living, assisted living and memory care.

skybridgetowncentercontact@mailwatermark.com

GOLD

SPECIALIZED SERVICES

Assisted Living Trainer



Balanced Abundant Living
 480-529-8564
 3540 Crain Hwy #481
 Bowie, MD 20716
 balancedabundantliving.com
 joan@balancedabundantliving.com
 Contact: Joan Jackson

301-906-8114

salliesmalls1@yahoo.com

"Balanced Abundant Living" (JMJ Information Services, LLC) is an online portal for reputable, vetted information and resources to enhance the Baby Boomer and Gen X generation family caregivers' quality of life and that of their loved ones. Joan is a Certified Senior Advisor®, information researcher, and a former owner of a non-medical in-home care business.

Caregiver Biz

240-245-0348

caregiverbiz.org

SILVER



Community Advocates for Family & Youth
 301-390-4092
 P.O. Box 4419
 Capitol Heights, MD 20791
 ajoell@cafyonline.org
 Contact: Arlene Joell

Community Advocates for Family and Youth (CAFY) Inc, is a victim services organization that serves individuals, children, and families. Our mission is to embrace, educate, and empower those harmed, affected or impacted by crime on their journey to justice and healing. We work towards building new and stronger partnerships across Prince George's County and throughout Maryland that would act as a bridge between community and crime victims, resulting in lower crime and confident survivors. At CAFY, we believe Healing Happens Here!

SILVER



CMAG Health Solutions
 410-517-CMAG (2624)
 11155 Dolfield Blvd., Suite 110
 Owings Mills, MD 21117
 cmaghealth.com
 angela@cmaghealth.com
 Contact: Dr. Angela Gustus

CMAG Health Solutions LLC is a licensed healthcare organization specializing in healthcare technology. The CMAG technology solutions include elder monitoring, access control, automobile monitoring, and remote patient monitoring.

SILVER

Greenbelt Assistance In Living (GAIL)

301-345-6660

greenbeltmd.gov

TRANSPORTATION



Mountain View Transportation LLC
 301-664-2149
 valleyviewtransportation.com
 mrakinduro@gmail.com
 Contact: Tosin Akinduro

Valley View Transportation is our parent company, Mountain View Transportation is the sister company. We are the DMV's first choice for Non-Emergency Medical Transportation. We have built a reputation for excellence by providing quality care for our clients in Washington DC, Maryland and Virginia. Our specialty is stretcher and wheelchair-bound individuals to people with special needs. We make quite an impact on the lives of our clients and their loved ones.

SILVER

VILLAGES (see page 9 for description of Villages)

Cheverly Village	240-770-1033	cheverlyvillage.org
Hyattsville Aging in Place	301-887-3101	hyattsvilleaginginplace.org



Men's Health Awareness Clubs (MHACs)

WHEN

2nd Wed., each monthly starting at 5:30 pm

WHERE

Virtual meeting, via Zoom

WHO

Men interested in learning more about health and risk factors for diseases.

Each month, a health professional will present on a health topic and lead the discussion to address any questions/concerns.

CONTACT

Clinton Burnside

(202) 865-4653, clinton.burnside@howard.edu

THE PRINCE GEORGE'S COUNTY

Advisory Committee on Aging

OVERVIEW

The Prince George's County Advisory Committee on Aging is comprised of 24 members appointed by the County Executive and confirmed by the County Council to advise them on issues related to aging. The members are citizen leaders representing the public and private community whose mission is to support and advocate the promotion of choice, independence and dignity for all older Prince Georgians and their families. The Advisory Committee on Aging has oversight of all aging programs including review of the Aging Area Plan to ensure that the goals and objectives are met and reflect the needs of seniors residing in Prince George's County.



REGULAR MEETINGS

- Meetings are held the 4th Thursday of every month from 9:30 AM - 11:00 AM (Closed meeting in June for Strategic Planning Retreat)
- Until further notice all meetings are held virtually
- Join the Zoom Meeting: <https://mypgc.zoom.us/j/4931659641>
- Meetings are open to the public.
- Meeting ID: **493 165 9641** Passcode: **234273**
- Dial by your location: +1 301 715 8592 US OR 877 853 5247 US Toll-free

The Committee meetings are open to the public. If you need accommodations to participate in commission meetings, make your request at least 72 hours prior to the meeting date. Please call 301-265-8478 or email agingadvisory@co.pg.md.us or use Maryland Relay at 711.

Officers

- Michelle Y. Blanc
Chair
- Ida R. Fletcher
Vice Chair
- Gretchen D. Lofland, Ed.D.
Secretary

Membership

- Teslim Alghali
- Margarett Baltimore
- Shaunda Bellamy
- Vanecia L. Davis
- Claudia W. Dickens
- Gwendolyn A. Drummond
- Erica Noble
- Delegate Kym D. Taylor
- Eddimae Gamble Tisdale

Department of Family Services

Representatives

- Karen Sylvester
Associate Director
- Joann Carnathan
Unit Manager
- Megan Vila-Fasnacht
Technical Support

If you have questions, contact Joann Carnathan at 301-265-8478.

“A dementia friendly community” is one in which people living with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them. The goal of the Dementia Friendly America – Prince George’s County initiative is to leverage resources, both public and private to create a community that supports those with dementia, their caregivers and families. The initiative is a volunteer-driven collaboration preparing communities for the personal, social, and budgetary impacts of Alzheimer’s disease.



LEADERSHIP TEAM

Department of Family Services – Aging Division

Ms. Karen Sylvester
Director and DFA Liaison

Community Lead
Gloria Lawlah

Community Liaison
Shaunda Bellamy

North County Lead
Christal Batey

North County Co-Lead
Sharon Johnson

Mid (Central) County Lead
Jolanda Best

Mid (Central) Co-Lead
Shaunda P. Bellamy (Acting)

South County Lead
Dr. Flavia Walton

South County Co-Lead
Paula Noble
Karin Lakin

NORTH COUNTY SECTOR

Christal Batey, cbatey@m-u-g.org, 301-968-7816 (office), 301-219-6650 (mobile)

Memory Screening, Memory Cafe or Caregiver Support Group

Sharon Johnson, sjohnson@greenbeltd.gov, 240-542-2029

Webinars, Newsletters, Dementia Friends and Bilingual Services

Katherine Farzin, kfarzin@greenbeltd.gov, 240-542-2019

Action Team Meetings

Meets every 4th Tuesday of each month. Please contact Sharon Johnson, if you are interested in joining the DFA Northern Prince George's county Action Team!

MID COUNTY SECTOR

Jolanda Best, dementiafriendly@pickettfences.org, 301-358-2066

Memory Screening, Caregiver Training

Vikki Kalitsi, dementiafriendly@pickettfences.org

Caregiver Training

Dr. Gybrilla Blakes OR Vikki Kalitsi
dementiafriendly@pickettfences.org

Memory Screening, Caregiver Conversations, Webinars, and Dementia Friends

Shaunda Bellamy, spbellamy@pickettfences.org, 301-358-2066

SOUTH COUNTY SECTOR

DFASouthCounty

Caregivers Support Group

Meets 1st and 3rd Tuesdays via Zoom, 5:30 PM

Registration: <https://tinyurl.com/DFA-SCaregivers>

Karin Lakin, info@dementiafriendlysouthcounty.org, 301-567-1885

Gathering of Caregiving Men

Meets every 2nd Saturday via Zoom, 12 Noon

Registration: <https://tinyurl.com/DFASouth-Men>

Reginald Lawson, reninaldalawson@gmail.com, 240-462-4300

Grief and Recovery Support Group

Meets every 2nd and 4th Tuesdays via Zoom, 2:00 PM

Linda Allen Benton, info@dementiafriendlysouthcounty.org, 301-971-2919

Dr. Flavia Walton 703-585-9352

Train Your Brain

Meets every 1st Wednesday via Zoom, 4:00 PM

Registration: <https://tinyurl.com/TrainBrain-ProtectMemory>

Brenda Henderson, info@dementiafriendlysouthcounty.org, 301-971-2919

Dr. Flavia Walton 703-585-9352

South County Action Team Meetings

Meets every 2nd Wednesday via Zoom, 6:30 PM

Registration: <https://tinyurl.com/DFAMonthly-2024>

General inquiries: Gloria Lawlah gloria@seniorfamilysupportsllc.com or
Shaunda Bellamy dementiafriendly@pickettfences.org

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aging.maryland.gov

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PRINCE GEORGE'S COUNTY

Area Agency on Aging Programs

Advisory Committee on Aging is comprised of 24 members, appointed by the County Executive and confirmed by the County Council to advise them on issues related to aging. The members are residents representing public, and private communities. Its mission is to advise the Prince George's County Executive and County Council on issues related to aging and to support and advocate the promotion of choice, dignity, and independence for all older Prince Georgians and their families. Meetings are held throughout the year and are open to the public. If you would like additional information about the Advisory Committee on Aging contact us at 301-265-8450 or email us at agingadvisory@co.pg.md.us.

Aging and Disability Resource Center (ADRC) offers a single point of contact for senior citizens and their families who need information, referral and/or assistance to deal with the complex and continually changing nature of aging programs, services and benefits. Linkage to these services and programs are also available to isolated seniors and those with disabilities. This service also includes follow-up to assure service delivery to clients. The ADRC can also link persons with older family members living outside the area with services in their community. Call 301-265-8450.

Community First Choice provides community services and supports to enable individuals who meet an institutional level of care to live in their own home. Services include personal assistance, nurse monitoring, and home delivered meals.

Community Options Waiver enables older adults to remain in a community setting even though their advanced age or disability would warrant placement in a long-term care facility. The Waiver allows services that are typically covered by Medicaid only in a long-term care facility to be provided to eligible persons in their own homes or in assisted living facilities.

Community Personal Assistance Services formerly known as the Medical Assistance Personal Care Program (MAPC) provides support to individuals who require assistance with their activities of daily living, but do not meet an institutional level of care. Community Personal Assistance Services allow individuals who are chronically ill, frail, or disabled the opportunity to stay in their home by granting personal support with daily tasks such as bathing, dressing, and meal preparation. Other services include nurse monitoring and support planning.

Dementia Friendly Prince George's "A dementia-friendly community" is one in which people with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them. The goal of the Prince George's County Dementia Friendly Initiative is to leverage resources, both public and private to create a community that supports those with dementia, their caregivers and families. Dementia Friendly Prince George's is a volunteer-driven collaboration preparing communities for the personal, social, and budgetary impacts of Alzheimer's disease.

Evidence-based Chronic Disease Self Management provides the "Living Well" Chronic Disease Self-Management Program to Older Adults in the County. This program is a workshop; given two and a half hours, once a week, for six weeks, in community settings. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves. This program is especially helpful for people with chronic illness, such as hypertension and diabetes, as it gives them the skills to understand how to communicate effectively with doctors, manage their own health, medications and nutrition, as well as understand the effect of stress, anxiety and pain.

Family Caregivers Program provides assistance to caregivers; who may include family, friends, and members of the community, with access to support groups, problem solving, education, respite care, and other support services. The caregiver provides care to an older individual who may be losing their ability to live and care for themselves independently.

Foster Grandparent Program provides opportunities for older volunteers to work with physically, mentally and emotionally challenged children in schools and special centers throughout the County. These children would otherwise be without the personal attention necessary for their social adjustment and maturation.

Health Promotion and Disease Prevention is a program designed to promote and educate the importance of a healthy lifestyle to older adults that attend Area Agency on Aging sponsored programs.

Long Term Care Ombudsman Program promotes the highest quality of life and care possible for residents in long term care facilities. The Ombudsman, with the assistance of volunteers, investigates and seeks problem resolutions which affect residents' rights, health, care, safety and welfare.

Maryland Access Point of Prince George's County serves as a single point of entry into the long-term care system for older adults and persons with disabilities. The MAP is a partnership effort with the local Health Department, Department of Social Services, and Independence Now, Inc. which services as the local Center for Independent Living (CIL). This collaboration facilitates a one-stop shop for older persons, persons with disabilities and their families. 301-265-8450.

Money Follows the Person (MFP) is designed to streamline the transition process for individuals who chose to transition from a long-term care facility to a community setting. A community setting as defined by MFP is a residential setting with four or fewer unrelated residents.

Public Guardianship Program ensures the provision of optimum care/services for adjudicated Wards of the court, through professional case management. As an agent of the Circuit Court, case management decisions are made pertaining to medical care, living arrangements and overall personal welfare issues.

Retired and Senior Volunteer Program provides volunteer opportunities for over 400 seniors, age 55 and older. Volunteers serve in a variety of interesting and challenging assignments at over 40 non-profit organizations, schools and government agencies. In addition, RSVP offers such programs as; friendly visiting, telephone reassurance, tutoring to school-aged children, and supportive services to community and government agencies.

Area Agency on Aging Programs

Senior Assisted Living Group Home Subsidy Program

Program combines housing with supportive services for seniors who need regular assistance with activities of daily living, but are not in need of nursing home placement. By offering congregate meals, housekeeping, personal services and 24-hour supervision, this program enables frail elders to continue living in the community. The homes are licensed by the Department of Health. Homes enrolled in the Senior Assisted Living Group Subsidy Program that have subsidy residents are monitored quarterly by the Area Agency on Aging's Program Monitor. All other 4-16 bed Assisted Living Facilities are monitored every 12-15 months.

Senior Community Service Employment Program (SCSEP) is a community service and work-based job training program for low-income, unemployed older Prince George's County residents. SCSEP participants gain work experience in a variety of community service locations to include non-profit and public facilities, such as schools, hospitals, day-care centers, and senior centers.

Senior Care Program provides services for seniors who may be at risk of nursing home placement. These services can include personal care, home delivered meals, emergency response system, medical and personal supplies, and other services. Senior Care is a gap-filling program for seniors 65 years of age and older who have limited income and assets.

State Health Insurance Program provides free health insurance counseling and assistance to persons with Medicare and other health insurance benefits. Trained staff and volunteer counselors provide information about Medicare, Medicaid, Medigap, Long-Term Care Insurance, Health Maintenance Organizations (HMOs), claims, appeals, and physician and hospital bills.

Senior Nutrition Program offers a variety of nutritious meals which meets 1/3 of the Recommended Dietary Allowances for older adults. Meals are served at congregate site locations and are delivered to those homebound seniors within the community. The program provides hot and frozen meals to eligible participants.

Senior Medicare Patrol is a program designed to reduce the amount of federal and state funds lost, due to health insurance fraud, by increasing the public's ability to detect and report possible fraud, waste, and abuse.

Telephone Reassurance Program recruits volunteers from the community, senior centers and other volunteer programs to place daily reassuring telephone calls to senior citizens within Prince George's County. The goal of the program is to eliminate some of the concerns facing homebound senior citizens who live alone, thereby, reducing social isolation. The program provides the opportunity for seniors to connect by telephone with a friendly voice; this allows individuals to stay in contact with their community and helps decrease the feelings of loneliness and isolation. The Program also provides added peace of mind for relatives who live out of town.

DEPARTMENT OF FAMILY SERVICES

6420 Allentown Road, Camp Springs, MD 20748 • 301-265-8450

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Health Department

The mission of Prince George's County Health Department is to protect the public's health; assure availability of and access to quality health care services; and promote individual and community responsibility for the prevention of disease, injury, and disability.

■ Adult Evaluation Review Services (AERS)

- ◊ AERS evaluates the needs of the elderly and chronically ill persons who are Prince George's County residents. There are no fees for service.
- ◊ Staff Nurses and Social Workers do a comprehensive evaluation to identify available to help the individual remain in the community or the least restrictive environment while functioning at the highest level of independence and personal well-being. Recommendation and resources are provided.

■ Chronic Disease Self-Management

301-856-9643

The Health and Wellness Division implements health promotion activities and uses evidence-based strategies to deliver healthy eating and active living programming to Prince George's County residents. These activities and programs assist individuals to improve their quality of life by making healthier lifestyle choices.

■ Dental

A sliding scale Fee for Service Oral Health program for adults and seniors without dental insurance, including emergency treatment prophylactic and restorative services. Dentures and crown will be available at reduced rates.

■ HIV/AIDS Program (HAP)

HIV/AIDS Program (HAP) is responsible for providing comprehensive, HIV medical care to those persons living with HIV/AIDS disease who are uninsured or underinsured. Assistance is provided to help clients access services for healthy living with HIV/AIDS. The program also provides anonymous HIV counseling, testing and referral (CTR) services to the public.

■ Flu Shots

The goal of the Health Department is to plan for and prepare residents and visitors to properly respond to an influenza outbreak. The Prince George's County Health Department offers Flu Shots to County residents ages 6 months and older. Walk-in basis. No Appointment required.

■ Behavioral Health Services

If you or a loved one are experiencing thoughts of suicide or a mental health crisis, dial 2-1-1 for assistance. Mental health specialists are available 24 hours a day, seven days a week to provide immediate assistance and referrals for long-term support. Learn more about 2-1-1 and access helpful online resources.



PrinceGeorgesCountyHealthDepartment



Prince George's County Health Department



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PRINCE GEORGE'S COUNTY Social Services Programs

The Prince Georges County Department of Social Services (PGCDSS) partners with the community, our customers and other service providers to stabilize and strengthen families, to protect children and vulnerable adults, and to encourage self-sufficiency and personal responsibility. Generally, PGCDSS is known for assistance with provision of emergency housing, cash, medical and food assistance programs, utility assistance, foster care and adoption services and child and adult protective services. Below you will find greater detail of some of the services the Department of Social Services provides to the community.

MEDICAID

Medicaid is a comprehensive health care insurance program for individuals with low-income. Apply for medical assistance services at mydhrbenefits.dhr.state.md.us. QMB (Qualified Medicare Beneficiary) and SLIMB (Specified Low-Income Medicare Beneficiary) The Program connects the two largest public health programs in the country, Medicare and Medicaid, as Medicaid pays for all or part of the Medicare premium and deductible amounts for individuals with low-income who are financially eligible. Visit **mydhrbenefits.dhr.state.md.us** for more information.

TEMPORARY DISABILITY ASSISTANCE PROGRAM (TDAP)

The Temporary Disability Assistance Program (TDAP) is available to help low-income, disabled Marylanders through a period of short-term disability or while awaiting approval of federal disability support. The program is funded through the State of Maryland to provide help to individuals without dependent children.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

The Supplemental Nutrition Assistance Program (SNAP), called the Food Supplement Program (FSP) in Maryland, formerly known as Food Stamps, helps low-income households buy the food they need for good health. Everyone has the right to apply for FSP.

ADULT PROTECTIVE SERVICES

Adult Protective Services is responsible for investigating allegations of neglect, self-neglect, abuse and exploitation of vulnerable adults 18 and over. PGCDSS serves adults that lack the physical or mental ability to provide for their own basic needs, and partners with the community for such services. Report abuse and neglect of vulnerable adults at (301) 909-2450.

IN-HOME AIDE SERVICES

In-Home Aide Services provides assistance with activities of daily living for clients who either live alone or with their families. Clients include children, families with disabled adults and the elderly. A sliding fee scale is used. For more information, please call (301) 909-2450.

THE OFFICE OF HOME ENERGY PROGRAMS

The Office of Home Energy Programs helps households and individuals with low-income to pay their utility bills, minimize heating crises, and make energy costs more affordable. The Maryland Energy Assistance Program & Electric Universal Service Program promotes energy conservation, customer financial responsibility and energy independence. Note: This program accepts applications from July 1 thru May 15th. Apply for these services and more at mydhrbenefits.dhr.state.md.us or call (301) 909-6300 from a MD exchange for more information.

EMERGENCY HOUSING

Emergency Housing is provided through the Homeless Hotline. The Hotline provides emergency referral for people experiencing homelessness 24 hours a day, 365 days a year. Individuals and families in need of emergency shelter may call the Homeless Hotline directly at (888) 731-0999.

HOMELESSNESS PREVENTION

Homelessness Prevention is a program that helps residents avoid eviction or foreclosure. You may be eligible to receive financial help to pay your rent or mortgage if you are faced with a one-time crisis. Please contact the Homeless Hotline at (301) 864-7140 or dial 211 from a MD exchange for more information.

VOLUNTEER SERVICES

Volunteer Services provides opportunities for citizens and residents to contribute their time, expertise and good will to people less fortunate than themselves. Volunteers make a difference for the community every day!

CHILD PROTECTIVE SERVICES (CPS)

Investigates alleged child abuse, child sexual abuse and child neglect. Abuse and neglect prevention requires identification, treatment and the involvement of everyone in our community.

- Child Abuse is the physical or mental injury of a child by a parent, caregiver or family member or the sexual abuse of a child whether physical injuries are sustained or not.
- Child Neglect is the failure to give proper care and attention to a child, thereby placing the child's health and welfare in jeopardy. Report Child Abuse and Neglect on (301) 909-2450 or 211 (24 hours daily).
- Foster Care is the provision of short-term care and supportive services to children who are unable to live at home due to child abuse and neglect. DSS places children in family foster homes, as well as in group-care settings. If you are interested in becoming a foster parent, please call (301) 909-2300.



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Senior Housing Resource Guide



Subsidized Government Housing

Designed to assist low income individuals, subsidized government housing is managed through Prince George's County Housing Authority.

Call 301-883-5501, Monday–Friday from 8:30am-4:30pm for information and application. HUD Housing Choice Program – rent is based on income and calculated at 30% of renter's income.

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Cottage City Towers 4142 Bunker Hill Road Cottage City, MD 20722 301-883-5501	Built 1974 6 story building 100 Units 1 & 2 bedrooms	Public Subsidy - 30% Income	No Age Requirement Pet Friendly (with permission) Smoke Free
Kimberly Gardens 9146 Cherry Lane Laurel, MD 20708 301-490-2488	Built 1972 Townhomes / 50 Units 2, 3, & 4 bedrooms	Public Subsidy - 30% Income	No Age Requirement Pet Friendly Smoke Free
Marlborough Towne 1849 Tenow Place District Heights, MD 20747 240-681-2207	Built 1974 Townhomes / 63 Units 1, 2 & 3 bedrooms	Public Subsidy- 30% Income	Ages 62+ Pet Friendly Smoke Free
Owens Road 1100 Owens Road Oxon Hill, MD 20745 301-839-9311	Built 1971 1 Story / 123 Units	Public Subsidy- 30% Income	Ages 62+ No Pets Smoke Free
Rollingcrest Village 1376 Chillum Road Hyattsville, MD 20782 301-883-5531	Built 1974 1 Story / 40 Units	Public Subsidy – 30% Income	Ages 62+ Pet Friendly Smoke Free

Prince George's County Low Income Subsidy Housing

This housing program is through a HUD subsidy program and rent is calculated at 60% of renter's income.

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Avondale Park Apts. 4915 Eastern Avenue Hyattsville, MD 20782 301-853-7787	Built 1980 4 Story / 88 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Bowie Commons 3909 New Haven Court Bowie, MD 20716 301-249-2575	Built 1982 1 story / 36 Units 1 bedroom	Income Limits – 30% Income	Ages 62+ No Pets Smoking Allowed
Branchwood Towers 8600 Mike Shapiro Dr. Clinton, MD 20735 301-856-1620	Built 1982 10 Story / 180 Units 1 & 2 bedrooms	Income Limits	Ages 62+ and ages 21+ with disabilities Pet Friendly Smoke Free
Cheval Court 2611 Luana Drive Forestville, MD 20747 301-736-0685	Built 2002 3 Story / 26 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Chillum Oaks 6305 Riggs Road Hyattsville, MD 20783 301-853-2755	Built 1997 3 Story / 48 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
College Park HA Attack Towers 9014 Rhode Island Ave. College Park, MD 20740 301-345-3600 (CPHA)	Built 1972 8 Story / 108 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ and ages 21+ with disabilities Pet Friendly Smoke Free
Council House 3940 Bexley Place Suitland, MD 20746 301-423-0228	Built 1982 9 Story / 162 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Emerson House 5999 Emerson Street Bladensburg, MD 20710 301-779-6196	Built 1979 9 Story / 220 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Fort Washington Adventist Apts. 11316 Ft. Washington Rd. Ft. Washington, MD 20744 301-203-7726	Built 2003 3 Story / 47 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Friendship Arms 5805 42nd Ave. Hyattsville, MD 20781 301-779-6566	Built 1979 7 Story / 150 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Gateway Village 505 Suffolk Ave. Capitol Heights, MD 20743 301-336-0141	Built 1986 4 Story / 84 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
The City of Greenbelt The Greenridge House 22 Ridge Road Greenbelt, MD 20770 301-474-7595	Built 1979 4 Story / 101 Units 1 bedroom	Income Limits	Ages 62+
Largo Landing Fellowship House 1077 Largo Road Upper Marlboro, MD 20774 301-249-2100	Built 1984 6 Story / 106 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
The Lewis 2901 Toles Park Drive Suitland, MD 20746 240-337-0209	Built in 2022, 6 story building, 137 Units, 1-2 bedrooms		Ages 62+, No pets
Manor Apartments 4907 Eastern Ave. Hyattsville, MD 20782 301-853-2900	Built 1996 3 Story / 62 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Mrs. Philippines Home for Senior Citizens, Inc. 6482 Bock Road Oxon Hill, MD 20745 301-567-9537	Built 1991 4 Story / 74 Units Studio & 1 bedroom	Income Limits	62+/21+ Disabled Pet Friendly Smoke Free
Spellman House 4711 Berwyn House Rd. College Park, MD 20740 301-474-3435	Built 1983 7 Story / 141 Units 1 bedroom Studio & 1 bedroom	Project Based Housing	62+/21 Disabled Pet Friendly Smoke Free
Suitland Senior Residences at Towne Square 2901 Toles Park Drive Suitland, MD 20746	Projected Completion Date 2020 6 Story / 137 Unit 1 & 2 bedrooms	Income Limit & Market Rate	Ages 62+ Pet Friendly/Smoke Free
Trinity Terrace 6001 Fisher Road Temple Hills, MD 20748 301-630-7717	Built 2004 3 Story / 71 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Victory Crest 6100 Sargent Road Hyattsville, MD 20782 301-559-3891	Built 2010 3 Story / 60 Units 1 bedroom	Project Based Housing	Ages 62+ Pet Friendly Smoke Free
Victory House of Palmer Park 7801 Barlowe Road Landover, MD 20785 301-341-4995	Built 2005 3 Story / 69 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoking permitted (designated areas only)

Privately Managed Housing

Low Income Housing Tax Credit Program. Housing that is deemed affordable to those with a medium income because it is rented at below market price.

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
The Belnor 3800 St. Barnabus Rd., Suitland, MD 20746 240-764-4424	Built 2018 4 story / 122 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Clinton Manor 8500 Mike Shapiro Dr., Clinton, MD 20735 301-877-0444	Built 1989 4 Story / 111 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoking Allowed
Conifer Village at Oakcrest 2011 Brooks Dr., Capitol Heights, MD 20747 240-767-6563	Built 2017 4 Story / 120 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Evergreen Senior Community 3800 Enfield Chase Ct., Bowie, MD 20716 301-218-5150	Built 2000 4 Story / 120 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Fort Washington Manor 10800 Indian Head Hwy Fort Washington, MD 20744 888-258-4873	Built 2007 / 4 Story 150 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Glenarden Senior Apartments 3171 Rolland Kenner Loop Glenarden, MD 20706 240-512-2163	Project Completion Date 2021 4 Story / 55 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Jericho Residence 1000 Brightseat Rd., Landover, MD 20785 301-841-6711	Built 2009 270 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Smoking Allowed
Laurel Lakes Senior Apt. 7901 Laurel Lakes Court, Laurel, MD 20707 301-317-0800	1998 4 Story / 125 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Pet Friendly Smoking Allowed
The Lodge at Marlton 9590 Crain Hwy, Upper Marlboro, MD 20772 301-599-5422	Built 2009 4 story / 102 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Manor at Victoria Park 3420 Rickey Ave., Temple Hills, MD 20748 301-630-0096	Built 2000 3 Story / 148 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Marwood Senior Apts. 5605 S. Marwood Blvd Upper Marlboro, MD 20772 301-599-1700	Built 2002 4 Story / 155 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoking Allowed
Birchwood at Newton Green 5300 Newton Street Bladensburg, MD 20710 301-772-5888	Built 2008 4 Story / 78 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ & ages 21+ with a disability, No Pets Smoking Allowed

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Parkview of Bladensburg 4202 58th Ave. Bladensburg, MD 20710 301-699-9785	Built 1995 3 Story / 102 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoke Free
Parkview of Laurel 9000 Briarcroft Lane, Laurel, MD 20708 301-490-1526	Built 1995/4 Story 253 Units/ 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Pin Oak Village 16010 Excalibur Road Bowie, MD 20716 301-464-6830	Built 1996 4 Story / 220 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoking (designated areas only)
Rainier Manor I & II 3001 Queens Chapel Rd. Mt. Rainier, MD 20712 301-699-9795	Built 1993 Terrace & 3 Story 100 Units 1 & 2 bedroom	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Rollingcrest Commons 6060 Sargent Rd., Chillum, MD 20782 301-559-2225	Built 1998 2 Story Apts / 140 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Selbourne House of Laurel 601 Main St., Laurel, MD 20707 301-604-2635	Built 1989 4 story / 126 Units One bedroom	Affordable Housing	Ages 55+ Pet Friendly Smoke Free
St. Paul Senior Living 1207 Addison Road Capitol Heights, MD 20743 301-350-1100	Built 2000 4 Story / 153 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Vista at Lake Largo 500 Harry S. Truman Dr. Landover, MD 20774 301-350-4766	Built 1994 4 Story / 110 Units 1 & 2 Bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
The Willows Senior Community 3850 Enfield Chase Ct, Bowie, MD 20716 1-888-671-0711	Built in 2004, 3 story building, 79 units, 1-2 bedrooms		Ages 62+ Pet friendly
Windsor Crossing 5000 Lydianna Ln, Suitland, MD 20746 301-669-6540	Built 2004 4 Story / 125 Units 1&2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ No Pets Smoke Free
Woodlands at Reid Temple 11609 Facchina Place Glenn Dale, MD 20769 301-825-9766	Projected Completion Date 2021 4 Story / 252 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Smoke Free
Woodside Village 6801 Bock Road Ft. Washington, MD 20744 301-839-2150	Built 1995 4 Story / 200 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoke Free

Transportation Resource Guide



Getting Around Prince George's County for Seniors and Individuals with Disabilities

DISCLAIMER: Material provided does not contain any warranty(s) whatsoever regarding current accuracy or completeness despite due diligence exercised by the Prince George's Senior Provider Network. Information contained herein is provided solely as general information and is subject to verification with specific agencies and/or companies. The information may change with or without notice.

Municipal Transportation

The following municipalities provide their own Call-A-Bus services, in addition to the County Call-A-Bus services. To request services, rates, days of service and hours of operation, call the number listed below for the municipality. Be sure to give at least 48 hours notice. The lists fill up quickly and two weeks notice is even better.

Colmar Manor	301-277-4920
Laurel.....	301-323-8096
Bowie.....	301-809-2324
Capitol Heights	301-336-0626
Edmonston	301-277-4920
New Carrollton.....	301-577-1008
College Park.....	301-345-8100

Glenarden.....	301-789-4198
Seat Pleasant.....	301-336-2600
Bladensburg	301-277-4920
Greenbelt	301-474-4100
Cottage City	301-277-4920
Hyattsville	301-985-5000

Note: Cities not listed do not have municipal transportation and use the County Call-A-Bus service.

Volunteer Transportation Organizations

Fish of Greater Bowie, 301-262-8479
13710 Annapolis Road, Bowie, MD 20702

- Provides transportation to medical appointments and the grocery store when no other options are available.
- Requires at least a 3-day notice.
- Serves Bowie residents only.

Transportation Resource Guide

County Call-A-Bus Service



Call-A-Bus is a demand response curb-to-curb service (you must be able to get to the curb on your own). Service is available to all residents of Prince George's County who are not served by or cannot use existing bus or rail service. However, priority is given to seniors and persons with disabilities. You must provide your own escort. Service animals are allowed for the visually impaired.

Reservations can be made up to seven (7) days in advance by calling 301-499-8603 between 7:30 am–4:30 pm. Monday through Friday (excluding County holidays).

- Hours of service are 8:30 am to 3:30 pm Monday through Friday (excluding County holidays).
- Same day requests are accepted but are subject to availability of resources.
- When reserving a trip, please be sure to indicate if you will need special assistance, such as a wheelchair lift or if your escort will be accompanying you.
- Once your trip is scheduled, you will be required to call back the day before your trip to confirm your reservation; otherwise, the reservation may be cancelled.
- Please be ready for pick-up 15 minutes prior to your scheduled time and be waiting at the pick-up location where you are visible to the driver.
- Due to traffic congestion, please wait at least 15 minutes from your scheduled time before calling to verify if your trip is late.
- Holidays have special schedules.

Medical Assistance Transportation (MATP)

The Medical Assistance Transportation Program (MATP) offers non-emergency transportation for eligible Medical Assistance (MA) residents to Medicaid-covered services. Transportation is provided via Health Department vans and contracted vendors, including sedans, wheelchairs, and ambulances, at no cost. Services require scheduling at least 24 hours in advance, except for recent hospital discharges. For more information, contact 301-856-9555.

ELIGIBILITY: To qualify, the resident will be asked to provide a copy of their Medicaid card, a Maryland State identification card evidencing the client is a resident of Prince George's County, and a signed HIPPA form. A primary care physician certification will be obtained after screening. Out-of-area physician referrals may also be needed prior to appointments that are more than 30 miles from the recipient's home. Trips to medical appointments are verified in advance of scheduling. Post- verifications are also performed.

If you are a current client, please call the Medical Assistance Transportation Program at 301-856-9555 for transportation, a minimum of 24 hours in advance of medical appointments. New clients will be contacted approximately 10 business days after their initial call so that screening can be conducted.



U of MD Shuttle Service

The City of College Park and the City of Greenbelt have a partnership with the University of Maryland to use the UMD Shuttle bus for an annual fee of \$10.00. Call the city government for details or visit their websites.

Senior SmarTrip® Card for Metro

The bright yellow Senior SmarTrip® card for citizens age 65 and older enables seniors to get a discounted fare on Metrobus and Metrorail. A SmarTrip® card is easy to use and faster than a farecard. Just touch it to the target on a faregate or farebox. Reduced fare will automatically be deducted. For a \$2 replacement fee, you'll get a new card with the value of the lost or damaged card at the time you notify Metro, if the card is registered.



Note: The \$2 fee for the Senior SmarTrip® card is the cost of the card only. This card has no monetary value. To add value, you must load value using a blue Passes/Farecards machine at any Metrorail station or a bus farebox that accepts SmarTrip® cards.

To purchase the card, seniors must show a valid government issued photo ID with proof of age at Metro designated locations. The Senior SmarTrip® card costs \$2.

Please note: Reduced fare SmarTrip® cards for senior citizens are not sold in vending machines located in Metro stations. Metro parking fees are NOT reduced.

Visitors can pay reduced bus fares by showing a valid ID at Metro sales locations for the \$8.75 Metrobus Weekly Senior Pass or the \$10 Senior Metrorail farecard.

Senior Transportation Service

MEDICAL PROGRAM: Senior and disabled County residents may receive transportation for medical purposes, especially dialysis. Residents may call 301-499-8603 up to 7 days in advance to schedule routine appointments. For those seeking on-going or permanent transportation for medical purposes, such as dialysis treatment, you must request these services in writing and send to: Prince George's County, Office of Transportation, Attention: Transit Division, 9400 Peppercorn Place, Suite 320, Largo, MD 20774.

NUTRITION PROGRAM: Senior county residents may receive free transportation to strategically located group sites for nutritional lunch and companionship. Senior residents, who are homebound and cannot attend a nutrition site, may have meals delivered to their residence. Any person who is 60 years or older may be eligible, as is a spouse of any age when accompanying an age eligible spouse. The Senior Nutrition sites operate Monday-Friday, 10 am-2 pm. Note: limited transportation is available. For more specific information, call 301-265-8475.

Transportation Resource Guide

MetroAccess

MetroAccess is a shared-ride, door-to-door, paratransit for service for people whose disability prevents them from using bus or rail.



The service provides daily trips throughout the Transit Zone in the Washington Metropolitan region. The transit zone consists of the District of Columbia, the suburban Maryland counties of Montgomery and Prince George's, the Northern Virginia counties of Arlington and Fairfax, and the cities of Alexandria, Fairfax, and Falls Church. Riders are offered in the same service areas and during the same hours of operation as Metrorail and Metrobus. Metro Access is a service of the Washington Metropolitan Area Transit Authority (Metro) and is the region's complementary paratransit service offered in accordance with the American Disabilities Act (ADA).

To be eligible for MetroAccess service, an applicant must:

- Have a disability as defined by the ADA and be unable to utilize the Metrobus and Metrorail system some or all of the time as a result of their disability. OR
- Need to use a ramp or wheelchair lift to board or exit a public transit vehicle, but an accessible public transit vehicle is not being used at the time, date, and on the route you would travel. OR
- Be unable to travel to or from a bus stop or rail station due to a disability, or an accessible pathway to a bus stop or rail station available.

To determine if a customer is eligible to use MetroAccess, an application must be completed and certified by a health care professional. You can obtain an application by:

- Downloading online MetroAccess application. If you have a visual disability and require a Microsoft Word version or large print version of the application or an application in Spanish, simple Chinese, Korean or French, please email eligibility@wmata.com or contact our office so we can accommodate your request.
- Calling 202-962-2700 and select option 1 or TTY 202-962-2033 or
- Emailing eligibility@wmata.com
- Requesting in writing to: Metro Transit Accessibility Center, 655 Virginia Ave SW, Washington D.C.

The applicant must ensure that the healthcare provider documents all of their disability(ies) and how it prevents them from using the accessible Metrobus or Metrorail Systems. Please ensure to download the application only from the Metro web site. Outdated applications from external websites/agencies will not be accepted. Please ensure to read and follow the instructions on page 2 of the application. The current application version is dated July 2012.

Once the application has been completed, please contact the Transit Accessibility Center at 202-962-2700 and select option 5 to talk with one of our specialists, at which time an assessment appointment and interview will be scheduled. Please do not mail or fax the application. Spanish applications are also available upon request. **All assessments for MetroAccess eligibility are by appointment only.**

The final stage in the application process is the in-person and functional assessment. The interview and assessment appointment will be conducted at our main headquarters building in Washington, DC, where the applicant's independent travel skills and ability to use public transportation will be evaluated, including the ability to walk or travel a measured distance. During the interview, the applicant will also be given information regarding Metro's Reduced Fare Program for Metrobus and Metrorail.

- If a mobility aid is used, it must be brought to the assessment, along with the completed original and signed application.

- Metro will be provided transportation to the interview free of charge from all locations within the core service area. The specialist will inform the applicant when scheduling the appointment if the pick-up address falls within the core service area. Applications also have the option of providing their own transportation to the appointment.
- Once the assessment is complete, the applicant will receive written notification of the accessible travel option that fits their travel needs within 7-10 business days after assessment. If it is determined that the applicant qualifies for MetroAccess, they will be mailed notification along with the appropriate MetroAccess Identification Card. NOTE: The ADA requires Metro to provide notification of an applicant's eligibility status within 21 days of submitting a completed application. If, for any reason, it takes longer than that to process the determination, the applicant will be eligible to use MetroAccess until Metro completes the eligibility process. This is called "presumptive eligibility." If 21 days have passed since Metro received the completed application, the applicant will be automatically granted eligibility for MetroAccess until the review process is completed.
- If the applicant is found not eligible for paratransit services, they may be eligible for the Reduced Fare Program for People with disabilities. If eligible they will be automatically enrolled and will receive a Reduced Fare (Disability) ID Card. Applicants have the right to appeal if found ineligible for MetroAccess and information on the appeal process will be sent along with notifications of ineligibility.

MetroAccess reserves the right to require a new eligibility assessment at any time. Reasons a new eligibility assessment might be required include, but are not limited to:

- Instances when there may have been possible improvements in a customer's ability to use public transit and/or
- Removal of physical barriers that previously prevented using accessible public transportation.

All MetroAccess customers are required to recertify for service periodically. Approximately 60 and 30 days prior to the expiration of a customer's eligibility, a reminder phone call will be made informing the customer that their eligibility for service is due to expire. At that time they will be directed to contact the Transit Authority Center to obtain an application for service. It is important to note that while we attempt to contact each customer, it is the customer's responsibility to ensure that they are recertified for the service prior to the expiration of their eligibility period. As a reminder to customers all MetroAccess ID Cards have the expiration date printed on the front of the ID card.

Call-A-Cab

Call-A-Cab is a transportation assistance program that provides transportation at a reduced cost for County seniors (age 60+) and/or County persons with disabilities. This program allows eligible residents to purchase coupon books that can be used to pay for rides with participating cab companies when Metrobus, Metrorail, and/or Call-A-Bus are not available. County seniors and/or persons with disabilities may purchase up to fourteen (14) \$20.00 coupon books in a six-month period at \$10.00 per book. You can call 301-883-5656 or Maryland Relay 800-735-2258 for more information.



Using Call-A-Cab is easy. Follow these steps:

- Apply by completing an application form. You can download the application form at: princegeorgescountymd.gov/sites/publicworks/transit/paratransit/call-a-cab

Transportation Resource Guide

- Order coupon books by enclosing \$10 for each \$20 coupon book. Make your check or money order payable to Prince George's County.
- Mail your completed application form and payment to:
The Office of Transportation, 9400 Peppercorn Place, Suite 320, Largo, MD 20774.
- Be sure to include proof of age and/or disability. Acceptable forms of ID include but not limited to: drivers license, Metro Senior/Metro Disability card, and Metro Access card.
- Call the taxi cab company you prefer from the list sent with the coupons.
- Show your coupon book to the driver. Pay the driver using any combination of coupons and cash.

Silver Cab of PG

Wheelchair accessible taxis are special vans that comply with the Americans with Disabilities Act.

- Call 301-577-2000 or 301-277-6000 for regular taxis.
- Wheelchair accessible taxis must have 24-hour notice for scheduling a trip. The number is 888-788-4418.
- The cost is \$29 base fee and \$3 per mile. From 8pm to 6am the base fee is \$10.
- There is an additional \$1 fee each for use of the trunk and for an escort accompany the rider.

Uber

Need a ride? Uber is an on-demand transportation service. To request a ride, follow these simple steps:



- Download the Uber app on your smartphone. Go to uber.com.
Get the free Uber app from the App Store or Google Play on your smartphone.
Open the app to create your account.
- Request - Enter your destination and choose a ride option. You'll always see the price up front.
- Ride - You'll see your driver's picture and vehicle details and can track their arrival on the map.
- Verify license plate and the name of the driver before entering the car.

Lyft

Lyft is a ride sharing program that is available on demand. Lyft is your friend with a car, whenever you need one. Download the free app on your smartphone and get a ride from a friendly driver within minutes. To request a ride, follow these steps.



- Go to lyft.com/rider and download the Lyft app for free.
- Get a ride estimate.
- Request a ride.
- Verify license plate and the name of the driver before entering the car.

AARP SUITLAND MARYLAND CHAPTER #939



“To serve, not to be served”

A COMMUNITY-BASED ORGANIZATION MADE UP OF INDIVIDUALS AGE 50+

- Only AARP Chartered Chapter in Prince George's County, Maryland
- General Membership Meeting, first Tuesday of each month, except July and August
- Social and Cultural Activities/Projects such as, Annual Scholarships, AARP Driver Safety Training, Community Outreach, Annual Cook-Out, Legislative Forums, Tours and Trips, and Annual Christmas Luncheon

AARP Monthly Meetings

First Tuesday of every month
(except July & August) 12:00 pm

Meeting Location

SPX Building (formerly Knights of Columbus)
3611 Stewart Road, Forestville, MD 20747

aarp939.org | aarp939@yahoo.com

COMMUNITY / RESOURCES / COLLABORATION / EDUCATION



PGSPN PRINCE GEORGE'S
Senior Provider Network

Visit pgspn.org and join today!



PRINCE GEORGE'S COUNTY

Senior Nutrition Sites

The Senior Nutrition Program provides both congregate and home delivered meal services. Congregate meals are nutritious hot meals served in community settings such as nutrition sites, senior centers, and senior housing facilities that provide an opportunity to socialize and meet new friends. Home delivered meals are served to older adults to assist them in staying in their homes and community. Please contact the Senior Nutrition Program at 301-265-8475 for up to date information.

Bowie Senior Center

14900 Health Center Drive, Bowie, MD 20716
Nutrition Site: (301) 809-2355 or 2356
Senior Center: (301) 809-2300

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs, MD 20748
Nutrition Site: (301) 265-8665
Senior Center: (301) 449-0490

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant, MD 20743
Nutrition Site: (301) 386-2283
Senior Center: (301) 386-5525

Greenbelt Senior Center

15 Crescent Road, Greenbelt, MD 20770
Nutrition Site: (301) 397-2208
Senior Center: (301) 397-2208

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood, MD 20722
Nutrition Site: (301) 277-4231
Senior Center: (301) 699-1238

John E. Howard Senior Activity Center

4400 Shell Street, Capital Heights, MD 20743
Nutrition Site: (301) 420-3120
Senior Center: (301) 735-2400

Langley Park Senior Activity Center

1500 Merrimac Drive, Hyattsville, MD 20785
Nutrition Site: (301) 439-3056
Senior Center: (301) 408-4340

Laurel Beltsville Senior Activity Center

7120 Contee Road, Laurel, MD 20707
Nutrition Site: (301) 206-3368
Senior Center: (301) 206-3350

Meals on Wheels

College Park (301) 474-1002
Takoma Park (301) 434-1922

Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Avenue, Brandywine, MD 20613
Nutrition Site: (301) 782-1455
Senior Center: (301) 782-1455





Food Resources

Senior Meal Home Delivery Services

NAME	WEBSITE/E-MAIL	TELEPHONE	COMMENTS
Moms Meals	momsmeals.com	877-508-6667	Delivered to the home. Meals will last up to 14 days from delivery. Call in or online orders.
Homestyle Direct	info@homestyledirect.com	866-735-0921 ext.2	Call in orders.
Silver Cuisine	silvercuisine.com Silver@Bistromd.com	844-404-3663	Delivered to the door via Fedex.
Magic Kitchen	magickitchen.com info@magickitchen.com	877-516-2442	Offers auto-ship meal program for weekly, bi-weekly or monthly. Call in orders.

Grocery Delivery Services via instacart



Other grocery stores that deliver

Target Fresh Direct
Lidl Weis Markets Harris Teeter
Whole Foods (delivery through Amazon) Peapod by Giant

Restaurant Food Delivery Services

Order meals from restaurants and have them delivered to your home. Fees vary.



Note: This list of food resources is not all inclusive and not an endorsement of the services. Other resources may be available.

Caregivers Support Groups

Note: Many support groups meet online virtually during the pandemic.

Please call to confirm meeting dates, times and locations as the information may have changed!

Bowie Senior Center

Virtual Caregiver Support Group

2nd Tuesday's at 10 am
4th Thursday's at 6 pm
Ann Craynon, 301-218-0958 or
ann@aceldercaresolutions.com

Department of Family Services

Virtual Caregiver Support Group

Call for day and time 301-265-8450

First Baptist Church of Glenarden

3600 Brightseat Road, Landover

3rd Thursday at 11 am
Vikki Kalitsi, 301-583-8820

Grace United Methodist Church

Virtual Caregiver Support Group

3rd Saturday at 10 am
Barbara Stevenson, 301-248-3027

Hands of Hope

Virtual Caregiver Support Group

4th Saturday at 1pm
Patricia Morris, 202-997-4073

North County Dementia Friendly America

In-persona and Virtual
Caregiver Support group

2nd Wednesday's 2-3 pm (in-person)
3rd Wednesday 2-3 pm (virtual)
Sharon Johnson, 240-542-2029

Pickett Fences Senior Services

Virtual Caregiver Support Group

4th Thursday's at 6:30pm
Shaunda Bellamy, 301-358-2066

South County/Crescent Ridge Dementia Friendly America

Virtual Caregiver Support group

1st and 3rd Tuesdays via Zoom,
5:30 pm
Camela Coleman, 301-567-1885
carmela.cr.adc@gmail.com

Gathering of Caregiving Men

Virtual Caregiver Support Group

2nd Saturday via Zoom, 12 noon
Reginald Lawson, 240-462-4300
reninaldalawson@gmail.com

Weekly Telephone Support Group

Holy Cross Hospital Resource Ctr.

A variety of days and time
available. Please call 301-754-7152
for more information.

Memory Cafés

Offered through the Alzheimer's Association,
Memory Cafés are designed for individuals with
early stages of dementia. A comfortable, social
gathering that allow people experiencing mem-
ory loss and a loved one to connect, socialize,
and build new support networks. Cafés are free
to attend and welcome to all.

1:30 every 1st 2nd & 4th Wednesdays
1st Wednesdays, meets in-person

City of Greenbelt Municipal Building
25 Crescent Road, 2nd Floor Council Room
2nd & 4th Wednesdays Virtually

To register, contact: Sharon Vanzego-Johnson
240-542-2029, sjohnson@greenbeltdmd.gov

Other Support Groups

Please call for details on meeting dates and times.

Cancer Support Groups

Hope Connections

240-714-4744

Parkinson's Support Group

Bowie Senior Center

301-809-2300

Stroke Support Group

Doctors Hospital Rehabilitation

301-552-8144

Grief Support Groups

Chesapeake Life Center

888-501-7077

Grief Support Group

Dementia Friendly (South County)

301-535-3976

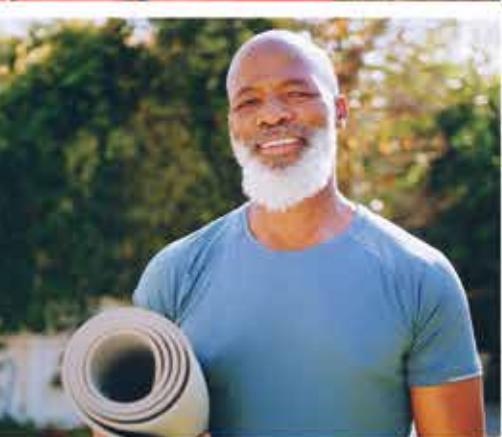
Grief Support Groups

Prince George's Hospice

301-921-4400



PGSPN
PRINCE GEORGE'S
Senior Provider Network



CHANGE THE WAY You Age!

Live more, play more at M-NCPPC parks and recreation facilities throughout Prince George's County!

Senior Activity Centers

Camp Springs Senior Activity Center

6420 Allentown Rd., Camp Springs, MD 20748
301-449-0490

Langley Park Senior Activity Center

1500 Merrimac Dr., Hyattsville, MD 20783
301-408-4343

Evelyn Cole Senior Activity Center

5720 Addison Rd., Seat Pleasant, MD 20743
301-386-5525

Laurel-Beltsville Senior Activity Center

7120 Contee Rd., Laurel, MD 20707
301-206-3350

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood, MD 20722
301-699-1238

New Senior Program located at:

Southern Area Aquatics and Recreation Complex (SAARC)
13601 Missouri Ave., Brandywine, MD 20613
301-782-1455

John E. Howard Senior Activity Center

4400 Shell St., Capitol Heights, MD 20743
301-735-2400

**FREE COMMUNITY CENTER/FITNESS ROOM ID CARDS
FOR PRINCE GEORGE'S COUNTY SENIORS 60 & BETTER**



Sign up for a **FREE** account at any M-NCPPC community center in Prince George's County to get your **FREE** Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where

the 40+ community centers are located, to learn more about opening a account, and to get information about ID cards and Fitness Room cards, visit pgparks.com or call the Customer Service Help Desk at 301-699-CALL (2255); TTY 301-699-2544.

For more information, please email Customer Service at customerservice@pgparks.com or call 301-699-2255; TTY 301-699-2544 for customers who are deaf, hard of hearing, or have a speech disability.

Our front desk staff has access to an over-the-phone interpretation service and can help in over 150 languages. Please ask for assistance when you call or visit us.

The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation.



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