



PRINCE GEORGE'S COUNTY  
**Senior Resource Guide**

**2024**



# 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](http://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.





A MESSAGE FROM THE  
*County Executive*

Greetings,

I am honored to continue to serve and support our esteemed senior community as your County Executive. As we embark on the next phase of our administration, I am delighted to introduce the 2024 Senior Resource Guide. This guide, a collaboration between the Department of Family Services, Aging and Disabilities Services Division, and the Prince George's Senior Provider Network (PGSPN), aims to assist seniors, caregivers, and families in identifying valuable services and resources for their specific needs.

The senior population in our County is steadily growing, accounting for 21.5% of our total population based on the latest American Community Survey Census Data. That is why it is crucial that our residents, particularly older adults and caregivers, have access to timely information when they require assistance.

Within this guide, you will find an extensive list of services that are vital to the well-being of older adults and family caregivers. Through our County's partnership with the PGSPN, we have highlighted programs tailored specifically for the elderly. Additionally, this guide features a comprehensive directory of businesses that are proud members of the PGSPN, offering services catering to the needs of older adults and family caregivers within our community.

As many of you are aware, seniors hold a special place in my heart and are an integral part of our County and nation. Please remember that your County Government is always available to support you, and we consider it a privilege to continue serving you and your loved ones.

Sincerely,

Angela Alsobrooks  
County Executive



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, has partnered with the Prince George's Senior Provider Network (PGSPN) to present this 2024 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.

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.

The Department of Family Services' staff strives to provide exceptional service as we assist older adults and family caregivers. As the local Aging and Disability Resource Center, we want to provide you with the help you need. Our staff is willing to speak with you and answer questions that you may have regarding long-term care and the many options available. Please take advantage of this resource guide and if you need additional information, contact our office at 301-265-8450.

We hope that you find this Senior Resource Guide valuable, and keep it close at hand. It is our desire to support you as you seek services and programs for yourself, family members, and friends.

Sincerely,

Karen H. Sylvester, Director  
Area Agency on Aging



# Message from PGSPN President

## Welcome to the 2024 Prince George's County Senior Resource Guide!

The Prince George's County Senior Provider Network (PGSPN) is a 501 c (3) non-profit organization dedicated to improving and enriching the quality of life for Prince George's seniors and their caregivers. Our services span a wide spectrum of life stages. Our mission reflects the understanding that the impact of a family elder's life extends to every family member. PGSPN brings together business owners, non-profits, and government representatives to enhance the well-being of seniors and their families. By fostering connections, collaboration, and education, we ensure that families in need can easily access our network of service providers. Our community meets regularly to share knowledge, address senior-related issues, and engage in annual service projects.



PGSPN supports Prince George's County Seniors, their families, and caregivers by:

- Producing and distributing the Prince George's Senior Resource Guide
- Organizing a Speakers Bureau to provide free information on senior relevant topics to senior groups, center patrons, and community groups
- Sponsoring senior community events
- Donating incontinence supplies for seniors in need
- Serving as an information resource to public agencies regarding the needs of seniors
- Hosting an annual family caregivers' workshop
- Supporting seniors in need through other special projects

Monthly membership meetings are held on the third Thursday.  
For more information, please visit [www.pgspn.org](http://www.pgspn.org)

Sincerely,

*Shaunda P. Bellamy*

Shaunda P. Bellamy  
PGSPN President

President, Pickett Fences Senior Services, Inc.



*Note: We strive to provide accurate and up-to-date information; however, we cannot guarantee this Guide is free from error nor do we endorse the services included within.*



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 2024 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 \$2.9 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 [ccharities.org](http://ccharities.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  
[ccharities.org](http://ccharities.org)



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PRINCE GEORGE'S  
Senior Provider Network

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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!

[www.pgspn.org](http://www.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.

## **Geriatric 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
- Helping Hands University Park, 301-892-6636

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.

## ADULT DAY CARE CENTERS



**Crescent Ridge Adult Day Health Center**  
301-567-1885  
7001 Oxon Hill Road, Oxon Hill, MD 20745  
Carnela.CR.ADC@gmail.com  
www.CrescentRidgeAdultDayCenter.com  
Contact: Carnela Coleman

Crescent Ridge has been serving the seniors and adults with disabilities in our community for over 30 years. Our skilled staff provides medically supervised daytime care, including assistance with personal needs and nurse oversight. We also offer extended service hours to support our working families, at no additional cost. We are open Monday–Friday, 7:30 am to 6:00 pm. Transportation to and from the home is also available, if needed. Respite services are offered for those in need of occasional care. Call us for more information, stop by for a tour or visit our website.

SILVER

## AGING IN PLACE SERVICES



**Functional Therapy Solutions**  
301-641-7035  
10000 Running Sand Knoll  
Laurel, MD 20723  
www.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.

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## ASSISTED LIVING

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**Abundance Care**  
**Residential Assisted Living**  
 703-861-0982  
 12619 Kavanaugh Lane  
 Bowie, MD 20715  
[www.Abundance-Care.com](http://www.Abundance-Care.com)  
[valerie@abundance-care.com](mailto:valerie@abundance-care.com)  
 Contact: Valerie Lucas

At Abundance Care our mission is to create and provide a loving, home environment that we would be proud to have our own mom and dad live in. 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 care givers certified by the State of Maryland. Our assisted living homes are convenient for families in DMV area. We encourage our residents to have visitors and we have a “no appointment needed” policy between the hours of 7am and 7pm for visitors. Let us know in advance and you are welcome to join us for a meal or an activity as well.

Arbor Terrace of Greenbelt	301-486-1590	<a href="http://www.at-greenbelt.com">www.at-greenbelt.com</a>
Arden Courts Memory Care Community	301-847-3051	<a href="http://www.arden-courts.com/silverspring">www.arden-courts.com/silverspring</a>



**Ameristar Assisted Living, Inc.**  
 240-413-1321  
 6604 Adrian Street  
 New Carrollton, MD 20784  
[ameristar@AmeristarHealthcare.com](mailto:ameristar@AmeristarHealthcare.com)  
[www.ameristarassistedliving.com](http://www.ameristarassistedliving.com)  
 Contact: Wilfred Kandie

Ameristar Assisted Living, Inc. takes pride to offer 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 that we do, and a passion that’s 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 living with dementia, and support for adults with a range of different disabilities and conditions.

Attentive Healthcare Assisted Living	240-486-2779	<a href="http://www.healthcareattentive.com">www.healthcareattentive.com</a>
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**Bethel Assisted Living**  
 240-381-0702  
 1416 Kings Manor Drive, Bowie, MD 20721  
[bethelassistedlivinghome@gmail.com](mailto: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”.

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**DAVE'S QUALITY CARE**  
ASSISTED LIVING
**Dave's Quality Care Assisted Living**

240-899-7860

4304 Brinkley Road

Temple Hills, MD 20748

Davequalitycare@gmail.com

Contact: Dominique Patton

Dave's Quality Care Assisted living facility is a quality 5-bed facility in the heart of Temple Hills, MD. Our community is designed to cater to the unique needs and preferences of each resident. Offering a flexible lifestyle and a personalized care program, all aimed at providing support with respect and dignity. Each resident has an individual plan addressing all their preferences, creating a flexible and desired lifestyle. Our personalized care program is designed to create an uplifting and healthy environment.

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Fine Living Care

202-409-1366

finelivingcare@gmail.com

Golden Shield Ark Assisted Living

843-940-3620

risolyn@yahoo.com

**Hannah's Heart ALF**

301-633-7087

8106 Highland Meadows Dr.

Clinton, MD 20735

Janice.Osborne3@gmail.com

Contact: Janice Osborne, RN

Hannah's Heart represents the essence of a premier living facility that provides optimal care. Protection and pampering are provided in a compassionate environment. We provide quality care in a home like environment. All residents are treated with respect and dignity.

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**Harmony at Enterprise**

301-503-5090

12000 Traditions Blvd., Bowie, MD 20720

www.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.

GOLD

Home for Precious Gems

240-802-6202

Shelia@homeforpreciousgems.com

Kekeli Assisted Living Services

301-449-3148

www.kekeliassistedliving.com

**Morningside House of Laurel**

301-725-2220

7700 Cherry Lane, Laurel, MD 20707

www.MHSeniorLiving.com

lvalencia@mhseniorliving.com

Contact: Leslie Valencia

Boutique style assisted living and memory care community 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 resident at no additional charge. Our residents have a choice of keeping their own physicians or using the physicians that service the community. Our Health and Wellness Nurse provides residents with individualized service and care plans to meet their needs.

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### Springtime Home Assisted Living

301-661-7268  
 804 Cypress Point Cir.  
 Mitchellville, MD 20721  
[www.SpringTimeHome.com](http://www.SpringTimeHome.com)  
[SpringtimeHome@gmail.com](mailto: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.

## FINANCIAL SERVICES/INSURANCE



**J. E. Henderson**  
**Financial Savant Tax**  
**& Business Service**  
 301-459-3796  
 6606 Woodstream Dr., B-100  
 Seabrook, MD 20706  
<http://www.jehfinancial.net>  
[jim@savanttaxhenderson.com](mailto: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.

Gottlieb Insurance Advisory

301-332-4337    [www.GottliebInsuranceAdvisory.net](http://www.GottliebInsuranceAdvisory.net)

## Humana

**Humana**  
 301-256-1228  
 975 F Street NW  
 Washington, DC 20004  
[www.humana.com](http://www.humana.com)  
[tstaton3@humana.com](mailto:tstaton3@humana.com)  
 Contact: Tracy Staton

Health insurance company that offers healthcare plans for more healthy days. Humana plans focus on your whole-person health, inside and out. A great referral for us is a person aging into Medicare or anyone 65+. We offer Medicare Advantage, Medicare Supplement, DSNP, and Prescription Drug plans. Serving: Washington, DC/MD including Baltimore/VA/DE

Primerica

301-254-6702    [www.primerica.com/jh\\_pickettsr](http://www.primerica.com/jh_pickettsr)



**Raymond James  
Financial Services, Inc.**  
Office: 301-459-2484  
Branch: 301-595-8600  
4061 Powder Mill Rd. Ste 705  
Calverton, MD 20705  
lanta.evans@raymondjames.com  
Contact: Lanta Evans-Motte,  
MBA, RFC®, RICP®

We provide personalized investment management, retirement & tax planning, legacy & estate planning, & insurance and asset protection services; and advice regarding the creation of lifetime income streams, longevity planning & senior housing options. We also provide customized advice regarding employee benefits, including TSP, 401(k), SEP-IRA, and stock options. Client strategies may include municipal bonds, securities-based lines of credit; donor advised funds, & appreciated stock for charitable giving. Investment Advisory Services offered through Raymond James Financial Services Advisors, Inc.

<http://www.raymondjames.com/lantaevans/>

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The Wealth Syndicate LLC

202-486-6689

DeWayne Ellis

## FUNERAL AND CEMETERY PRE-PLANNING



**National Harmony  
Memorial Park**  
301-772-0900  
7101 Sheriff Road  
Hyattsville, MD 20785  
Contact: 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.

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## GERIATRIC CARE MANAGEMENT (AGING LIFE CARE MANAGEMENT)



**Ann Craynon ElderCare Solutions**  
301-218-0958  
3540 Crain Hwy #241 Bowie, MD 20716  
[www.aceldercaresolutions.com](http://www.aceldercaresolutions.com)  
[ann@aceldercaresolutions.com](mailto: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.

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**Aging Well Eldercare**

301-593-5285  
 12501 Prosperity Drive, Suite 405  
 Silver Spring, MD 20904  
[www.care-manager.com](http://www.care-manager.com)  
[smurphy@care-manager.com](mailto:smurphy@care-manager.com)  
 Contact: Susy Murphy

Independently owned and operated since 1988, our dedicated team of professional Aging Life Care Managers provides expert recommendations and individualized support to families and their loved ones facing the challenges of aging or disability. Our team is comprised of social workers, nurses, and gerontologists, providing a wide variety of services to assist our clients and their families.

SILVER

Reassurance4U Companion/Concierge Service 301-580-8844 [www.reassurance4u.com](http://www.reassurance4u.com)

**Pickett Fences Senior Services, Inc.**

301-358-2066  
 9701 Apollo Drive, Suite 301  
 Largo, MD 20774  
[www.pickettfences.org](http://www.pickettfences.org)  
[spbellamy@pickettfences.org](mailto: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 provides geriatric social services that includes advocacy support, case management, education, emergency financial assistance, de-cluttering, and caregiver support, etc.

SILVER

Seabury Resources for Aging Care Management 202-364-0020 [cminfo@seaburyresources.org](mailto:cminfo@seaburyresources.org)

**HEALTH & WELLNESS****Community Advocates for Family & Youth**

301-390-4092  
 P.O. Box 4419  
 Capitol Heights, MD 20791  
[ajoell@cafyonline.org](mailto: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

QCI Behavioral Health 301-636-6504 [www.qcihealth.com](http://www.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.

SILVER

Ann Caregivers, LLC

240-521-9555

anncaregiversllc.com

**ComforCare**

240-764-5844

9420 Annapolis Road, Suite 216

Lanham, MD 20706

www.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

**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



**Family Choice Healthcare**  
 888-358-1341 ext. 108  
 4601 Forbes Blvd., Suite 320  
 Lanham, MD 20706  
[www.familychoicehealthcare.com](http://www.familychoicehealthcare.com)  
[ktaylor@familychoicehealthcare.com](mailto: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](http://Bowie.FirstLightHomeCare.com)  
[rpeake@firstlighthomecare.com](mailto: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.

GOLD

Griswold Home Care	301-899-3200	<a href="http://griswoldhomecare.com/prince-george-county">griswoldhomecare.com/prince-george-county</a>
Guardian Angel Home Health	240-906-2743	<a href="http://www.hgahhealth.org">www.hgahhealth.org</a>
Impact Home Care, LLC.	240-716-0055	<a href="http://impacthomecarellc.com">impacthomecarellc.com</a>



**Interim Healthcare**  
**Lower Prince George's County/Largo MD**  
 301-388-5551  
 9500 Medical Center Drive, Unit 440-A  
 Largo, MD 20774  
[www.interimhealthcare.com/LargoMD](http://www.interimhealthcare.com/LargoMD)  
[interimlowerpg@interimhealthcare.com](mailto:interimlowerpg@interimhealthcare.com)

We have more than 50 years of providing in-home senior services. At Interim Healthcare, we take a unique approach to in-home care - one that focuses on the different dimensions of an enriched life.

FIRST IN COMPASSION, FIRST IN COMPREHENSIVE CARE, FIRST IN HOME CARE!

SILVER



**Serenity Estate Home Care**

202-813-6828

137 National Plaza, Suite 300

National Harbor, MD 20603

[www.serenityestate.org](http://www.serenityestate.org)

[khenae@serenityestate.org](mailto:khenae@serenityestate.org)

Contact: David Oyeshola

Serenity Estate Home Care is a non-medical home care agency that specializes in caring for oncology, hospice/palliative, and stroke patients. Our individualized care plans and specialty programs are tailored to what the patient needs at that particular time. The team at Serenity Estate Home Care is CPR Certified, Certified Nursing Assistants, Certified End of Life Doula, and Certified Dementia Practitioners so we are more than confident that we'll be able to support young adults and the elderly community.

GOLD



**Visiting Angels Home Care Agency**

301-583-8820

9701 Apollo Drive, Suite 297

Largo, MD 20774

[www.VisitingAngels.com/Largo](http://www.VisitingAngels.com/Largo)

[info@Visitingangelspg.com](mailto:info@Visitingangelspg.com)

Contact: Vikki Kalitsi

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

## HOME CARE MEDICAL – SKILLED

ADOM Inc.

240-608-8133

www.mdmedalerts.com

**Ameristar Healthcare Services, Inc.**

301-474-7840

6604 Adrian Street

New Carrollton, MD 20784

ameristar@AmeristarHealthcare.com

www.ameristarassistedliving.com

Ameristar Healthcare Services, Inc. is a dedicated home care assistance agency. We provide services 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**  
Home Health Care Agency**Care Positive**

301-439-1810

1738 Elton Rd., Silver Spring, MD 20903

www.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

CenterWell Home Health

410-598-2814

www.centerwellhh.com

**Cherished Hands Home Health**

240-550-6035

18526 Office Park Drive

Montgomery Village, MD 20886

www.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



### Chesapeake Home Health Care

301-249-4333

8300 Corporate Drive, Suite 120

Landover, MD 20785

www.chhccares.com

epaul@chhc-md.com

Contact: Erica Paul

Chesapeake Home Health Care (CHHC) provides CNA and Home Companion care to seniors. CHHC offers full range of care, allowing us to be your dedicated home care partner as your loved one's needs evolve. From companionship care to highly skilled medical care, our team of nurses are committed to delivering the best care. Our services include: Bathing, Dressing, Toileting, Transferring, Laundry, Hygiene/ Grooming, Companionship, Medication Reminders, Food Preparation, Light Housekeeping, and Errands. Our skilled medical care consist of Private Duty Nursing, One on One care, Treatment Administration, In-Home Occupational, Speech and Physical Therapy, Tube, Drain and Bag maintenance, and more.

GOLD



### Community Centered Home Healthcare

240-605-6954

CCHC.Homecare1@gmail.com

Contact: Cynthia Brunson

Community Centered Home Healthcare, LLC (CCHC) is a Level 3 Residential Service Agency. CCHC staff provide non-skilled care (bathing, dressing, feeding, meal preparation, incontinence and memory care {Alzheimer's and Dementia}, errands, light housekeeping, laundry, groceries, and assistance with medications. 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 needs.

SILVER

<https://communitycenteredhomehealthcare.org/>



### 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  
[www.dananursing.com](http://www.dananursing.com)  
[dananursingagency@gmail.com](mailto: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

Fox Rehabilitation

301-904-5796 [www.foxrehab.org](http://www.foxrehab.org)

Right at Home

301-255-0066 [www.rightathomemd.net](http://www.rightathomemd.net)

**Sarah's Peace And Love**  
 HOME HEALTHCARE

**Sarah's Peace and Love Home Healthcare**

240-716-4250  
 Fax: 240-823-6773  
 8101 Sandy Spring Road, Suite 300-W16  
 Laurel, MD 20707  
[www.peaceandlovehhc.com](http://www.peaceandlovehhc.com)  
[sipeaceandlove@hotmail.com](mailto: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

**HOSPICE AND PALLIATIVE CARE**

Ennoble Care

443-794-4063 [intake@ennoblecare.com](mailto:intake@ennoblecare.com)**Hospice of the Chesapeake**

Hospice Care, Grief Support  
 877-462-1103  
 John and Cathy Belcher Campus  
 90 Ritchie Hwy., Pasadena, MD 21122  
[www.HospiceChesapeake.org](http://www.HospiceChesapeake.org)  
[tturner@hospicechesapeake.org](mailto: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.

GOLD



### Montgomery Hospice & Prince George's Hospice

Hospice Care • Grief Support • Education  
301-921-4400  
montgomeryhospice.org  
princegeorghospice.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.

SILVER



### Promedica Hospice

240-264-1692  
12304 Baltimore Avenue, Suite A  
Beltsville, MD 20705  
<https://www.promedica-hospice.org/beltsville>  
llene.gruber@promedica.org  
Beverly.Dean@promedica.org  
Contact: Ilene Gruber or Beverly Dean

Hospice care is a specialized care that focuses on supporting you and your loved ones during an advanced illness. The emphasis is on comfort and quality of life, rather than finding a cure. Hospice care enables you to live each day to the fullest as comfortably and dignified as possible. When you need care, we're ready to provide it. Any day of the year, any time of the day, we can initiate hospice care for you or your loved one. As mutual care providers, we work closely with your health care professionals to make sure specific protocols are followed closely. Pain and symptom management is our primary focus. Our caring, interdisciplinary staff also provides psychosocial and spiritual support along with other comforting treatments and therapies.

SILVER

## LEGAL SERVICES/ELDER LAW



### Brandi Law, LLC

301-699-3100  
5303 Baltimore Avenue #206  
Hyattsville, MD 20781  
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.

[www.BrandiLawFirm.com](http://www.BrandiLawFirm.com)

GOLD



**Byrd & Byrd, LLC****Attorneys at Law**

301-464-7448

14300 Gallant Fox Ln., Bowie, MD 20715

[www.byrdandbyrd.com](http://www.byrdandbyrd.com)[bblackford@byrdandbyrd.com](mailto: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

**The Cherry Law Office, LLC**

240-334-6164

9701 Apollo Drive, Suite 100

Upper Marlboro, MD 20774

[heather@TheCherryLawOffice.com](mailto:heather@TheCherryLawOffice.com)

Contact: Heather Cherry

The firm addresses the specialized needs of elders, people with disabilities, and their families and provides legal assistance with the following: Wills; Powers of attorney and Advance Medical Directives; Guardianships and Probate; individuals in matters relating to Bankruptcy and Real Estate.

SILVER

**The Law Office of Ethel Mitchell**

240-638-2828

8403 Colesville Road #1100

Silver Spring, MD 20910

[www.willsandtrusts.net](http://www.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 <https://woldcnews.com/> and over 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

[www.kpopeatty.com](http://www.kpopeatty.com)

## MEDICAL CARE


**Arthritis and Pain Associates of Prince George's County**

301-345-5600  
 7300 Hanover Drive, #201  
 Greenbelt, MD 20770  
[www.arthritispainpg.com](http://www.arthritispainpg.com)  
[btaylor@apapgc.com](mailto: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

Bluerock Primary Care

202-796-9775 info@bluerock.care


**Housecall Practitioner Services, LLC**

240-397-6694  
 9701 Apollo Drive, Suite 100  
 Largo MD 20774  
[Provider@homeandvisit.com](mailto:Provider@homeandvisit.com)  
 Contact: Barbra Bonsu

We're a medical concierge practice that brings healthcare to your doorstep! We provide primary care services to adults 55 and older. Our goal is to provide quality healthcare service through care and advocacy for the betterment of our community. Are you tired of dealing with long wait times, rushed appointments, and impersonal healthcare experiences? With our medical concierge services, you can say goodbye to those frustrations and hello to personalized, convenient healthcare delivered right to your doorstep. Our team of experienced healthcare professionals will come to you, providing a range of services from routine check-ups to specialized treatments, all in the comfort of your own home. No more traffic, no more waiting rooms, no more hassle. Invest in your health and well-being with our onsite medical concierge services and experience the difference today.

SILVER

Loving Hands Podiatry

301-323-5652 Lovinghandspodiatry55@gmail.com

Mary Spencer FNP-BC



**Mary Spencer**  
**Family Nurse Practitioner**  
 434-390-6641  
 8061 Springfield Road  
 Glenn Dale MD 20769  
 SpencerFamilyPractice.org  
 Maryspencerfnp@gmail.com

I am a Family Nurse Practitioner that practices primary care in the comfort of your own home. I can provide all services you would receive if you were to step into an office. Including but not limited to medication management, referrals, Physical Therapy/ Occupational Therapy, and skilled nursing as well as lab draws.

GOLD



**Revive Medical & Aesthetic Clinic**  
 301-412-5522  
 7313 Hanover Pkwy, Suite A  
 Greenbelt, MD 20770  
 info@revivemedaesthetic.com  
 Contact: Florence Ukenye

WE PROVIDE MEDICAL, WELLNESS & COSMETIC SERVICES - Revive Medical & Aesthetics Clinic is a private medical and practice based in the state of Maryland. The clinic provides accessible preventive, wellness, acute/chronic, medical and cosmetic services to residents of the state of Maryland.

SILVER



**Salus Health Inc.**  
 410-529-0348  
 1020 Saint Paul Street  
 Baltimore, MD 21202  
 www.SalusHealthcare.org  
 Albert.Tasker@EagleTherapy.org  
 Contact: Ryan Odonnell

Salus Health, Inc. is a medical and behavioral organization that provides quality and compassionate services to people living with medical, emotional, and mental health challenges. We believe in a holistic approach and provide high quality services to children, adolescents, adults and their families in order to empower healthy people in a strong community. We tailor coping strategies to each client and offer assistance in budgeting, time, independent living skills such as household management as well as a variety of daily living skills, social skills, and emphasis on wellness practices such as good diet, exercises, and rest. Salus Health, Inc is accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF) to provide outpatient mental health services and psychiatric rehabilitation services (PRP).

SILVER

## MEDICAL EQUIPMENT & SUPPLIES



**DHC Medical**  
301-918-1750  
8855 Annapolis Road  
Suite 100  
Lanham, MD 20706  
[www.dhcmedicalsupply.com](http://www.dhcmedicalsupply.com)

We are a leading medical equipment and supply company serving the community. We have all your PPE supplies! Also, we provide mobility equipment like wheelchairs, scooters, canes, and knee walkers; incontinence supplies; home-care equipment like hospital beds, patient lift and bed rails. With free delivery and two locations, we are closer than you think. We accept all major credit cards.

SILVER



**DME & Supplies, LLC**  
301-985-2985  
9701 Apollo Drive  
Suite 105  
Largo, MD 20774  
[www.dmesuppliesllc.site](http://www.dmesuppliesllc.site)  
[dme\\_suppliesllc@aol.com](mailto: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

### GRANDIFF Medical Supplies

**Grandiff Medical Supplies**  
301-388-0596  
20 Vital Way, Silver Spring, MD 20904  
[www.grandiffmedical.com](http://www.grandiffmedical.com)  
[grandiffmedical@gmail.com](mailto:grandiffmedical@gmail.com)  
Contact: Ima Akpaete

Sales of Durable Medical Equipment and Supplies such as products for Incontinence, Wound and Ostomy care, Bathroom Safety, Mobility, Pain management, Daily and Personal Care, Respiratory, Urological, Soft Orthopedics and Vein Compression products.

SILVER



**Mobility City of Southern Maryland**  
240-222-3761  
177 St Patrick's Drive, Suite 102  
Waldorf, MD 20603  
<https://southernmd.mobilitycity.com>  
[tonya.magee@mobilitycity.com](mailto:tonya.magee@mobilitycity.com)  
Contact: Tonya Magee

We are a leading provider of mobility equipment repairs, rentals, and sales, dedicated to helping seniors, veterans, and individuals with disabilities achieve independence and quality of life. Our store allows the individual the opportunity to see many products before making a purchase.

SILVER



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

301-577-5846  
9463 Annapolis Road, Lanham, MD 20706  
www.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

## NURSING AND REHABILITATION



**FutureCare Pineview**

301-856-2930  
9106 Pineview Lane  
Clinton, MD 20735

**FutureCare Capital Region**

240-487-4400  
1051 Brightseat Road  
Landover, MD 20785

FutureCare is Prince George's County's leader in short-stay rehabilitation and wellness for seniors, providing state of the art rehabilitation services 7 days per week. Our Pineview location, a staple in the community for over 30 years, is now joined by our newest facility- FutureCare Capital Region in Landover. This flagship facility has a 4,500 sq. ft. rehabilitation gym that's designed to get you home faster, and stronger! FutureCare offers short stay rehabilitation, Dialysis and Ventilator Services at both locations.

[www.futurecare.com/senior-care-maryland/prince-georges-county](http://www.futurecare.com/senior-care-maryland/prince-georges-county)

GOLD

## PRINCE GEORGE'S COUNTY GOVERNMENT



**Prince George's County,  
Department of Family Services,  
Aging and Disabilities Service Division**  
301-265-8450  
6420 Allentown Rd., Camp Springs, MD 20748  
[www.princegeorgescountymd.gov](http://www.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 meet 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  
[www.princegeorgescountymd.gov](http://www.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  
[www.pgcmcls.info](http://www.pgcmcls.info)  
[outreach.services@pgcmcls.info](mailto:outreach.services@pgcmcls.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

**Orderly Abodes**

410-463-7912

OrderlyAbodes.org

Shelby@orderlyabodes.org

Contact: Shelby Austin

Orderly Abodes provides professional organizing and de-cluttering services. Shelby Austin has been serving Prince George's County and surrounding areas since 2012. The services are provided in confidentiality, with compassion and concern for the client. The service starts with an on-site home interview and inspection to understand what is required, followed by a detailed report to define solutions and next steps. Shelby is protective of the environment and will go the extra step to make sure that items are reused, re-purposed or recycled whenever possible.

SILVER

**Movers 'N Shakers**

301-503-5090

moversnshakers.biz

info@moversnshakers.biz

Contact: Carief Smith

Full-Service Moving Company specializing in Senior Move Management. We customize your move according to your needs our service includes packing, unpacking, downsizing, junk removal, etc. From your grandmother's Fabergé eggs to all your other prize possessions. We are very passionate and our love of moving translates to our business' work ethic as we are continuously growing. As a top-tier moving company, we are serving the relocation needs of residents and companies in Virginia, Maryland, Washington DC. We provide leading residential and commercial moving service.

SILVER

**Southern Belle Cleaners**

301-485-9106

9801 Apollo Drive #6585

Upper Marlboro, MD 20792

www.SouthernBelleCleanersDMV.com

Ehead@southernbelcleaner.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

[www.tenderheartmovers.com](http://www.tenderheartmovers.com)[contact@tenderheartmovers.com](mailto:contact@tenderheartmovers.com)

Contact: LaTonya Coates

Tender Heart Movers is committed to providing compassionate downsizing help to meet the needs of older adults. Culling through a lifetime of belongings can be emotionally and physically demanding for anyone, especially senior homeowners. We have more than 20 years of experience working with older adults. Our services include an in-home consultation, floor plans, sorting, decluttering, donations, estate sale, moving coordination, packing, and settling-in services. Whether you are relocating to a nursing home, senior apartment, assisted living, or decluttering to age in place in your current home, we are here to make the transition easy for you and your family.

SILVER

**REAL ESTATE, ESTATE SALES AND MORTGAGE SERVICES****Benchmark Mortgage**

240-542-7970 (Office)

301-675-5580 (Cell)

137 National Plaza, Suite 338

National Harbor, MD 20745

<https://rhondalewis.benchmark.us/>[rhonda.lewis@benchmark.us](mailto:rhonda.lewis@benchmark.us)

Contact: Rhonda Lewis

With a compassionate and client-centered approach, I specialize in serving the unique needs of the elderly and their families. I understand the importance of providing tailored solutions that accommodate changing living requirements due to aging. My services are designed to ease the financial transition for seniors, ensuring they can comfortably age in place or make necessary adjustments to their housing situation.

Licensed in DC, MD, and VA.

SILVER

Bennett Realty Solutions

301-787-4035 [www.yourhomesearchpartner.com](http://www.yourhomesearchpartner.com)**Mature Moves Matter**

301-802-4568

<https://www.brendalawson.kw.com>

Contact: Brenda Lawson

With 30 years of experience, Brenda Lawson is dedicated to educating, equipping and empowering seniors to make informed choices about late-in-life tasks. Her *Mature Moves Matter Seminars* offer a range of pertinent topics relating to senior living issues to include Downsizing, Estate Planning, Decluttering, Home Health Care, How to Avoid Scams and much more. As a Seniors Real Estate Specialist® (SRES®), and REALTOR®, she helps clients with the sale of their home and move to their forever home...

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 serving the local community for over 20 years. She and her associates bring a wealth of knowledge and expertise in helping individuals manage and handle the tasks associated with Estate Property Sales. Whether it relates to selling homes, repairs, organizing tasks, files, or de-cluttering we're here to provide top-quality professional services throughout the probate process. Often, this process is quite stressful, so having the right team to help you and your family can bridge the gap between stress and success. We'll help you throughout the entire process from beginning to end whether you need to buy or sale a home. Our probate team can help you find attorneys, accountants, contractors and many other professionals to help you settle your loved one's estate.

SILVER

Long and Foster Real Estate Services	410-878-5597	<a href="http://www.longandfoster.com/DeniseRedmond">www.longandfoster.com/DeniseRedmond</a>
MarketPro Homebuyers	301-900-3376	<a href="http://MarketProHomebuyers.com">MarketProHomebuyers.com</a>
Samson Properties	301-980-0625	<a href="http://www.angelapotts.com">www.angelapotts.com</a>
Sparkle Senior	571-901-9011	<a href="http://www.SparkleSenior.com">www.SparkleSenior.com</a>


**The Tilghman Team of Keller Williams Preferred Properties**

301-661-4472

1441 McCormick Drive, Suite 1020

Upper Marlboro, MD 20774

JTilghman@KW.com

[www.TheTilghmanTeam.com](http://www.TheTilghmanTeam.com)

Contact: Jennifer Tilghman

Jennifer's team provides real estate services to those in transitions, 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 especially assist with later life decisions. As a Certified Downsizing Coach, she not only helps clients in decluttering one's environments, but also decluttering one's life. 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, and packing & 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/SENIOR CENTERS (RECREATION AND LEISURE)**

Bowie Senior Center	301-809-2300	<a href="http://www.cityofbowie.org/seniorcenter">www.cityofbowie.org/seniorcenter</a>
M-NCPPC Senior Services	301-446-3420	<a href="http://www.pgparks.com">www.pgparks.com</a>
Laurel-Beltsville Senior Activity Center	301-206-3350	<a href="http://www.pgparks.com">www.pgparks.com</a>
Langley Park Senior Activity Center	301-408-4343	<a href="http://www.pgparks.com">www.pgparks.com</a>
Gwendolyn Britt Senior Activity Center	301-699-1238	<a href="http://www.pgparks.com">www.pgparks.com</a>
Evelyn Cole Senior Activity Center	301-386-5525	<a href="http://www.pgparks.com">www.pgparks.com</a>
J.E. Howard Senior Activity Center	301-735-2400	<a href="http://www.pgparks.com">www.pgparks.com</a>
Camp Springs Senior Activity Center	301-449-0490	<a href="http://www.pgparks.com">www.pgparks.com</a>
Too Smooth Dudes Trio	240-565-3239	Hession123@aol.com
SAGE/Prince George's Community College	301-546-0923	<a href="http://www.pgcc.edu">www.pgcc.edu</a>
Senior Activity Program at Southern Area Aquatic and Recreation Complex	301-782-1455	<a href="http://www.pgparks.com">www.pgparks.com</a>

**SENIOR CARE REFERRAL AND PLACEMENT**

Care Patrol of Prince George's County	301-852-9310	<a href="mailto:Charles.Picard@Carepatrol.com">Charles.Picard@Carepatrol.com</a>
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**Companions to Care, LLC**  
 301-245-7170  
 9701 Apollo Drive, Suite 100  
 Largo, MD 20774  
[www.companionstocare.com](http://www.companionstocare.com)  
[info@companionstocare.com](mailto: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.

SILVER

Health Pro for All	240-761-3060	<a href="http://healthcareadvertisingandmarket.com">healthcareadvertisingandmarket.com</a>
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### Oasis Senior Advisors

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

Our Vision - Increase the safety and awareness of our elders who are vulnerable and create a local body who collaboratively works towards improving the quality of life and reducing traumatic outcomes through assessment and action. Our Mission - To strengthen the voice of our elders and support them to empowerment and re-stabilization. Our Services - Peer assistance, advocacy, legal assistance, counseling and trainings.

[www.OasisSeniorAdvisors.com](http://www.OasisSeniorAdvisors.com) Silver-Spring-Northern-PG

SILVER



### Owl Be There

240-215-6190  
1750 Tysons Blvd., Suite 1500  
McLean, VA 22102  
OwlBeThere.com  
nadia.evans@owlbethere.com  
Contact: Nadia Evans

OWL BE THERE is a network of senior living experts who help seniors and families navigate the maze of options and identify the right care solutions - whether assisted living, Alzheimer's or memory care, homecare, respite, and group homes. Our Mission is to improve the lives of seniors by empowering them to make wise, informed choices. Our services are always free to seniors and their families. We are paid by our network of senior living and care providers. Our name is our commitment to you: OWL BE THERE.

SILVER

## SENIOR HOUSING



### Collington, A Life Plan Community

301-541-5022  
10450 Lottsford Road  
Mitchellville, MD 20721  
[www.collington.kendal.org](http://www.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

Pin Oak Village

301-464-6830

[www.pinoakvillageapartments.com](http://www.pinoakvillageapartments.com)



**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

SILVER

**SPECIALIZED SERVICES**



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

“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.

SILVER



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

Caregiver Biz

240-245-0348    caregiverbiz.org

Crosswalk Coaching & Consulting, LLC      301-806-3209      karen@crosswalkcoaching.com



**The Juanita C. Grant Foundation**

301-325-8850

www.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

Sharing the Knowledge      240-731-6488      www.stkn100.com

## TRANSPORTATION



**Mountain View Transportation LLC**

301-664-2149

www.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 7 for description of Villages)*

Cheverly Village      240-770-1033      www.cheverlyvillage.org

Greenbelt Assistance In Living (GAIL)      301-345-6660      www.greenbeltmd.gov

Hyattsville Aging in Place      301-887-3101      www.HyattsvilleAginginPlace.org

Helping Hands University Park (HHUP)      301-892-6636      www.helpinghandsup.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](mailto: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 Georgian's 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.



Advisory Committee on Aging Committee Members not included in the group photo:



### 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](mailto:agingadvisory@co.pg.md.us) or use Maryland Relay at 711.

#### Officers

- Michelle Blanc  
*Chair*
- Ida Fletcher  
*Vice Chair*
- Dr. Gretchen D. Lofland  
*Secretary*

#### Membership

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

#### Department of Family Services Representatives

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

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  
**Rosalyn Morgan**

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



@dfanorthernprincegeorgesco1105

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@greenbeltmd.gov, 240-542-2029

Webinars, Newsletters, Dementia Friends and Bilingual Services

Katherine Farzin, kfarzin@greenbeltmd.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

Rosalyn Morgan, dfamidcounty@gmail.com, 240-481-9302

Memory Screening, Caregiver Training

Vikki Kalitisi, midcountydfa@gmail.com

Caregiver Training

Dr. Gybrilla Blakes OR Vikki Kalitisi  
dfamidcounty@gmail.com

Memory Screening, Caregiver Conversations, Webinars, and Dementia Friends

Shaunda Bellamy, sbellamy@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>  
Camela Coleman, Carmela.cr.adc@gmail.com, 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

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

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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# The Gift of Mobility

Donate or Receive Durable Medical Equipment



### DURABLE MEDICAL EQUIPMENT EXAMPLES:

Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Chairs, Canes, Crutches, Hospital Beds, "Hoyer" Lifts, Tub Transfer Benches, and Much More!

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- Repaired
- Provided to adults and children with mobility needs

### Please contact us:

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

 240-230-8000

 [dme.mdoa@maryland.gov](mailto:dme.mdoa@maryland.gov)



## 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](mailto: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** 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

Like us on Facebook  pgcfamilyservices

Follow us on Twitter  @pgcfamilyservice and on Instagram  @pgcfamily

# 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

 @PGHealth

health.mypgc.us

## 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](http://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](http://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](http://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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Follow us on Instagram @PGCDSS

# 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 Attick 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
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 disabili- ty, 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.*

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### 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	Glenarden.....	301-789-4198
Laurel.....	301-323-8096	Seat Pleasant.....	301-336-2600
Bowie.....	301-809-2324	Bladensburg .....	301-277-4920
Capitol Heights .....	301-336-0626	Greenbelt .....	301-474-4100
Edmonston .....	301-277-4920	Cottage City.....	301-277-4920
New Carrollton .....	301-577-1008	Hyattsville .....	301-985-5000
College Park.....	301-345-8100		

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

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### Volunteer Transportation Organizations

#### **Fish of Greater Bowie, 301-262-8479**

13710 Annapolis Road, Bowie, MD 20702

[www.fishofbowiemd.com](http://www.fishofbowiemd.com)

- 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.

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## 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.



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## Medical Assistance Transportation (MATP)

The Medical Assistance Transportation Program (MATP) provides non-emergency transportation to Medicaid covered services to eligible Medical Assistance (MA) residents who have no other means of transportation of getting to their medical appointments. Services are provided after a thorough screening process for new clients. Current residents are also screened periodically.

These transportation services are provided through the use of Health Department vans and contracted vendors that provide sedan, wheelchair and ambulance transportation. There is no fee for the services. Non-emergency transportation must be scheduled a minimum of 24 hours in advance, unless patient has just been discharged from the hospital. CONTACT NUMBER is 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.

## 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.

If you are visiting the area, you may pay the reduced bus fare by showing the bus operator a valid government issued photo ID with a birthdate and address at one of the Metro sales locations to purchase the \$8.75 Metrobus Weekly Senior Pass or the \$10 Senior Metrorail farecard.

### The following locations sell the Senior SmarTrip card during operating hours:

- Camp Springs Senior Activity Center, 6420 Allentown Road, Camp Springs
- Gwendolyn Britt Senior Activity Center, 4009 Wallace Road, North Brentwood
- John E. Howard Senior Activity Center, 4400 Shell Street, Capitol Heights
- Langley Park Senior Activity Center, 1500 Merrimac Drive, Hyattsville
- Laurel-Beltsville Senior Activity Center, 7120 Contee Road, Laurel
- Greenbelt Library, 11 Crescent Road, Greenbelt
- Hyattsville Library (temporarily closed), 6502 American Boulevard, Hyattsville
- Oxon Hill Library, 6200 Oxon Hill Road, Oxon Hill
- Spauldings Library, 5811 Old Silver Hill Road, District Heights
- South Bowie Library, 15301 Hall Road, Bowie

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## 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](mailto: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](mailto: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 will 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.

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## 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: <http://www.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.

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## 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.

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## 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 [www.uber.com](http://www.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.



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## 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 <https://www.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.



# Important Telephone Numbers

<b>AGENCY</b>	<b>PHONE NUMBER</b>
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 .....	301-560-2101
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.....	301-265-8401
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
Prince George’s County One Stop Career Center.....	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



# 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

## **John E. Howard Senior Activity Center**

4400 Shell Street, Capital Heights, MD 20743

Nutrition Site: (301) 420-3120  
Senior Center: (301) 735-2400

## **Camp Springs Senior Activity Center**

6420 Allentown Road, Camp Springs, MD 20748

Nutrition Site: (301) 265-8665  
Senior Center: (301) 449-0490

## **Langley Park Senior Activity Center**

1500 Merrimac Drive, Hyattsville, MD 20785

Nutrition Site: (301) 439-3056  
Senior Center: (301) 408-4340

## **Evelyn Cole Senior Activity Center**

5720 Addison Road, Seat Pleasant, MD 20743

Nutrition Site: (301) 386-2283  
Senior Center: (301) 386-5525

## **Laurel Beltsville Senior Activity Center**

7120 Contee Road, Laurel, MD 20707

Nutrition Site: (301) 206-3368  
Senior Center: (301) 206-3350

## **Glenarden Nutrition Site**

8600 Glenarden Parkway, Glenarden, MD 20706

Nutrition Site: (301) 773-2104

## **Meals on Wheels**

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

## **Greenbelt Senior Center**

15 Crescent Road, Greenbelt, MD 20770

Nutrition Site: (301) 397-2208  
Senior Center: (301) 397-2208

## **Southern Area Aquatics and Recreation Complex (SAARC)**

13601 Missouri Avenue, Brandywine, MD 20613

Nutrition Site: (301) 782-1455  
Senior Center: (301) 782-1455

## **Gwendolyn Britt Senior Activity Center**

4009 Wallace Rd., North Brentwood, MD 20722

Nutrition Site: (301) 277-4231  
Senior Center: (301) 699-1238



# Food Resources

## Senior Meal Home Delivery Services

NAME	WEBSITE/E-MAIL	TELEPHONE	COMMENTS
<b>Moms Meals</b>	www.momsmeals.com	877-508-6667	Delivered to the home. Meals will last up to 14 days from delivery. Call in or online orders.
<b>Homestyle Direct</b>	info@homestyledirect.com	866-735-0921 ext.2	Call in orders.
<b>Silver Cuisine</b>	www.silvercuisine.com Silver@Bistromd.com	844-404-3663	Delivered to the door via Fedex.
<b>Magic Kitchen</b>	www.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



## Other grocery stores that deliver

Target  
Lidl

Fresh Direct  
Weis Markets

Whole Foods (delivery through Amazon)

Harris Teeter  
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 memory 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@greenbeltmd.gov

## Other Support Groups

Please call for details on meeting dates and times.

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Cancer Support Groups

**Hope Connections**  
240-714-4744

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Parkinson's Support Group

**Bowie Senior Center**  
301-809-2300

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Stroke Support Group

**Doctors Hospital Rehabilitation**  
301-552-8144

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Grief Support Groups

**Chesapeake Life Center**  
888-501-7077

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Grief Support Group

**Dementia Friendly (South County)**  
301-535-3976

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Grief Support Groups

**Prince George's Hospice**  
301-921-4400

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# WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)



## Who is at Higher Risk?

Older adults and people who have severe chronic medical conditions like lung, heart, or kidney disease seem to be at higher risk for serious coronavirus illness. It is especially important for you to take actions to reduce your risk of exposure if you are at higher risk.



## Take Preventative Actions

- Wear a face covering/mask in public.
- Wash your hands for 20 seconds using soap and water. If soap is not available, use hand sanitizer with at least 60 percent alcohol.
- Avoid touching your face, nose and eyes.
- If you go out in public, keep your distance from others.
- Avoid crowds.
- Consider ways of safely getting food and medications brought to your house through family, social, or commercial networks.



## What To Do If You Get Sick: Stay Home!

Call your health care provider, let them know about your symptoms. They will assess if you need testing and provide next steps for care.

For up-to-date information on Covid-19 and vaccinations, visit [health.mypgc.us/coronavirus](https://health.mypgc.us/coronavirus) or call 301-883-6627.



# 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

### Evelyn Cole Senior Activity Center

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

### Gwendolyn Britt Senior Activity Center

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

### John E. Howard Senior Activity Center

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

### Langley Park Senior Activity Center

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

### Laurel-Beltsville Senior Activity Center

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

### New Senior Program located at: Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Ave., Brandywine, MD 20613  
301-782-1455

**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 an account, and to get information about ID cards and Fitness Room cards, visit [pgparks.com](http://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](mailto: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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