

PGSPN PRINCE GEORGE'S Senior Provider Network

COMMUNITY / RESOURCES / COLLABORATION / EDUCATION



2020

PRINCE GEORGE'S COUNTY SENIOR RESOURCE GUIDE

INSIDE

Aging In Place and Senior Resources
Professional & Government Resources

For more information visit www.pgspn.org

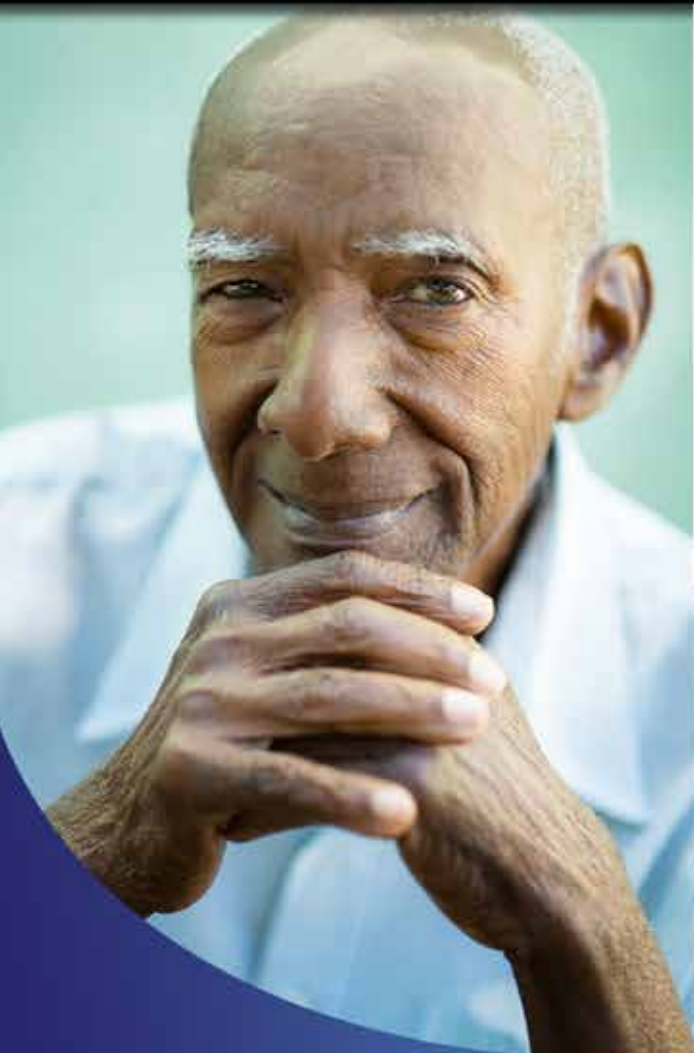


Prince George's County Department of Family Services Aging and Disability Resource Center

6420 Allentown Road | Camp Springs, MD 20748



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



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

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





A Message from The County Executive

Prince George's County treasures and values our seniors and we are dedicated to providing exceptional services to seniors, their caregivers and family members.

In Prince George's County, there are over 170,000 adults over the age of 60. With a total population of 916,233 residents, the over 60 population is 18.6% of the total county population and expected to be close to 20% by 2021. We must work collectively as a county to meet the emerging needs of our seniors. Together with the Prince George's Senior Provider Network (PGSPN), this *2020 Senior Resource Guide* has been updated to provide important information and resources available here in Prince George's County.

Please keep this Senior Resource Guide in a convenient place, refer to it often for assistance and share it with family and friends. Working together, sharing information and resources strengthens our community. If you need more information, please contact the Aging & Disabilities Resource Center, your one stop shop for information, resources and assistance at 301-265-8450.

I am committed to growing Prince George's Pride and improving the quality of life in our communities. We take pride in expanding access to information and resources for more county residents.

I am honored to serve our community and work together to realize the promise of Prince George's County!

Sincerely,

Angela D. Alsobrooks,
Prince George's County Executive



A Message from The Area Agency on Aging

We welcome you to the *2020 Prince George's Senior Resource Guide*. The Prince George's County, Department of Family Services, Aging and Disabilities Services Division serves as the local Area Agency on Aging.

We are proud to partner with the Prince George's Senior Provider Network to provide this valuable resource. This reference tool provides a comprehensive listing of services provided by the Prince George's County Department of Family Services and other county agencies, as well as businesses and non-profits, dedicated to serving seniors in the county. Additionally, you will find:

- important definitions of services and terms;
- a reference guide to transportation;
- a listing of subsidized, low income and affordable senior housing;
- recreational opportunities, and much more.

We strive to provide exceptional services to assist our residents as they endeavor to age in place in their own homes and communities. We also want caregivers to know we are a reliable source to explore long term care options for your loved one.

We invite Prince George's County older adults, their caregivers, and family members to take advantage of the many services and programs provided. If you need additional information or need this information in an alternative format, please contact our Aging & Disabilities Resource Center at 301-265-8450.

It is indeed our pleasure to serve you. We hope you find this book to be a valuable resource and we look forward to hearing from you.

Sincerely,

Theresa M. Grant, Director
Area Agency on Aging

Message from PGSPN President

Welcome to the 2020 Prince George's County Senior Resource Guide!

The Prince George's Senior Provider Network (PGSPN) is a non-profit 501C3 service organization whose mission is to improve and enrich the quality of life for Prince George's County seniors and their caregivers. Members of PGSPN include businesses, non-profits and government representatives dedicated to serving Prince George's County seniors through collaboration, education, and service to the community. We invite senior service providers in Prince George's County to join PGSPN to network, collaborate, learn and share your knowledge, keep current on senior services in the county, and to connect and support our senior community through service projects. Monthly membership meetings are held the 3rd Thursday of the month.



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

- Producing and disseminating the valuable resource, the Prince George's Senior Resource Guide.
- Offering a Speakers Bureau, featuring a variety of senior relevant topics, available for free to speak to senior groups, clubs, senior center patrons and community groups. For a complete list of topics and speakers, visit www.pgspn.org.
- Supporting senior community events through sponsorships.
- Donating incontinence supplies for seniors in need.
- Serving as a resource to public agencies regarding the special needs of seniors.
- Hosting an annual senior special event such as a family caregivers workshop.
- Supporting seniors in need through special projects.

We hope you find this Senior Resource Guide valuable! For up to date information, please visit www.pgspn.org.

Sincerely,

Darilyn Marinelli

Darilyn Marinelli, PGSPN President

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.

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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

Useful Resources

AGENCY	PHONE NUMBER
AARP	888-687-2277
Alzheimer’s Association.....	800-272-3900
Columbia Lighthouse for the Blind.....	301-589-0894
Developmental Disabilities Administration	301-362-5100
Elder Care Locator.....	800-677-1116
Equal Rights Center	202-234-3062
MD Department of Education, Division of Rehabilitation Services	410-554-9442
.....	888-554-0334
Maryland Legal Aid	301-560-2101
Maryland Relay.....	711
Maryland Department of Veterans Affairs	301-248-0463
Medicaid Recipient Relations.....	410-767-5800
Prince George’s County Click.....	311
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	301-909-2228
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

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 often 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

sheila@seniornetwork.org

Contact: Sheila Smoot

www.CrescentRidgeAdultDayCenter.com

Crescent Ridge has been serving the seniors and adults with disabilities in our community for over 28 years. Our skilled staff provides medically supervised day time 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

Arden Courts Memory Care Community

301-847-3051

www.arden-courts.com/silverspring

Elyon Assisted Living

240-602-8926

Elyonassistedliving.com

Hannah's Heart ALF

301-633-7087

8106 Highland Meadows Drive

Clinton, MD 20735

www.myhannah'sheart.com

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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Fine Living Care	202-409-1366	www.finelivingcare.com
Home for Precious Gems	240-802-6202	Shelia@homeforpreciousgems.com
Kingsgate Manor Assisted Living	301-346-7487	www.bostonhealthservices.com
Malta House	301-699-8600	www.VictoryHousing.org
Rose's Place, Incorporated	301-577-3291	www.rosesplacesenioralf.com
Seabury at Springvale Terrace Senior Living	301-587-0190	glatture@seaburyresources.org
Spring Arbor Senior Living	410-451-1140	www.springarborliving.com



Springtime Home Assisted Living

301-324-7130
 804 Cypress Point Circle
 Mitchellville, MD 20721
www.SpringTimeHome.com
info@SpringTimeHome.com

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.

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Tribute at Melford

301-329-5565
 17300 Melford Blvd., Bowie, MD 20715
<https://thrivesl.com/melford/>
larry.dix@tributeatmelford
 Contact: Larry Dix

Tribute at Melford offers Assisted Living and Memory Care apartments. We provide restaurant style dining, daily excitement and person-directed service. Our community is state of the art and offers a host of benefits and services. We are the future of Assisted Living and Memory Café care!

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The W Assisted Living

240-495-9807
 1717 Largo Road
 Upper Marlboro, MD 20774
www.thew.online
thewassistedliving@outlook.com

The W offers premier assisted living services in a location that is convenient and easy to access from all major local roads. The one-story building is designed for maximum functionality, affording our residents unparalleled freedom to move throughout the facility and its surrounding grounds. With a full-time nurse-director, The W has an exceptional ability to monitor the health of its residents, to coordinate the delivery of health care services, and to quickly respond to any unexpected health care needs or concerns.

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FINANCIAL SERVICES/INSURANCE



J. E. Henderson
**Financial Savant Tax
 & Business Service**
 301-459-3796
 6606 Woodstream Drive
 B-100
 Seabrook, MD 20706
<http://www.jehfinancial.net>
savant@financier.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.

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Primerica 301-254-6702 www.primerica.com/jh_pickettsr

Raymond James Financial Services, Inc. 301-459-2484 lanta.evans@raymondjames.com

FUNERAL AND CEMETERY SERVICES



Gasch's Funeral Home
 301-927-6100
 4739 Baltimore Ave.
 Hyattsville, MD 20781
www.gaschs.com

Gasch's Funeral Home is a family owned business that has been in service since 1858. Offering a wide variety of options to properly memorialize your loved one including pre-planning, traditional funerals, cremations, pet cremations, si habla español. Let us carry you on our wings.

GOLD

Cemetery Pre-Planning 301-772-0900 Cordelia.Hodges@dignitymemorial.com

GERIATRIC CARE MANAGEMENT (AGING LIFE CARE MANAGEMENT)

Ann Craynon ElderCare Solutions, LLC 301-218-0958 www.acEldercareSolutions.com



Debra Levy Eldercare Solutions, LLC
*Aging Life Care™ Management
 & Concierge Companion Services*
 301-593-5285
 11120 New Hampshire Ave., Suite 505
 Silver Spring, MD 20904
info@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.
www.care-manager.com

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Reassurance4U Companion/Concierge Service	301-580-8844	www.reassurance4u.com
Pickett Fences Senior Services, Inc	301-358-2066	www.pickettfences.org
Seabury Resources for Aging Care Management	202-364-0020	www.seaburycaremanagement.org

HEALTH CARE ADVOCATE

Montgomery Health Advocates, LLC	240-418-6310	www.MontgomeryHealthAdvocates.com
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HOME CARE NON-MEDICAL

A Homemade Plan	443-837-7768	www.ahomemadeplan.com
Assisting Hands	301-965-0521	www.assistinghands.com/bowie



ComforCare

240-764-5844

9420 Annapolis Road, STE 216, Lanham, MD 20706

www.comforcare.com

chithon@comforcare.com

Contact: Cary Hithon

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!

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Companions to Care, LLC

301-245-7170

9701 Apollo Drive, Suite 100

Largo, MD 20774

www.companionstocare.com

info@companionstocare.com

Companions to Care is a senior concierge service provider. We offer a variety of services from companion care to personal assistant services to seniors and anyone who needs support with daily living activities and other tasks our clients are unable to do or don't have time to do. We are licensed, bonded, and insured.

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CW Health Care Services LLC	301-364-6699	www.cwhealthcareservicesllc.net
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Distinctive Home Care, Inc.

301-925-2900

2006 Tulson Lane, A-100

Bowie, MD 20721

www.distinctivehomecare.com

jguynn@distinctivehomecare.com

Contact: Jim Guynn

Distinctive Home Care is a licensed, bonded, and insured home health care company based in Largo, MD. We service the senior and disabled community. We are privately owned. Our Care Providers are certified, thoroughly screened, and employees of DHC. We provide care on a live in or live out basis from 4-24 hours per day.

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Family Choice Healthcare
 888-358-1341 ext. 108
 4601 Forbes Blvd, Suite 320
 Lanham, MD 20706
www.familychoicehealthcare.com
ktaylor@familychoicehealthcare.com
 Contact: Kym Taylor

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

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Griswold Home Care

301-899-3200

www.griswoldhomecare.com

Home Care Assistance

443-302-2771

www.homecareassistance.com/annapolis

Home Helpers/Direct Link of Bowie, MD
 301-955-6013
 16701 Melford Blvd, Suite 400
 Bowie, MD 20715
www.homehelpershomecare.com/bowie/home
jwynn@HomeHelpersHomeCare.com
 Contact: Jonathan Wynn

Home Helpers/Direct link of Bowie, Maryland, a locally owned, trusted provider of quality, compassionate in-home care, customizing solutions to your unique situation that keeps your loved one at home where they're happiest. Our Professional Caregivers have background checks, are experienced, well-trained, insured and available for 1 hour to 24 hours a day, depending on need.

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Interim Healthcare
Lower Prince George's County/Largo MD
 301-388-8282
 9500 Medical Center Drive, Unit 440-A
 Largo, MD 20774
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!**
www.interimhealthcare.com

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Mae's At-Home Support Services

301-392-7093

www.mae-support.com

Open Arms Home Health

301-741-7847

www.openarmscaregivers.net

PATHS, LLC

301-909-5600

www.pathsofpgc.com

Right at Home
 301-255-0066
 1450 Mercantile Lane, Suite 127
 Upper Marlboro, MD 20774
www.rightathomemd.net
mark@rightathomemd.net

We provide bonded and insured, properly vetted caregivers to provide companionship services, personal care or medication administration under a nurse's supervision. We can assist with live-in caregivers, hourly services, or help provide care on an episodic nature. We are a vendor under the Veteran's Personal Care Program and serve veterans in other programs.

SILVER

SAYS

240-788-7335

www.sayss.org

**Visiting Angels Home Care Agency**

301-583-8820

9701 Apollo Drive, Suite 297

Largo, MD 20774

www.visitingangelspg.com/largo

vkalitsi@visitingangelspg.com

Contact: Vikki Kalitsi

Visiting Angels is a non-medical home care company specializing in giving our clients "a peace of mind" while providing customized care for your loved ones. We are licensed by the state of Maryland; all our caregivers are bonded, and we conduct background checks. Call us to schedule your "Angel" today!

GOLD

HOME CARE – SKILLED**Assigned Health Services, Inc**

301-812-3513

15400 Mount Oak Road

Bowie, MD 20716

www.assignedhealthservices.com

assignedhealth@gmail.com

Contact: Naomi Elcock, RN,

MHA, CM, DN, Executive Director

Assigned Health Services, Inc. provides Home Care, Placement Services & HMG Assisted Living (Residential Services Agency Lic#R4131 Maryland Dept. of Office of Health Care Quality). Locally owned and operated, we provide highly trained caregivers as well as skilled nursing (wound care & medication administration) in the patient's home or our assisted living home. Services available also includes nursing case management and placement services.

SILVER

**BrightStar Care®**

410-697-3527

2111 Baldwin Avenue, Suite 3

Crofton, MD 21114

www.brightstarcare.com/anne-arundel

christina.wingate-spence

@brightstarcare.com

BrightStar Care® provides home care services, making it possible for people to age in place and recover from illnesses and injuries at home, in familiar surroundings. The organization specializes in caring for people with complex medical needs – pediatric through geriatric – including Alzheimer's disease and various dementias, ALS, end-of-life support, paralysis, and many conditions requiring skilled nursing care including IV therapy and wound care. The BrightStar Care team is at its best when clients need longer shifts and/or 24/7 care, although shorter shifts can be accommodated when needed. Whether clients need companion care or personal care provided by a home health aide or Certified Nursing Assistant (CNA), or they have more complex medical needs requiring care provided by a Registered Nurse (RN), BrightStar Care can provide the services necessary to keep them safe and secure.

GOLD

**Care Positive**

301-439-1810
10435 Edgefield Drive
Adelphi, MD 20783
www.carepositive.com
carepositive@gmail.com

Care Positive provides care from the heart to seniors and others who are in need of care in the comfort of their homes.

SILVER

**DANA Nursing Agency**

301-324-7130
804 Cypress Point Circle
Mitchellville, MD 20721
www.dananursing.com
dananursingagency@gmail.com

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

SILVER

Defyd Health Care Services

410-262-1228

www.defydhealthcareservices.com

**NurtureLink, LLC**

301-562-8800
1300 Mercantile Lane
Suite 136
Largo, MD 20774
www.nurturelink.com
info@nurturelink.com
Contact: La Juan Russell

NurtureLink is an in-home care provider serving families in the Prince George's and Montgomery Counties. NurtureLink offers medication management, personal hygiene care in the home (such as feeding, bathing, continence care, dressing and grooming), companion care, meal preparation, light-house keeping and transportation to doctor visits. We also provide respite care for short term temporary relief and rest and renewal for family caregivers.

SILVER

**Prestige Healthcare**

Resources, Inc
240-334-4394
9500 Arena Dr. Suite 474
Largo, MD 20774
www.prestigewecare.com
prestige2care@gmail.com
Contact: John S. Smith, Jr.

Providing compassion and care isn't just our profession at Prestige Healthcare Resources, it's our passion, and it's our culture! Our Mission: To support our clients in living a vibrant, comfortable and dignified life. Prestige Healthcare Resources, Inc. provides competent, affordable and exceptional "in-home" care, medical staffing, case management, and mental health services.

GOLD

Pryme Healthcare Services

301-560-1446
2817 Citrus Lane
Springdale, MD 20774
prymehealthcare.com
lindapryme@gmail.com

Pryme Healthcare is a Residential Service/Staffing Agency dedicated to assisting individuals during and after an illness to regain their health and maintain normal daily functions in their homes. We provide a broad array of home-based health care services ranging from complex nursing care to personal and home maintenance care. We believe in caring for clients using a comprehensive approach of health care services across the continuum of care. Our goal is to provide cost effective, affordable and reliable quality home-based health service to all our clients.

SILVER

HOME CARE STAFFING SERVICES

Caregiver Jobs Now 240-560-3554 www.caregiverjobsnow.com

HOSPICE AND PALLIATIVE CARE

Capital Caring Hospice & Palliative Care 855-571-5700 www.capitalcaring.org



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
tturner@hospicechesapeake.org
Contact: Tamara Turner

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



Prince George's Hospice

Hospice Care • Grief Support • Education
301-921-4400
princegeorghospice.org
Contact: Admissions

Prince George's Hospice, a non-profit, 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.

As part of Montgomery Hospice, we bring 39 years of experience focusing on what matters most to our patients and their families. At 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 Prince George's County.

GOLD

LEGAL SERVICES/ELDER LAW



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

301-464-7448
14300 Gallant Fox Ln., Bowie, MD 20715
www.byrdandbyrd.com
rpasciuto@byrdandbyrd.com
Contact: R. Anthony Pasciuto "Tony"

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 Law Office of Cheryl
Chapman Henderson, LLC -
A Law4God Firm**
301-220-4463
4920 Niagara Road, Suite 200
College Park, MD 20740
www.hendersonlaw4god.com

We are dedicated to serving individuals & families in Maryland and the District of Columbia who need legal assistance in the following areas: Estate Planning, Elder Law, Asset Protection, Benefits Planning, Probate & Estate Administration.

GOLD

Law Office of Karren Pope-Onwukwe, LLC 301-464-9600 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
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.

GOLD



Envision Eye & Laser Center, PA
 301-805-4664
 12200 Annapolis Road, Suite 116
 Glenn Dale, MD 20769
www.EnvisionEyeandLaser.com
info@EnvisionEyeandLaser.com
 Contact: Dr. Bovelle

At Envision Eye and Laser, Dr. Renee Bovelle and her team employ a patient-oriented approach to deliver expert ophthalmic care. Dr. Bovelle a board certified ophthalmologist was trained at Wellesley College, UCLA School of Medicine, Yale University and the LSU Eye Center. She offers each patient an individualized treatment plan, and she is dedicated to helping patients make informed decisions about medical, surgical, and aesthetic treatments. Some of the conditions treated and services offered include: Comprehensive Eye Care, Cornea and Refractive Surgery, Refractive Cataract Surgery, LASIK, Botox, Dermal Fillers, Dry Eye, Diabetic Eye exams, Glaucoma, Keratoconus and Ptyergium. At Envision Eye and Laser, Your Best Vision is our focus.

GOLD



Jacobs Audiology, LLC
 Quality Hearing Solutions
 301-860-1124
 6915 Laurel-Bowie Rd., Suite 304
 Bowie, MD 20715
www.jacobsaudiology.com
jacobsaudio@aol.com
 Contact: Marcie Jacobs

Jacobs Audiology offers hearing exams and provides personalized hearing solutions for every budget and lifestyle. We have an honest, fact-based approach to hearing health care. Jacobs Audiology participates with most insurances and offers complimentary new patient hearing aid consultations.

SILVER

Loving Hands Podiatry	301-323-5652	Lovinghandspodiatry55@gmail.com
Mobile Medical Imaging	800-680-9729	www.mobile-medical-imaging.com



Pain Management Associates
 Haddis Hagos, M.D.
 301-220-2333
 7300 Hanover Dr., Suite 204
 Greenbelt, MD 20770
www.metropain.org
ldreszer@hpwsc.com

Pain Management Associates is an interventional pain management practice devoted to the treatment of painful conditions, whether acute and/or chronic, to improve pain, function, and enhance quality of life. We provide a comprehensive management of your pain condition using the latest advanced and cutting-edge interventional procedures.

SILVER

MEDICAL EQUIPMENT & SUPPLIES



DHC Medical
301-918-1750
8855 Annapolis Road
Suite 100
Lanham, MD 20706
www.dhcmedicalsupply.com

We are a leading Medical Equipment and Supply company serving the community for over 12 years. 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 insurances.

SILVER



DME & Supplies, LLC
301-985-2985
9701 Apollo Drive
Suite 105
Largo, MD 20774
www.dmesuppliesllc.site
dme_suppliesllc@aol.com

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

SILVER



Norbrook Medical Equipment & Supplies, Inc.
301-577-5846
9463 Annapolis Road, Lanham, MD 20706
www.norbrookmedical.com
cdaley@norbrookmedical.com
Contact: Cory Daley

Norbrook Medical Equipment and Supplies, Inc., in Lanham is your full-service home medical equipment provider. We carry incontinent 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!

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MINISTRY

First Baptist Church Glenarden 301-773-3600 jhedgpeth@fbcglenarden.org

NURSING AND REHABILITATION

Cadia Healthcare of Hyattsville 301-864-2333 www.cadiahealthcare.com



Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, MD 20622
301-884-8171
www.charhall.com
Contact: Carole Lewis

Charlotte Hall Veterans Home (CHVH) is Maryland's only Skilled Nursing and Assisting Living Facility exclusively serving the needs of Maryland's Veterans and their eligible spouses. CHVH is an affordable alternative to private nursing care. A program of the Maryland Department of Veterans Affairs. In addition to Skilled Nursing and Assisted Living, CHVH provides Rehabilitation and Memory Care.

GOLD

**FutureCare Pineview**

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

FutureCare Capital Region

240-487-4400
1051 Brightseat Road, Landover, MD 20785
www.futurecare.com/senior-care-maryland/prince-georges-county

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.

GOLD

**Hillhaven Assisted Living Nursing & Rehabilitation Center**

301-937-3939
3210 Powder Mill Road, Adelphi, MD 20783
dcwilliamson@meridiansenior.com
Contact: Dwan Williamson
www.meridiansenior.com/community/hillhaven

Hillhaven offers a spectrum of services from Assisted Living, Memory Care, Rehabilitation Services, Respite and Long-Term Senior Care.

SILVER

PHARMACY**Professional Care Pharmacy**

410-484-4801
806 Reisterstown Road, Unit 3
Pikesville, MD 21208
www.mypcpharmacy.com
kateryna@mypcpharmacy.com
Contact: Kateryna Donets
(C) 443-204-9909

Professional Care Pharmacy is an independently owned and operated Long Term Care Pharmacy that provides all the pharmaceutical needs of residents in long term care facilities. We value personal relationships with our facilities, and we value your time. You have more important things to do than deal with call centers, medical errors, prior authorization or paperwork confusion. We do everything we can to make your job easier and support the well-being of your residents. Our services won't just benefit you—they'll benefit your residents and their families. We work directly with caregivers and residents' families to ensure medication is affordable, convenient and easy-to-access—at no extra cost to you or your residents.

SILVER

PRINCE GEORGE'S COUNTY GOVERNMENT



**Prince George's County,
Department of Social Services,
Adult Resource Bureau**
301-909-2085
805 Brightseat Road
Landover, MD 20785
www.princegeorgescountymd.gov
Shirley.Jacobs@maryland.gov
Contact: Shirley Z. Jacobs

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,
Department of Family Services,
Aging and Disabilities
Service Division**
301-265-8450
6420 Allentown Road
Camp Springs, MD 20748
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 Memorial Library System
301-699-3500
9601 Capital Lane
Largo, MD 20774
www.pgcls.info
outreach.services@pgcls.info
Contact: Carian Gray, Library Associate II Senior and Homebound Services

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, downloadable books, audiobooks, educational DVDs, over 50 online resources, computer access, wifi, and more at any of the 19 branch libraries. 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 homebound residents can receive material by mail.

SILVER

Office of Congressman Steny Hoyer

301-474-0119

daryl.pennington@mail.house.gov

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

Changing Keys by Susan

443-370-2356

www.changingkeysbysusan.com

REAL ESTATE AND MORTGAGE SERVICES

Long and Foster Real Estate Services

410-878-5597

www.longandfoster.com/DeniseRedmond

Mi Mutual

240-654-0960 or 240-654-0955

6301 Ivy Lane Suite 206

Greenbelt, MD 20770

Mobile: 301-455-4944

Kathy@MortgagePossibilities.com

Contact: Kathy J Hessberger, CMPS

We are a top 5 US renovation lender and are a direct lender with Fannie Mae, Freddie Mac and Ginnie Mae. Our services include providing mortgage lending, Aging in Place renovation and remodeling loans as well as reverse mortgages. We also offer monthly seminars on Aging in Place.

SILVER



The Tilghman Team of Keller Williams Preferred Properties

301-661-4472

1441 McCormick Drive, Suite 1020

Upper Marlboro, MD 20774

www.TheTilghmanTeam.com

jtilghman@KW.com

Contact: Jennifer Tilghman

Jennifer's Real Estate Team provides services to those in transitions whether it be the senior, the caregiver or family member of the senior... those facing divorce, baby boomers downsizing, and even to the newlywed looking for their first home. These transitions can be overwhelming, and Jennifer's team provides the care and compassion throughout the entire real estate transaction. They provide various resources needed and manages the activities minimizing the stress of the move.

SILVER

Remax Specialists

301-787-4035

Saundra@yourhomesearchpartner.com

RECREATION/SENIOR CENTERS (RECREATION AND LEISURE)

Bowie Senior Center	301-809-2300	www.cityofbowie.org/seniorcenter
M-NCPPC Senior Services	301-446-3420	www.pgparcs.com
Laurel-Beltsville Senior Activity Center	301-206-3350	www.pgparcs.com
Langley Park Senior Activity Center	301-408-4343	www.pgparcs.com
Gwendolyn Britt Senior Activity Center	301-699-1238	www.pgparcs.com
Evelyn Cole Senior Activity Center	301-386-5525	www.pgparcs.com
J.E. Howard Senior Activity Center	301-735-2400	www.pgparcs.com
Camp Springs Senior Activity Center	301-449-0490	www.pgparcs.com
Tooo Smooth Dudes Trio	240-565-3239	Hession123@aol.com
SAGE/Prince George's Community College	301-546-0923	www.pgcc.edu

SENIOR CARE REFERRAL AND PLACEMENT

Care Patrol of Prince George's County	301-852-9310	Charles.Picard@Carepatrol.com
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SENIOR HOUSING**Collington, A Life Plan Community**

301-541-5022

10450 Lottsford Road

Mitchellville, MD 20721

www.collington.kendal.orgsshort@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
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SPECIALIZED SERVICES

Arlana Styles Hair Suite

301-615-4650
www.arlanastyles.xyz
bookme@arlanastyles.xyz

Arlana Styles Hair Suite provides healthy hair care services. Our hair services address major hair concerns such as: Baldness, Alopecia, Dandruff, Dry Scalp, Hair Loss, Oily Scalp & Oily Hair to achieve healthier hair while building a positive self-image. PG County Senior Activity Center members as well as seniors (60+) who live within the beltway will benefit from our mobile services, which will eliminate the stress of leaving the comfort of their home. Our goal is to teach you how to grow and maintain the integrity of your hair and scalp.

SILVER

Crosswalk Coaching & Consulting, LLC	301-806-3209	karen@crosswalkcoaching.com
The Juanita C. Grant Foundation	301-325-8850	S.Orlene Grant, Pres./ogrant@jcgfdn.org
Maryland Institute of Language & Technology	301-793-7971	www.mdinlangtech.info
Maryland Relay	410-767-6960	www.mdrelay.org
Optimum Health & Wellness	301-404-3532	www.optimumhealth-wellness.com
PG Mobile Notary	817-266-0768	ebrazil58@outlook.com
Trilogy Asset Solutions and Consulting	215-651-0294	dcrawford@trilogyasetsolutions.com
Walking for Wellness - Educator	240-731-6488	cabcynth1980@aol.com

TRANSPORTATION



All-Star Travel, LLC

301-218-5387
808 Sturbridge Lane
Bowie, MD 20716
www.all-startravel.net
allstarSfortravel@gmail.com

All-Star Travel, LLC is a family owned transportation business with a long history of service. Our founders are: a commercial driver with a stellar driving record, an experienced educator, and a top-rated physician. Together we are committed to providing high quality and safe shuttle and transport services locally, as well as throughout Maryland, Virginia, and the District of Columbia. Additional long distance transportation may also be arranged.

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



PRINCE GEORGE'S COUNTY Area Agency on Aging Programs



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

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

Alert & Return Prince George's is a program to provide 24/7 wandering and emergency response services for individuals with Alzheimer's disease or other related dementias. In addition, the Prince George's County Safe Return Program will provide resources to individuals diagnosed with Alzheimer's disease or other dementias, their families and caregivers, including: In Home Assessment; Wandering and Personal Emergency Response Systems (PERS); Linkage to Community Based Services; Caregiver/Community Education- (Safety Tip Sheet); Semi-Annual Monitoring/ Reassessment.

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.

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 less 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.

Area Agency on Aging Programs

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.

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 that are 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 subsidized employment and training program which provides part-time employment and training for low-income older adults and improves and expands community services where needed. Senior Care funds services for seniors who may be at risk of nursing home placement. Clients can access publicly provided services, or if they are not available, Senior Care will make arrangements with private vendors. These services can include; personal care, chore, adult day care, medical supplies, respite care, home delivered meals, emergency response system, 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 the 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.

Dept. 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

Prince George's County 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.

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 www.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 www.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 they are awaiting approval of federal disability support. The program is funded through the State of Maryland to provide help to individuals without dependent children. <https://mydhrbenefits.dhr.state.md.us/>

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. <https://mydhrbenefits.dhr.state.md.us/>

Adult Protective Services

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



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Senior Housing Resource Guide



Subsidized Government Housing

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

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

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Cottage City Towers 4142 Bunker Hill Road Cottage City, MD 20722 301-883-5501	Built 1974 6 story building 100 Units 1 & 2 bedrooms	Public Subsidy - 30% Income	No Age Requirement Pet Friendly (with permission) Smoke Free
Kimberly Gardens 9146 Cherry Lane Laurel, MD 20708 301-490-2488	Built 1972 Townhomes / 50 Units 2, 3, & 4 bedrooms	Public Subsidy - 30% Income	No Age Requirement Pet Friendly Smoke Free
Marlborough Towne 1849 Tenow Place District Heights, MD 20747 240-681-2635	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 508 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 20772 301-249-2100	Built 1984 6 Story / 106 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
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 20746 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 20749 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 NEW 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 20785 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 Barlow 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 Road Suitland, MD 20746 240-229-5489	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 NEW 3171 Rolland Kenner Loop Glenarden, MD 20706	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 800-786-1251	1998 4 Story / 125 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Pet Friendly Smoking Allowed
The Lodge at Marlton 9590 Crain Highway 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

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Newton Green 5300 Newton Street Bladensburg, MD 20710 301-772-5888	Built 2008 4 Story / 78 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ & ages 21+ with a disability No Pets Smoking Allowed
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 20707 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 201-350-1100	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 20785 301-350-4766	Built 1994 4 Story / 110 Units 1 & 2 Bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Windsor Crossing 5000 Lydianna Lane 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 NEW 11609 Facchina Place Glenn Dale, MD 20769	Projected Completion Date 2021 4 Story / 252 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Smoke Free
Woodside Village 6801 Bock Road Ft. Washington, MD 20744 301-839-2150	Built 1995 4 Story / 200 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoke Free

Transportation Resource Guide



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

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

Municipal Transportation

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

Berwyn Heights	301-513-9331	College Park.....	301-345-8100
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
District Heights.....	301-336-1402	Greenbelt	301-474-4100
Mount Rainier	240-832-6559	Town of University Park.....	301-927-4262
Capitol Heights	301-336-0626	Cottage City.....	301-277-4920
Edmonston	301-277-4920	Hyattsville.....	301-985-5000
New Carrollton.....	301-577-1008		

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

Volunteer Transportation Organizations

Fish of Greater Bowie / 301-262-8479 / www.fishofbowiemd.com

13710 Annapolis Road, Bowie, MD 20702

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

Transportation Resource Guide

County Call-A-Bus Service

Call-A-Bus is a demand response curb-to-curb service (you must be able to get to the curb on your own). Service is available to all residents of Prince George's County who are not served by or cannot use existing bus or rail service. However, priority is given to seniors and persons with disabilities. You must provide your own escort. Service animals are allowed for the visually impaired. Reservations can be made up to seven (7) days in advance by calling 301-499-8603 between 7:30 am–4:30 pm. Monday through Friday (excluding County holidays).

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

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.



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

Transportation Resource Guide

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 301-699-2696.

MetroAccess

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



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

To be eligible for MetroAccess service, an applicant must:

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

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

- Downloading online MetroAccess application. If you have a visual disability and require a Microsoft Word version or large print version of the application or an application in Spanish, simple Chinese, Korean or French, please email eligibility@wmata.com or contact our office so we can accommodate your request.

- Calling 202-962-2700 and select option 1 or TTY 202-962-2033 or
- Emailing eligibility@wmata.com
- Requesting in writing to: Metro Transit Accessibility Center, 600 Fifth St., NW, Washington D.C.

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

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

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

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

Transportation Resource Guide

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

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

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

Call-A-Cab

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



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

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

Wheelchair Accessible Taxis

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

- Call 301-277-6000 to make a reservation.
- Wheelchair accessible taxis must have 24-hour notice for scheduling a trip.
- The cost is \$3.00 base fee and \$2.10 per mile. From 8:00 pm to 6:00 am the base fee is \$4.00.
- There is an additional \$1.00 fee each for use of the trunk and for an escort to accompany rider.

Uber

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

1. Download the Uber app on your smartphone. Go to 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.
2. Request - Enter your destination and choose a ride option. You'll always see the price up front.
3. Ride - You'll see your driver's picture and vehicle details and can track their arrival on the map.
4. Verify license plate and the name of the driver before entering the car.



Lyft

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

1. Go to <https://www.lyft.com/rider> and download the Lyft app for free.
2. Get a ride estimate.
3. Request a ride.
4. Verify license plate and the name of the driver before entering the car.



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. For more information on applying for congregate or home delivered meals, please call the Prince George's County Senior Nutrition Program at 301 265-8475.

Bowie Senior Center

14900 Health Center Drive, Bowie, MD 20716

Nutrition Site: (301) 809-2355 or 2356

Senior Center: (301) 809-2300

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood, MD 20722

Nutrition Site: (301) 277-4231

Senior Center: (301) 699-1238

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs, MD 20748

Nutrition Site: (301) 248-5702

Senior Center: (301) 449-0490

John E. Howard Senior Activity Center

4400 Shell Street, Capital Heights, MD 20743

Nutrition Site: (301) 420-3120

Senior Center: (301) 735-2400

Council House

3940 Bexley Place, Marlow Heights, MD 20746

Nutrition Site: (301) 899-8445

Langley Park Senior Activity Center

1500 Merrimac Drive, Hyattsville, MD 20785

Nutrition Site: (301) 439-3056

Senior Center: (301) 408-4340

Crescent Cities Jaycees

6907 Oxon Hill Road, Oxon Hill, MD 20745

Nutrition Site: (301) 567-7076

Laurel Beltsville Senior Activity Center

7120 Contee Road, Laurel, MD 20707

Nutrition Site: (301) 206-3368

Senior Center: (301) 206-3350

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant, MD 20743

Nutrition Site: (301) 386-2283

Senior Center: (301) 386-5525

Meals on Wheels

Cheverly (301) 618-3930

College Park (301) 474-1002

Takoma Park (301) 434-1922

Glenarden Nutrition Site

8600 Glenarden Parkway, Glenarden, MD 20706

Nutrition Site: (301) 773-2104

New Carrollton Nutrition Site

6016 Princess Garden Parkway, Lanham, MD 20706

Nutrition Site: (301) 459-6103

Greenbelt Senior Center

15 Crescent Road, Greenbelt, MD 20770

Nutrition Site: (301) 397-2208

Senior Center: (301) 397-2208

Shiloh Baptist Church

8801 Ardwick Ardmore Road, Landover, MD 20785

Nutrition Site: (301) 772-7333, TUESDAY ONLY

Greenridge Nutrition House

22 Ridge Road, Greenbelt, MD 20770

Nutrition Site: (301) 474-1135

St. Paul Baptist Living

1207 Addison Road, Capitol Heights, MD 20743

Nutrition Site: (301) 568-5232

TUESDAY & THURSDAY ONLY

Caregivers Support Groups

Note: Please call to confirm meeting dates, times and location as the information may have changed.

Bowie Senior Center

14900 Health Center Drive, Bowie

2nd Tuesday at 10am
Ann Craynon, 301-218-0958

Department of Family Services

6420 Allentown Road, Camp Springs

1st Wednesday at 3pm
Deborah McBroom, 301-265-8450

Golden Age Adult Day Care Center

3112 Belair Drive, Bowie

4th Thursday at 6pm
Ann Craynon, 301-218-0958

Carolina Missionary Baptist Church

9901 Allentown Rd, Ft Washington

2nd Saturday at 11am
Delmarie Hines, 240-356-7137
Lynn Carpenter, 301-222-7811

Crescent Ridge Adult Day Health Center

7001 Oxon Hill Road Oxon Hill

Meets Monthly, the 1st Wednesday 5-6pm
Shelia Smoot, 301- 567-1885

Grace United Methodist Church

11700 Old Fort Rd, Ft Washington

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

Joseph A. Gilmore Senior Adult Day Center

608 Largo Road, Upper Marlboro

To be announced.
Nuria Alvarez, 301-808-9808

First Baptist Church of Glenarden

3600 Brightseat Road, Landover

3rd Thursday at 11am
Vikki Kalitsi, 240-354-8895

3rd Monday at 6pm
Valerie Outlaw, 240-888-3258

Morningside House of Laurel

7700 Cherry Ln, Laurel

3rd Saturday at 10am
Stephanie McKay, 301-725-2220

The Lodge at Marlton

9590 Crain Hwy, Upper Marlboro

1st Monday at 1pm
Shirley Young, 757-838-4701

Weekly Telephone Support Group

Holy Cross Hospital Resource Center

Tuesdays at 6pm
Please call 301-754-7152 to receive the necessary information to participate.

Google Hangouts Support Group (for younger caregivers)

2nd and 4th Tuesdays 7:30-8:30pm
Please contact Linda Weitzman at
lcweitzman@gmail.com to receive necessary information to participate.

Care Consults

Consultations are provided by the Alzheimer's Association and available by appointment.
Contact Nancy Quarles at 240-467-3833

Memory Cafés

Memory Cafés are designed for individuals with early stages of dementia. There is a pre-screening required prior to attending. For more information, contact Nancy Quarles at 240-467-3833.

Bowie Senior Center

14900 Health Center Drive, Bowie, MD 20716 • (301) 809-2300
Meets the third Wednesday of each month from 2-4 pm

Camp Springs Senior Center

6420 Allentown Road, Temple Hills, MD 20748 • (301) 449-0490
Meets the third Tuesday of each month from 2:15-4:15 pm

Greenbelt Municipal Building

25 Crescent Road, Greenbelt, MD 20770 • (301) 474-8000
Meets every first and third Wednesday of each month from 1:30-3 pm

St. Paul United Methodist Church

“Remember When Cafe”
6634 Saint Barnabas Road, Oxon Hill, Maryland
Meets 1st and 3rd Wednesday of each month from 1-3 pm



Other Support Groups

Please call for details on meeting dates and times.

Cancer Support Groups	Hope Connections	240-714-4744
Prostate Cancer Support Group	Southern MD Hospital	301-374-9098
Diabetic Support Group	Bowie Senior Center	301-809-2300
Parkinson's Support Group	Bowie Senior Center	301-809-2300
Stroke Support Group	Doctors Hospital	301-552-8144
Grief Support Group	Chesapeake Life Center	888-501-7077
Caregiver Support Group	Hands of Hope	202-997-4073



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YOU'RE
COUNTED!**

Complete the 2020 census by phone, online, or mail. Your household will receive an invitation as early as March 2020.



Proud **TO BE
COUNTED**

Your participation is worth

\$18,250

PGCensus2020.org

PGCensus2020@mncppc.org
Call 311 for more information



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SENIOR ACTIVITY CENTERS

Camp Springs Senior Activity Center
6420 Allentown Rd., Camp Springs, MD 20748
301-449-0490; TTY 301-699-2544

Evelyn Cole Senior Activity Center
5720 Addison Rd., Seat Pleasant, MD 20743
301-386-5525; TTY 301-699-2544

Gwendolyn Britt Senior Activity Center
4009 Wallace Rd., North Brentwood, MD 20722
301-699-1238; TTY 301-699-2544

John E. Howard Senior Activity Center
4400 Shell St., Capitol Heights, MD 20743
301-735-2400; TTY 301-699-2544

Langley Park Senior Activity Center
1500 Merrimac Dr., Hyattsville, MD 20783
301-408-4343; TTY 301-699-2544

Laurel-Beltsville Senior Activity Center
7120 Contee Rd., Laurel, MD 20707
301-206-3350; TTY 301-699-2544

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



Sign up for a FREE PARKS DIRECT account at any M-NCPPC community center in Prince George's County to get your FREE Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where the 40+ community centers are located, to learn more about opening a PARKS DIRECT account, and to get information about ID cards and Fitness Room cards, visit www.pgparcs.com or call the Customer Service Help Desk at 301-699-CALL (2255); TTY 301-699-2544.



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