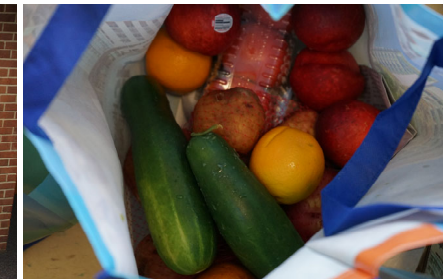


GAIL RESOURCE GUIDE

A complete resource guide designed to help residents identify and utilize available services.



Greenbelt Assistance In Living Program

25 Crescent Road, Second Floor

Greenbelt, Maryland 20770

This resource guide was compiled by
Alexandra Pichler, UMD Public Health Intern
November 2019



NOTES

GREENBELT ASSISTANCE IN LIVING (GAIL) PROGRAM

The goal of the GAIL program is to provide comprehensive case management and service coordination, with the goal of allowing senior and/or disabled residents in age to place. GAIL has partnered with both CARES and other community social service entities to expand outreach to meet the needs of underserved Greenbelt residents.

This program is staffed by four members: Community Resource Advocate, Community Case Manager, Bilingual Community Outreach Coordinator, and Service Coordinator for Green Ridge House, a HUD Section 8 apartment building owned by the city.

Community Resource Advocate who coordinates and provides information about, and referrals to, appropriate agencies and community resources for adult residents, caregivers or family members of the Greenbelt community; assists clients in making informed choices about their health and wellness options; serves as a liaison between the resident and service provider; evaluates the social services needs of each client; and provides support and training resources to caregivers. The Community Resource Advocate also develops and implements programs that relate to the specific needs of seniors. If you would like additional information about the Greenbelt Assistance in Living Program, please contact Christal Batey, Community Resource Advocate at 301-345-6660 ext. 2012 or email her at cbatey@greenbeltmd.gov to schedule an appointment.

The GAIL Community Case Manager provides direct client services for the GAIL program, assistance in program development and participation in GAIL community events. Additionally, the Community Case Manager runs memory support groups, supervises community nursing and individualized client support. If you would like more information on individualized support please set up an appointment with Sharon Johnson at sjohnson@greenbeltmd.gov or 240-542-2029.

The GAIL Bilingual Community Outreach Coordinator is responsible for developing and coordinating community wellness programs for children, families, and seniors within the Greenbelt community and supervising the pediatric nursing and public health student interns. Resources will be customized for each families needs. Please schedule an appointment with Katherine Farzin at kfarzin@greenbeltmd.gov or 240-542-2019 if you have any questions or in need of information regarding the GAIL program.

The Green Ridge House Service Coordinator is responsible under HUD Section 8 guidelines to provide service coordinator services to the residents at Green Ridge House. If you would like additional information about Green Ridge House please contact Flora Li, interim service coordinator, at fli@greenbeltmd.gov.

Please look for additional resource information in the Senior Resource of the Month column, featured in the Greenbelt News Review, or the GAIL Guide a quarterly resource newsletter available to GAIL participants and the City of Greenbelt website www.greenbeltmd.gov.

Health Department
Prince George's County
301-883-7879

Elder Care Locator Services
1-800-677-1116

Maryland Department of Aging
410-767-1100 Local
1-800-243-3425 Toll Free

Maryland Medical Assistance and Beneficiary Services
Medicaid and pharmacy access hotline
410-767-5800

Maryland Motor Vehicle Administration (MVA)
1-800-950-1682

Social Security Administration
1-800-772-1213

Vital Records Office
Prince George's County Health Department
Largo West Building
425 Brightseat Road, Suite 101
Landover, MD 20785
301-324-2940

Washington Suburban Sanitary Commission (WSSC)
1-800-828-6439 (Toll Free)
301-206-4002 (Emergency)

Volunteer opportunities for adults age 55+ in a variety of roles in the community.

6420 Allentown Road
Camp Springs, MD 20748

Other Resources

301-265-8450

Voter Registration

Prince George's County Board of Elections

301-341-7300

AARP

1-888-687-2277

Animal Control

Greenbelt Animal Control Officers are on duty:

Monday-Friday 8 a.m. – 4 p.m.

Saturday 8 a.m. - 4 p.m.

Sunday – 8 a.m.-12 p.m.

Calls for service should be directed to the Animal Control phone at 301-474-6124, or the Greenbelt Police non-emergency phone number at 301-474-7200.

Board of Elections

Prince George's County

301-341-7300

Department of Family Services

Prince George's County

301-265-8401

Department of Social Services

Prince George's County

301-209-5000

EMERGENCY PHONE NUMBERS

Medical Emergency	911
Greenbelt Police Department	
Emergency	301-474-5454
Non-Emergency	301-474-7200
Pepco Electrical Emergency	1-877-737-2662
Washington Gas Emergency	1-800-752-7520
Poison Control	1-800-222-1222
Elder Care Locator Services	1-800-677-1116
Homeless Hotline	1-888-731-0999
Suicide Hotline	1-800-273-8255

GREENBELT CITY PHONE NUMBERS

City Clerk's Office	301-474-3870
City Manager's office	301-474-8000
Greenbelt Assistance in Living	301-345-6660
Greenbelt Connection	301-474-4100
GIVES	301-507-6580
Aquatic Center	301-397-2204
Public Works	301-474-8004
Recreation and Parks	301-397-2200
Code Enforcement	301-345-5417

Visit the City of Greenbelt at
<https://www.greenbeltmd.gov>

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are no fees, but donations are always welcome.
Greenbelt Community Center
15 Crescent Rd.
Greenbelt, MD 20770
301-507-6580

Meals on Wheels

Volunteers assist in this home delivered meals program by preparing and/or delivering food, helping out with administrative work, supporting local fundraising events, or calling seniors to check in on their safety.
Greenbelt Community Center
15 Crescent Road
Greenbelt, MD 20770
301-397-2208

Prince George's Arts and Humanities Council

A local non-profit who coordinates financial support and advocacy for the arts. Volunteers assist with administrative tasks, festivals and other activities.
6525 Belcrest Road, Suite 132
Hyattsville, MD 20782
301-277-1402

Prince George's County Memorial Library

Volunteer Program

11 Crescent Road
Greenbelt, MD 20770
301-345-5800

Retired Senior and Volunteers (RSVP) Program

Prince George's County Department of Family Services Aging Services Division

Volunteer Opportunities

A comprehensive services and advocacy resource for injured service members.

1120 G Street, NW, Suite 700,
Washington, DC 20005
202-558-4302
1-877-TEAM-WWP (832-6997)
www.woundedwanioproject.org

Anacostia Watershed Society

Volunteers assist in river clean ups, wetland restoration, tree plantings and other activities.

4302 Baltimore Avenue
Bladensburg, MD 20710
301-699-6204
www.anacostiaws.org

City of Greenbelt

A variety of volunteer opportunities including. For more information, access the website at:

www.greenbeltmd.gov

Greenbelt Intergenerational Volunteer Exchange Services (GIVES)

Assisting the frail and disabled, regardless of age, as well as the elderly to remain independent until they are no longer able to safely function on their own. In order to give or receive aid, membership is required. There

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Accessibility

HOME MODIFICATION

Accessible Homes for Seniors Program

Maryland Department of Housing and Community Development

A program for income qualifying seniors to provide accessibility related improvements in homes such as installation of grab bars, widening of doorways, and installment of ramps. Improvements are financed and deferred through a zero interest loan for a term of 30 years.

Contact Person: Deborah McBroom

6420 Allentown Road, Camp Springs, MD 20748

301-265-8450

www.mdhousing.org

Strategies for Independent Living, LLC

Modifications for indoor and outdoor living spaces for adults with disabilities and seniors who seek to age in place.

1007 Elm Avenue, Takoma Park, MD 20912

301-585-5738

MEDICAL EQUIPMENT

DHC Medical Supply

Hospital beds, electric wheelchairs, chair lifts, specialty mattresses, shower assistance and other medical products.

**8855 Annapolis Road, Suite 100,
Lanham, Maryland 20706**

301-918-1750

www.dhcmedicalsupply.com

Provides assistance to paralyzed veterans in the areas of home accessibility, advocacy, sport program facilitation, hospital liaison supports and education.

801 181h Street, NW

Washington, DC 20006

1-800-424-8200 , www.pva.org

Veteran Crisis Line

US Department of Veterans Affairs

For crisis concerns either for yourself or a loved one.

1-800-273-TALK (8255)

Veterans Support Foundation

A comprehensive services and advocacy resource for veterans and their families.

8719 Colesville Rd, Suite 100

Silver Spring, Maryland 20910

1-800-882-1316 ext. 126

www.vsf-usa.org

Vietnam Veterans of America

A comprehensive services and advocacy resource for Vietnam veterans and their families.

Chapter 641 - Silver Spring, Maryland

1-800-882-1316 ext. 126

www.vva.org

Wounded Warrior Project

\$10 and use the coupons to pay for your fare.
301-883-5656

Veterans Services

A variety of health services are available in the greater Washington, DC, area for military veterans.

Department of Veterans Affairs

A comprehensive services resource for veterans.
1-800-827-1000 www.va.gov

Medical

Community Based Outpatient Clinic Greenbelt

Outpatient clinic for veterans.

5801 Allentown Road
Camp Springs, MD 20746 301- 423-3700

Washington DC Veterans Affairs Medical Center

Medical, surgical, rehabilitative, neurological and psychiatric care.

50 Irving Street, NW
Washington, DC 20422
202-745-8000

www.washingtondc.va.gov

Support Services

Blinded Veterans Association

Counseling, employment, advocacy and support services provided to veterans who are blind.

125 N. West Street, 3rd Floor
Alexandria, VA 22314
202-371-8880

www.bva.org

Paralyzed Veterans of America

Maryland Technology Assistance Program (MDTAP)

Maryland Department of Disabilities

An equipment exchange and short-term loan program for disabled adults and seniors.

1-800-832-4827

www.mdod.maryland.gov

Caregiver Resources

This list is not exclusive or exhaustive of area resources. The City of Greenbelt does not endorse any particular agency.

ADULT DAY CARE

Peer socialization, health, and wellness programs and nutrition programs for seniors who need a little extra care during the day. Centers also have Registered Nurses on site to supervise and administer medications, monitor blood pressure and check weight.

Crescent Ridge Adult Day Care

Services include: nursing/medical care, health education, medication management, rehabilitative care, recreational therapy, family education and support services, information referral, community integration, nutrition services and transportation.

7001 Oxon Hill Rd., Oxon Hill, MD 20745

301- 567-1885

Golden Age Adult Day Care of Bowie. Inc.

The adult day care facility provides care and daily activities for seniors.

**3112 Belair Drive, Bowie, MD 20715
(301) 262-3900**

Holy Cross Medical Adult Day Care

The center provides senior health services by a full time RN—a geriatric nurse with special expertise in caring for seniors with a variety of health problems.

**9805 Dameron Dr., Silver Spring, MD 20902
301-754-7150**

Insight Memory Care Center

Formerly Alzheimer's Family Day Center, is a non-profit organization providing a wide range of services to people with Alzheimer's disease and their families. IMCC is the only dementia-specific adult day center in the Washington, D.C. area. It is the first, and still the only center in Northern Virginia with programs for people in the later stages of an Alzheimer's illness.

**3953 Pender Drive, Suite 100, Fairfax, VA 22030
703-204-4664**

Maryland Care

The adult day care facility provides care and daily activities for seniors.

**4703 Old Soper Rd. Suite 1, Camp Springs, MD 20746
240-716-3649
www.marylandcare.us**

dividuals/disabled seniors who cannot use regular public transportation. Paperwork must be completed and photo ID obtained before being eligible for this service.

301-562-5360

Bus Transportation

Greenbelt Connection

Curb to curb transportation within City limits for Greenbelt residents. Cost is \$1 each way for senior citizens. Please call to arrange for transportation at least 24 hours in advance to schedule a pick-up.

301-474-4100

Prince George's County Call-A-Bus

Free curb to curb transportation for seniors and disabled adults in Prince George's County.

301-499-8603

1-800-735-2258 TTY

'The Bus' — Prince George's County

A County bus service meeting local transportation needs by providing 28 routes, covering over 10,000 miles. "The Bus" operates Monday through Friday.

Seniors and disabled are free of charge.

301-324-2877

Cab Transportation

Mesfin Taxi Service

301-602-3317

Prince George's County Call-A-Cab

A program facilitated by 50% discount coupons utilized for seniors. Purchase a \$20 coupon book for

Prince George's County Department of Family Services Aging Services Division

Advocates for residents of nursing homes, board and care homes, assisted living facilities and similar adult care facilities. They work to resolve problems of individual residents and to bring about changes

Transportation

at the local, state and national levels that will improve residents' care and quality of life.

6420 Allentown Road
Camps Springs, MD 20748
301-265-8450

301-265-8483 (for assisted living and nursing home residents)

Transportation for seniors and adults with disabilities.

Medical Transportation

Senior Transportation Services (STS)

Medical Program

Provides regularly scheduled curb to curb transportation for seniors who participate in eligible nutritional, medical or recreational programs.

240-855-6355

www.seniortransportationservice.com

Transportation for Disabled Individuals

MetroAccess

Door to door public transportation for disabled in-

Success is Yours Inc. Adult Day Care

Welcomes adults of all ages who have physical, mental, or emotional disabilities.

15 Crescent Rd., Greenbelt, MD 20770
301-534-3153

RESPIRE CARE

Short-term intervals of care for patients who are normally supported by family caregivers. Services may be available during crisis or as needed. Many have sliding scale fees.

Respite Program

Prince George's County Department of Social Services
A support program for family caregivers based on an application request and eligibility determination. Fees are on a sliding scale.

301-909-2091/2090

Respite Administrator: Debbie Jeffries

Other Supportive Services

Caregiver Support Group

Provides support and resources to those who care for frail and at-risk adults. Meets on the second Wednesday of every month from 6:00-7:15pm

Greenbelt Community Center

15 Crescent Rd., Greenbelt, MD 20770
301-345-6660



Caregiver Resource Center

Holy Cross Hospital

A wealth of information and supportive services for caregivers.

9805 Dameron Dr. , Silver Spring, MD 20902

301-754-7152

Family Caregiver Support Program

Prince George's County Department of Family Services, Aging Services Division

Assists caregivers who provide care to an individual 60 years of age and older.

301-265-8450

Chronic Illness Support

Arthritis, cancer, diabetes, and more. The list is not exclusive or exhaustive of area resources. The City of Greenbelt does not endorse any particular agency.

Older Adult Services

Prince George's County

Various programs directed at supporting health concerns for adults.

301-265-8450

ALZHEIMER'S

Alzheimer's Association

A non-profit organization with a desire to end Alzheimer's through research, prevent dementia through health promotion initiatives and provide support to those currently diagnosed with Alzheimer's and the family members caring for them.

1-800-272-3900, www.alz.org

Greenbelt, MD 20770

301-345-5800

Library Service for Homebound

Prince George Memorial Library

Library materials are delivered to the home by volunteers for qualifying customers.

301-699-3500 x6164

Maryland State Library for the Blind and Physically Handicapped

Home delivered audio and Braille books.

410-230-2424 Local

1-800-964-9209 Toll Free

Safety

Adult Protective Services

Prince George's County Department of Social Services

Investigates complaints of abuse, neglect, exploitation or self-neglect.

301-909-2228

1-800-91-PREVENT (1-800-917-7383)

Greenbelt Police Department

550 Crescent Rd.

Greenbelt, MD 20770

301-474-7200

Greenbelt Volunteer Fire Department

125 Crescent Rd.

Greenbelt, MD 20770

301-583-2200

Long-Term Care Ombudsman Program

301-474-7087

**Maryland National Capital Park
and Planning Commission**

Information for a variety of senior activities in the area.

301-699-2255

www.mncppc.org

Prince George's Plaza Community Center

Exercise classes, fitness rooms, blood pressure screenings, card games and more.

6600 Adelphi Rd.

Hyattsville, MD 20782

301-864-1611

Prince George's Sports and Learning Complex

Senior Days at the Sports & Learning Complex - Mondays, Wednesdays & Fridays from 8 am to 12 noon - feature FREE use of the facility's pool, fitness center and indoor walking track for Prince George's County residents ages 60 & better. Registration is required. Please bring verification of residency and age to the complex to obtain your FREE senior membership card.

8001 Sheriff Rd.

Landover, MD 20785

301-583-2400

301-583-2483

Libraries

Greenbelt Library

11 Crescent Rd.

**Alzheimer's Disease, Education, and Referral (ADEAR)
Center**

Provides information concerning Alzheimer's disease for health professionals, people with AD and their families and the public

1-800-438-4380

www.nia.nih.gov/alzheimers

**Memory Support Group and
Memory Café Program**

Offers participants diagnosed with memory impairment a comprehensive program that offers on alternating weeks a support group to discuss coping mechanism and concerns and social activities tailor to participants capabilities.

25 Crescent Road, Greenbelt, MD 20770

240-542-2029

ARTHRITIS SUPPORT

Arthritis Foundation Mid-Atlantic Region

A non-profit organization with a desire to utilize community outreach in prevention, education and a cure for arthritis and arthritic conditions.

4720 Montgomery Lane, Suite 300

Bethesda, MD 20814

202-787-5323

CANCER SUPPORT

American Cancer Society

Maryland Action Center

A non-profit organization with a desire to end cancer

through research, prevent cancer through health promotion initiatives and provide support to current sufferers of cancer and their families.

202-661-5700, www.acscan.org

Breast and Cervical Cancer Support

Group Screenings

Prince George's County Health Department Division of Adult and Geriatric Health

301-883-3525

301-265-8450

Cancer Care

A national non-profit organization with the mission of providing telephone counseling, support groups, workshops, financial assistance, and community programs for patients, caregivers, and family members.

1-800-813-4673, www.cancer.org

Cancer Prevention, Education, Screening and Treatment (CPEST) Program

Division of Adult and Geriatric Health, Prince George's County Health Department

Prevention, education, and screening for Prince George's County residents age 50 and over, or those under age 50 who have a first degree family member with colorectal cancer, and who meet income eligibility guidelines.

1701 McCormick Drive, Suite 120

Largo, Maryland 20774

301-883-3526

Leukemia and Lymphoma Society

Maryland Chapter

A non-profit organization with an interest in curing leuke-

crowns and extractions.

650 West Baltimore Street

Baltimore, Maryland 21201

410-706-7101

www.dental.umaryland.edu

Recreation

Greater Baden Medical Services at BAPS

Reduced cost dental clinic. Fees are assessed on a sliding scale. www.gbms.org

7450 Albert Rd. 1st floor

Brandywine, MD 20613

301-836-9645

301-888-2233

Greenbelt Aquatic and Fitness Center

101 Center Way Road

Greenbelt, MD 20770

301-397-2204

Greenbelt Community Center

Features adult health fitness programs, arts programs- Ceramic, Performing Arts, Visual Arts, gym rentals- Basketball, Volleyball, room rentals- Small Events, and Senior Programs

15 Crescent Road Greenbelt, MD 20770

301-397-2208

Golden Age Club

Meets every Wednesday from 11am-12pm in the Community Center Multipurpose Room. Activities include speakers, special programs and field trips.

Affordable Dentures

Various locations throughout the state providing affordable dentures. Call or access the website to find the closest location.

8901 Herrmann Dr Columbia, MD 21045

1-800-DENTURE (336-8873)

www.affordabledentures.com

Donated Dental Services

Maryland Foundation of Dentistry for the Handicapped. Comprehensive dental care at no charge to people of all ages, who, because of a serious disability of impaired mental and/or physical health, lack adequate income to pay for needed dental care (application must be completed and there is a 18-24 month waiting list in some counties).

6410 Dobbin Road, Suite F
Columbia, Maryland 21045
410-964-1944

www.msda.com/files/md-foundation-for-handicapped.pdf



Howard University Dental Clinic

Fee for service and insurance based dental care.

Closes from mid- July to mid-August.

600 W Street, NW

Washington, DC 20059

202-806-0008 Appointments

University of Maryland School of Dentistry

Offers a variety of dental treatments, including

48 check-ups, cleanings, fillings, root canal therapy,

mia, lymphoma, Hodgkin's disease, and myeloma as well as improving the quality of life for both patients and families.

100 Painters Mill Road Suite 800

Owings Mills, MD 21117

443-471-1600, www.ils.org/Maryland

CARDIOVASCULAR ILLNESS SUPPORT

American Heart Association

A non-profit organization with a desire to educate the public concerning heart related issues through health promotion initiatives with a focus on both treatment and prevention support.

1-800-242-8721, www.heart.org

Mended Hearts, Inc.

A non-profit organization with a desire to serve patients and family members afflicted with heart disease. The organization provides support in hospitals, online, and over the phone.

1-888-HEART99 (1-888-432-7899)

www.mendedhearts.org

DIABETES SUPPORT

American Diabetes Association

A non-profit with a desire to both end diabetes through prevention education initiatives and provide support to current sufferers of diabetes and their families.

1-800-342-2383, www.diabetes.org

Diabetes Circle Support Group

Doctor's Community Hospital

Meets once a month from 6pm-7:30pm. Please call for more information.

Joslin Diabetes Center, 5th floor
8118 Good Luck Rd., Lanham, MD 20706
240-965-8491

On the Road Outreach Program

Free diabetes classes for those diagnosed with diabetes, or family members or caregivers to those diagnosed with diabetes. Registration is required.

1701 McCormick Drive, Suite 120
Largo, Maryland 20774
301-856-9424
301-883-3545

STROKE SUPPORT

Stroke Support Group

Doctor's Community Hospital

Empowering stroke survivors and caregivers. Meets on the second Wednesday of every month at 1:00pm in the

Comprehensive Services

Critical Care Conference Room on the 2nd floor of Doctor's Community Hospital.

8118 Good Luck Rd., Lanham, MD 20706
301-552-4284

301- 585-1250

Home Physicians Management

Services include direct patient care, transitional care, comprehensive health assessments and chronic care management.

887-663-1333

410-636-3060

www.alegiscare.com

Rachel H. Pemberton Senior Health Center

Provides primary and continuing comprehensive medical and nursing services.

3601 Taylor St. Suite 108

Brentwood, MD 20722

301-927-4987

Rehabilitation Centers

Crescent Cities Center

On-site therapy, transitional care, and long and short-stay rehabilitation.

4409 East West Highway

Riverdale, MD 20737

301-699-2000

www.geneshcc.com/CrescentCities

Dental

Hillhaven Assisted Living Nursing and Rehabilitation Center

Assisted living, personal care, 24-hour nursing, on-site therapy, dining, activities

3210 Powder Mill Road, Adelphi, MD 20783

301-937-3939

www.hillhaven.com

Low cost options for dental needs.

Silver Spring, MD 20910
301-754-7000

Prince George's Hospital Center

3001 Hospital Drive
Cheverly, Maryland 20785
301-618-2000

Washington Adventist Hospital

7600 Carroll Ave.
Takoma Park, MD 20912
301-891-7600

Washington Hospital Center

110 Irving St. NW
Washington, DC 20010
202-877-7000

Health Clinics/ Home Physician Care

Community Clinic Inc.

CCI provides health care for the “whole person” and offers additional services a patient may need in a primary care setting such as mental health counseling, preventative dental services, nutrition assessments and counseling, diabetes and chronic condition management and family planning.

9001 Edmonston Road, Suite 40
Greenbelt, MD 20770
240-790-3325

8630 Fenton Street, Suite 1200
Silver Spring, MD 20910

Benefits Checkup

An online site used to find benefit programs that can help pay for medications, health care, food, utilities and more.

www.benefitscheckup.org

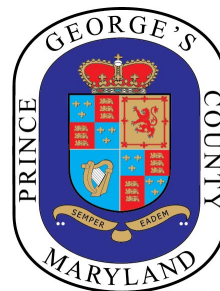
Department of Social Services

Prince George's County

Assistance for elderly and/or disabled adults in self-sufficiency and economic self-support. Also provides case management services in assessment and the development of individual service plans.

**925 Brightseat Rd., Landover, MD 20785
301-909-7000**

Senior Care Program



Prince George's County Department of Family Services, Aging Services Division
Assessment to receive services such as personal care, home chores, adult day care, financial assistance with medications, medical supplies, respite care, home delivered meals, transportation, and more. This program is for individuals with limited income and assets.

als with limited income and assets.

**6420 Allentown Rd., Camp Springs, MD 20748
301-265-8450**

Telephone Reassurance Program

Prince George's County Department of Family Services, Aging Services Division

Volunteers place daily reassuring phone calls to senior citizens of PG County. You must submit an application in order to participate.

6420 Allentown Rd., Camp Springs, MD 20748

301-265-8450

Disability Support

Division of Rehabilitative Services

Maryland State Department of Education

Supports employment and economic independence for disabled individuals.

Metro Business Center

4451- Z Parliament Place, Lanham, MD 20706

301-306-3600

www.dors.state.md.us

Disability Determination Services

Maryland State Department of Education, Division of Rehabilitation Services

Information regarding the processing of disability applications and requirements.

410-308-4500

1-800-492-4283

www.dors.maryland.gov

work for low wages, are unemployed or work part-time, receive public assistance payments, are elderly or disabled and live on a small income or are homeless.

Monday's and Friday's from 1-5pm

25 Crescent Rd.

Greenbelt, MD 20770

301-209-5000

SHARE Food Network

Catholic Charities Archdiocese of Washington

Monthly value packages cost just \$22 and include \$40-\$50 worth of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items and 8-9 pounds of fresh produce. Call or access the website to determine the closest location.

3222 Hubbard Rd

Landover, MD 20785

301-864-3115

www.catholiccharitiesdc.org/SHARE

Physical Health

Hospitals, health clinics and medical offices in the area. For emergencies, please call 911

Doctors Community Hospital

8118 Good Luck Rd.

Lanham, MD 20706

301-552-8118

Holy Cross Hospital

1500 Forest Glen Rd.

St. Hughes Food Pantry

For Greenbelt residents. Please call ahead.
135 Crescent Rd.
Greenbelt, MD 20770
301-474-4322

United Communities Against Poverty

Food pantry for those determined to be in financial need.
By appointment only, Monday and Wednesday's from
9:30am-12pm.
1400 Doewood Lane
Capital Heights, MD 20743
301-322-5700 x5

Home Delivered Food

Meals on Wheels

Home delivered meals for qualifying seniors,
sponsored by Meals on Wheels Association of America.
There is a moderate cost associated with this service.
15 Crescent Road
Greenbelt, MD 20770
301-397-2208

Subsidized Food Options

Food Supplement (Food Stamps Program)

*Prince George's County Department of
Social Services*

You may be able to receive a food supplement if you:

Maryland Department of Disabilities

Find information on housing, employment, education,
physical and mental health benefits, technology assistance
programs, and advocacy initiatives.
217 E. Redwood St. #1300, Baltimore, MD 21202
410-767-3660 or 1-800-637-4113
www.mdod.state.md.us

ADVOCACY

Independence Now

A resource and advocacy center that promotes independ-
ent living and equal access for people of all ages with all
types of disabilities residing in Montgomery and Prince
George's Counties.
12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839, www.innow.org

Maryland Disability Law Center

A non-profit legal services organization under the state of
Maryland with an interest in protecting and advocating for
the rights of persons with disabilities.
410-727-6352 ext. 0 or 1-800-233-7201
www.mdclaw.org

DEAF AND HEARING IMPAIRED

Family Service Foundation, Inc.

A non-profit organization that provides mental health and
substance abuse support with an expertise in deaf or hard
of hearing clients.
5301 76th Ave., Landover Hills, MD 20784
301-459-2121 or 240-241-7249 (video phone)

www.fsfinc.org/

Hearing Loss Association of America

A non-profit organization with a focus on communication access, public policy, research, public awareness and service delivery related to hearing loss.

7910 Woodmont Ave. Suite 1200

Bethesda, MD 20814

301-657-2248 or 301-657-2249 (voice)

www.hearingloss.org

Maryland Relay

Telecommunications Relay Services (TRS) which allows telephone communication with individuals with speech or hearing loss.

1-800-552-7724 (voice)

www.doit.maryland.gov/mdrelay

Maryland Accessible Telecommunications (MAT)

A program which provides free assistive telecommunications equipment to qualified residents of State of Maryland.

1-800-552-7724 (voice/TTY)

443-453-5970 (video phone)

National Association of the Deaf

A non-profit organization with a mission to preserve, protect, and promote the civil, human, and linguistic rights of deaf and hard of hearing people in the United States of America.

8630 Fenton Street, Suite 820

Silver Spring, MD 20910

301-587-1788 or 301-587-1789 (voice)

dren, adolescents, teenagers and adults with persistent and chronic mental illness.

9475 Lottsford Road, Suite 250

Largo, MD 20774

301-636-6504

www.qcihealth.com

Nutritional Resources

Senior Nutrition Sites

Serves hot lunches at 12:00pm Monday through Friday. Senior citizens (ages 60+) must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered. Requested meal donation is \$3.

Greenbelt Community Center

15 Crescent Rd.

Greenbelt, MD 20770

301-397-2208 x4215

Capital Area Food Bank

A social search engine that creates links to the CAFB's network of food assistance partners and programs while providing real time access to services such as healthcare, affordable housing and job training.

www.capitalareafoodbank.org/get-help/

Salvation Army

Emergency food pantry. Monday-Friday 8:30am-4:30pm

4825 Edmonston Rd.

Hyattsville, MD 20781

301-277-6103

health concerns over complaints, regulations, alerts and more.

410-402-8198 1-877-402-8221

Greenbelt CARES

Crisis Counseling in collaboration with the Greenbelt Police Department to offer immediate services to individuals who come into contact with the police, often as a result of a crime or other emergency situation.

25 Crescent Road

Greenbelt, MD 20770 301-345-6660

Outpatient Mental Health Clinic (OMHC), Vesta, Inc.

Provides a variety of clinical mental health services including medication management and therapeutic services. Also accepts insurances that include Medicaid and Medicare as well as uninsured clients, based on established qualifications.

8737 Colesville Road, Suite 700

Silver Spring, MD 20910

240-296-5858

People Encouraging People

Offers a mobile, evidence-based practice of integrated psychiatric, substance abuse and somatic treatment provided by transdisciplinary teams in the community

337 Brightseat Road Suite 201

Hyattsville, Maryland 20785

301-429-8950

www.peponline.org

QCI Behavioral Health

Provides mental health care to individuals, families, chil-

www.nad.org

BLIND AND VISUALLY IMPAIRED

Blind Industries and Services of Maryland

A non-profit organization which offers comprehensive rehabilitation programs, diverse employment opportunities and services for blind and low vision people of all ages.

3345 Washington Blvd., Baltimore, MD 21227

410-737-2600 or 1-888-322-4567 www.bism.org

Columbia Lighthouse for the Blind and

Visually Impaired

Provides programs and services to people of all ages who are blind or visually impaired, regardless of their ability to pay. Programs and services include adaptive technology, professional and career services training, low vision services, rehabilitation, counseling, children's services, independent living and older adult programs.

8757 Georgia Ave

Silver Spring, MD 20910

202-454-6400 www.clb.org

The Lion's Club

Facilitates an eyeglass donation program for qualifying seniors.

301-474-8964

9470 Annapolis Rd. Suite 415

Lanham, MD 20706

www.greenbelt.com/lions

Maryland State Library for the Blind and

Physically Handicapped

Comprehensive library services to the eligible blind and physically handicapped residents of the State of Maryland. Consumers have access to audio and braille books by mail.

415 Park Avenue

Baltimore, Maryland 21201 410-230-2424

410-333-8679 TTY

1-800-964-9209

www.lbph.lib.md.us

Metropolitan Washington

Ear

Free Services for blind, visually impaired and physically disabled people who cannot effectively read print. Service include: Dial in Newspaper and magazines, a radio reading program and more



Education

301-681-6636

www.washear.org

Office for Blindness and Vision Services

Maryland State Department of Education, Division of Rehabilitation Services

Provides counselors, case managers, rehabilitation teachers and other supportive services for the vision impaired.

4451-2 Parliament Pl

Lanham, MD 20706

site therapy, dining, activities

3210 Powder Mill Road, Adelphi, MD 20783

301-937-3939

www.hillhaven.com

Independence Court

Assisted living, personal care, 24-hour nursing, on-site therapy, dining, activities and transportation.

5821 Queens Chapel Road, Hyattsville, MD 20782

Mental Health

301-699-7900

www.independencecourt.com

Malta House

Victory Housing

An assisted living facility with 24-hour emergency assistance, medication administration, meals, personal assistance and laundry services.

4916 LaSalle Road, Hyattsville, MD 20782

301-699-8600

www.victoryhousing.org

Community Crisis Services Inc.

Provides a crisis hotline and referral services.

301-864-7130 Crisis Hotline

1-800-273-TALK (8255) National Suicide Hotline

www.communitycrisis.org

Community Mental Health Unit

Maryland Department of Health and Mental Hygiene

Provides information regarding comprehensive mental

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

Assisted Living Facilities

This list is not exclusive or exhaustive of area resources. The City of Greenbelt does not endorse any particular agency.

Arbor Terrace Senior Living

Assisted living, memory care, personal care, 24-hour professional services, dining, activities, and transportation.

9885 Greenbelt Road
Lanham, MD 20706
301-486-1590
www.theresidenceongreenbelt.cm

Collington Continuing Care Retirement Community

A Kendal Affiliate

A Life Care community that provides a range of services for diverse needs, Independent to assisted living options available.

10450 Lottsford Road, Bowie MD 20721
301-925-7706
1-888-257-9468

www.collington.kendal.org

Hillhaven Assisted Living Nursing and Rehabilitation Center

Assisted living, personal care, 24-hour nursing, on-

410-554-9277
1-866-614-4780

www.afb.org

Prince George's County Community College

Community college and continuing education programs available throughout the year. Discounts for senior stu-

Employment

dents 60+.

Main Campus
301 Largo Rd.
Largo, MD 20774
301-277-5934
www.pgcc.edu

Prince George's Community College Senior Program, Seasoned Adults Growing through Education (SAGE)

A reduced-cost educational program specific to seniors, age 60+. This program includes a variety of classes tailored to the interests of older adults.

301-546-0871
www.pgcc.edu

Maryland Workforce Exchange

Prince George's One-Stop Career Center

Provides job information and services to both job seekers and employers which includes internet access, job search resources, and resume software.

**1801 McCormick Dr.
Largo, MD 20774
301-618-8400**

www.dllr.state.md.us/county/pg

Senior Community Service Employment

Program (SCSEP)

A training service for low-income, unemployed adults 55+. This is an opportunity for training and employment at various host agencies in Prince George's County such as government and non-profits.

Hyattsville Campus

6505 Belcrest Rd

Suite 200

Hyattsville, MD 20782

www.pgcc.edu

301-265-8450

www.princegeorgescountymd.gov

Energy Assistance

Customer Investment Fund Enhanced

Weatherization Program (CIF)

Maryland Department of Housing and Community Development. CIF Enhanced Weatherization Program is designed to help low income Marylanders, in the Baltimore Gas and Electric (BG&E) utility service region address and correct health and safety hazards within the home to allow energy efficiency upgrades to be installed.

1-844-400-3423, www.dhcd.state.md.us

Electric Universal Service Program (EUSP)

Prince George's County

Provides assistance with electric bills for low income, qualifying residents. Funds are available beginning July 1.

*Prince George's County Department of Family Services
Aging Services Division*

A single point of entry into the long term care system for seniors and disabled adults.

6420 Allentown Road

Camp Springs, MD 20748

301- 265-8450

Project Home

Prince George's County Department of Social Services

A housing program in which individual providers can be licensed to house seniors who are in need of a safer and secure environment due to mental or physical health impairments.

805 Brightseat Road, Landover, MD 20785

301-909-6000

Senior Assisted Living Subsidy Program

Prince George's County Department
of Family Services

Provides funding for low-income older adults who may need financial assistance in order to afford placement in an assisted living facility and enables individuals to continue to reside in the community. The assisted living facility combines housing with supportive services by offering congregate meals, housekeeping personal services and 24-hour supervision. To qualify an individual must be a Prince George's County resident, be 62+ and meet income and assets requirements:

Prince George's County Bar Association- Lawyer Referral Service

The Lawyer Referral Service (LRS) is a program operated by the Prince George's County Bar Association designed to assist the public in locating lawyers for specific types of legal matters.

301-952-1440

www.pgcba.com

Register of Wills

Prince George's County

Appoints personal representatives to administer decedents' estates as well as assists and advises public of will preparation process and forms.

14735 Main St., Rm D4001

Upper Marlboro, MD 20773 (Courthouse)

301-952-3250

Long Term Care

Programs and Outreach Efforts

Assisted Living Unit

Maryland Department of Health and Mental Hygiene

Provides information regarding assisted living concerns including : alerts, regulations, complaint filings and consumer information.

410-402-8217

1-877-402-8221

Maryland Access Point (MAP)

**425 Brightseat Rd.
Landover, MD 20785
301-909-6300**

"Heat's On- Water's Off" Program

Maryland Department of Aging

Offers free inspection, service and repair of plumbing and/or heating equipment for qualifying seniors and disabled adults.

301-265-8450

Home Weatherization Upgrade Program

Eligible homeowners can apply to participate in a weatherization and energy efficiency upgrade program for low to moderate income homeowners. The grant funded program is called the Prince George's County Municipal Collaboration. This program is administered by the Town of Bladensburg. Based on available funds.

301-908-4079

www.greenbeltmd.gov/weatherization_upgrade

Maryland Energy Assistance Program (MEAP)

Prince George's County

Provides assistance with heating bills for low income, qualifying residents. Funds are available beginning November 1.

**425 Brightseat Rd.
Landover, MD 20785
301-909-6300**

Utility Service Protection Program

Prince George's County

Protects low-income families from utility service interruption and allows MEAP eligible households to enter into a year-round even monthly payment program with participating utility companies.

425 Brightseat Rd.
Landover, MD 20785
301-909-6300

Washington Area Fuel Fund (WAFF)

Salvation Army

Individuals may qualify for heating assistance (gas or electric) if they meet qualifications including an exhaustion of funds from state programs before applying for this program.

**4825 Edmonston Rd.
Hyattsville, MD 20781
301-277-6103**

Weatherization Assistance Program (WAP)

Maryland Department of Housing and Community Development

Home weatherization services provided to eligible individuals. Services include weather stripping, caulking and plastic window covering to help make the home more energy efficient.

**7800 Harkins Road
Lanham, MD 20706
1-855-583-8976**

www.mdhousing.org

Financial Assistance

Members receive a free 45-minute consultation (in person or by phone) and a 20% discount for members on attorney's fees.

1-866-330-0753

Catholic Charities Legal Network

A pro bono legal service providing our clients with general information, access to volunteer attorneys and law firms, as well as referrals to other appropriate legal service organizations

*The Legal Network does not handle Criminal, Fee-Generating or Immigration Cases

Washington, DC 20001
202-350-4305

Community Legal Services of Prince George's County

Refers eligible persons for certain low-cost or free legal services.

240-391-6370 Line 1
240-391-6395 Line 2

www.clspgc.org

Maryland Legal Aid

Provides a full range of FREE civil legal services to financially qualified Marylanders and people over 60. Maryland Legal Aid handles civil, not criminal cases.

8401 Corporate Dr STE 200

Landover, MD 20785

301-560-2101

888-215-5316

www.mdlab.org

Senior Health Insurance Program (SHIP)

Prince George's County Department of Family Services Aging Services Division
Medicare counseling either by telephone or in person.
6420 Allentown Road, Camp Springs, MD 20748
www.aging.mmyland.gov

Medicaid

Income qualifying insurance for children, pregnant women, parents, seniors and individuals with disabilities.

Older Adult Medicaid Waiver Program

Prince George's County Department of Family Services Aging Services Division
6420 Allentown Road, Camp Springs, MD 20748
www.aging.maryland.gov/medicaid_waiver.html
301-265-8450
866-417-3480

Medical Assistance Program (Medicaid)

Department of Health and Mental Hygiene
A description of many of the programs and services available with information on how and where to apply for benefits.

www.mmcp.dhmfh.maryland.gov

Legal Services

AARP Legal Services Network

WSSC Water Fund

Salvation Army

Individuals may qualify for limited assistance with their water bills based on financial need.

4825 Edmonston Rd.

Hyattsville, MD 20781

301-277-6103

Area organizations that may have assistance for a variety of needs including rental, utility, furniture, clothing and household items. Assistance is provided based on eligibility of applicant and organizations are limited in the amounts they may provide.

Mission of Love

Provides assistance in furniture, clothing and household items. Free for homeless persons. Low income is \$25 membership fee (sliding scale application)

6180 Old Central Ave. Capitol Heights, MD 20743 301-333-4440

Salvation Army

Provides limited financial and food assistance to qualified applicants.

4825 Edmonston Rd.

Hyattsville, MD 20781 301-277-6103

Hispanic and Latino Services

United Communities Against Poverty

May provide emergency shelter, financial assistance, home modification, and food assistance to qualified applicants.

**1400 Doewood Lane
Capital Heights, MD 20731
301-322-5700
www.ucappgc.org**

Adventist Community Services

Provides ESOL classes as well as other support services.

**501 Sligo Ave.
Silver Spring, MD 20910
301-585-6556**

CASA de Maryland

Provides information and referral services for a variety of needs as well as legal service assistance to Hispanic/Latino individuals in need.

**Multi-Cultural Center
8151 115th Ave.
Hyattsville, MD 20783
301-431-4185**

Ayuda

Provides legal service to low-income immigrants. They have staff and pro bono programs that help clients obtain visas, work authorization, legal status, and more.

**6925 B Willow St NW
Washington, DC 20012
202-387-4848**

Various services are available for qualifying seniors who may need assistance with Activities of Daily Liv-

vices
24-hour information and referral hotline.
301-864-7095
1-888-731-0999

Family Crisis Center of Prince George's County

A resource for victims of domestic violence who need emergency housing and other supportive services.

**3601 Taylor Street, Brentwood, MD 20722
301-779-2100 Administrative Office
301-731-1203 Hotline**

Insurance

Medicare

Federal health insurance program for: People who are 65 or older.

Medicare

www.medicare.gov

1-800- MEDICARE (1-800-633-4227)

Maryland Insurance

Administration

The Maryland Insurance Administration (MIA) is an independent state agency that regulates Maryland's insurance industry and protects consumers by enforcing insurance laws.

410-468-2244

www.mdinsurance.state.md.us

Friendship Arms

5805 42nd Avenue
Hyattsville, MD 20781
301-779-6566

Manor Apartments

4907 Eastern Ave.
Hyattsville, MD 20782
301-853-2900

Eviction/Foreclosure Assistance

Eviction Prevention Program

Prince George's County Department of Social Services
301-909-7025

Homelessness Prevention

Prince George's County Department of Social Services
A program that helps residents avoid eviction or foreclosure.
301-864-7161

Maryland Homeowners Preserving Equity (HOPE) Hotline

Foreclosure Avoidance Counseling Program
Provides counseling, mediation and other support services for homeowners.
877-462-7555
www.mdhope.dhcd.maryland.gov

Emergency Housing

Emergency Shelter Hotline

Prince George's County Department of Social Ser-

ing (ADL's). This may include light housekeeping, food

Home Care Services

preparations, bathing, dressing, and shopping.

Programs

Senior Care Program

Prince George's County Department of Family Services, Aging Services Division

The Senior Care System provides case management and funds for services for people 65 or older who may be at risk of nursing home placement.

6420 Allentown Rd.

Camp Springs, MD 20748

301-856-4730

In Home Aide Services

Prince George's County Department of Social Services
This program offers aide services in the consumer's home to provide assistance with personal care, chores and other activities of daily living.

301-209-5000

Agencies

This list is not exclusive or exhaustive of area resources. The City of Greenbelt does not endorse any particular agency.



Advanced Home Support

121 Congressional Lane, Suite 203
Rockville, MD 20852
240-283-4984

Adventist Home Care Services

12041 Bournefield Way
Silver Spring, MD 20904
866-850-8718
301-592-4400

At Home Care

15304 Spencerville Court
Burtonsville, MD 20866
301-421-0200

Family and Friends Health Care Inc.

9642 Marlboro Pike
Upper Marlboro, MD 20772
301-627-0768
www.familyandfriendshc.com

Heart to Heart Senior Care Services

10716 Baltimore Ave.
Beltsville, MD 20705
301-937-7504
www.hearttohearseniorcare.com

Potomac Home Support, Inc.

Services include: homemakers/housekeepers, sitters/
companions, live-ins, certified Home Care Aides, and
Geriatric Care Assistants / transportation assistance.
6001 Montrose Road Suite #1020



Housing

Subsidized Housing

Housing Authority of Prince George's County

Facilitates both the public housing and Section 8
voucher program as well as other community develop-
ment and housing assistance programs.

9200 Basil Court, Suite 107
Largo, MD 20774
301-883-5501

The following list is composed of senior (age 60+) and
disabled adult specific rental properties in the area.
Please note there may be waiting lists associated with
these housing resources.

Green Ridge House

A HUD Section 8 –202 apartment for seniors age 62+
or disabled adults owned by the City of Greenbelt
22 Ridge Rd.
Greenbelt, MD 20770
301-474-7595

Avondale Park Apartments

4915 Eastern Avenue
Hyattsville, MD 20782
301-853-7787

Chillum Oaks

6305 Riggs Road
Hyattsville, MD 20783
301-853-2755

ing, pain management and the integration of care plans and care navigation assistance.

1801 McCormick Drive

Largo, MD 20774

301-883-0866 Local

800-869-2136 Toll Free.

Community Hospice of Maryland

Provides hospice support services for patients and families.

4041 Powder Mill Rd, Suite 600

Beltsville, MD 20705

301-560-6000

Hospice of the Chesapeake

Offers comprehensive care and compassion through counseling, pain management and necessary care plans. Will also provide visiting nurses to the patient's home.

9500 Arena Dr. Suite 250

Largo, MD 20774

877-462-1101

www.hospicechesapeake.org

National Hospice and Palliative Care Organization

A non-profit organization which represents national hospice and palliative care programs to broaden American's understanding through research and education. Also provides information and support services.

703-837-1500

www.nhpco.org

Rockville, MD 20852

301-896-6990

www.phhc.org

Right At Home Senior Care Providers

11821 Parklawn Drive Suite 302

Rockville, MD 20852

301-738-2255

www.rightathome.net

Hospice and Palliative Care

Visiting Angels

9701 Apollo Drive, Suite 370

Largo, MD 20774

800-365-4189

301-583-8820

www.visitingangelspg.com

VNA Home Health of Maryland

Provides skilled nursing, wound care, physical therapy, occupational therapy, speech therapy, home health aides and nutrition education.

1-888-523-5000

Hospice is a resource helpful for individuals and families in assisting end-of-life care.

Palliative care is a unique type of care that is directed at providing relief for patients with chronic illness.

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Capital Caring

Provides hospice and palliative care through counsel-