

2021

PRINCE GEORGE'S COUNTY
Senior Resource Guide

PGSPN PRINCE GEORGE'S
Senior Provider Network

COMMUNITY / RESOURCES / COLLABORATION / EDUCATION



INSIDE
THIS
ISSUE

Support Groups



Food 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 County Executive
Angela Alsobrooks**

Prince George's County is home to nearly one million residents, with 184,250 residents over the age of sixty. Our seniors represent 20% of our total population, and they are indeed the bedrock of our community. As County Executive, I am committed to ensuring that our most valued and cherished residents have access to resources and information they need, allowing them to thrive and remain in their homes and communities.

The Department of Family Services has partnered with the Prince George's Senior Provider Network (PGSPN) to provide this 2021 Senior Resource Guide, a listing of services and businesses that will help you receive critical assistance when you need it most. Partnerships such as these allow us to provide you and all our residents with the best possible information to keep our communities strong.

Please keep this Senior Resource Guide in a convenient place and let it be your guide to find the services and programs that will benefit you, your family and friends when you need assistance. For more information, please call the Aging & Disabilities Resource Center, your one-stop shop for information, resources and assistance, at 301-265-8450.

We are truly Prince George's Proud of our seniors because we stand on your shoulders. You continue to provide so much wisdom and support to our community, and we are proud to continue doing everything we can to support you and your families.

Sincerely,

Angela Alsobrooks
County Executive



**A Message from
The Area Agency on Aging**

Welcome to the 2021 Prince George's County 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. Our agency is proud to partner with the Prince George's Senior Provider Network to provide this valuable resource.

This resource can be especially helpful as we have all experienced unprecedented times and had to adjust to post COVID-19 life. It is amazing how staff are able to mobilize, innovate and maintain the continuity of essential services and expand those services that are essential to the wellbeing of older adults, individuals with disabilities, and family caregivers. 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 older adults in the county.

As we navigate these challenging times, we are grateful for the guidance and leadership of our County Executive and Health Officer who remained unwavering and ensured we made the health and safety of our residents, employees, and community our highest priority. We are eternally grateful for our frontline workers who continue to make great sacrifices to serve our community. We strive to provide exceptional services to assist our residents as they endeavor to age in place in their own homes and communities. It is important that caregivers 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 & Disability Resource Center at 301-265-8450. We hope you find this guide 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 2021 Prince George's County Senior Resource Guide!

The Prince George's County Senior Provider Network (PGSPN) is a non-profit 501C3 service organization with the mission to improve and enrich the quality of life of Prince George's seniors and their caregivers. We live to give, serving everyone in the family from age two to ninety-two, because when a family elder's life is impacted, that impact affects the life of every family member, not just the senior. PGSPN members include business owners, non-profits, and government representatives who are committed to improve the quality of life for seniors and their families; we connect, collaborate, and educate so that a family in need who reaches one member can be easily connected to the entire network of service providers. The PGSPN community meets regularly to share knowledge, stay abreast of issues that affect seniors and their families, and assist those in need through collaborating on service projects every year.



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

- Producing and disseminating the Prince George's Senior Resource Guide
- Organizing a Speakers Bureau to provide information at no charge on a variety of senior relevant topics to senior groups, senior center patrons, and community groups
- Supporting senior community events through sponsorship
- Donating incontinence supplies for seniors in need
- Serving as an information resource to public agencies regarding the needs of seniors
- Hosting an annual family caregivers' workshop
- Supporting seniors in need through other special projects

Monthly membership meetings are held on the third Thursday of each month. For information, visit www.pgspn.org

Sincerely,

Jennifer D. Tilghman

Jennifer D. Tilghman
PGSPN President
Realtor®, The Tilghman Team at Keller Williams Preferred Properties



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.



Wilbert J. Lewis
President

A Message from Crescent Cities Charities

On behalf of the Board of Directors of Crescent Cities Charities, Inc., we are pleased and honored to help sponsor the Prince George's County 2021 Senior Resource Guide.

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

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

For twenty years, Crescent Cities Charities owned and operated Crescent Cities Center, which is a 150-bed skilled nursing facility in Riverdale Park. In February of 2019, we sold the facility and are now using those funds to support grant distributions to hundreds of worthy non-profit groups in our area. Additionally, we have provided over \$250,000 in scholarships to almost 100 graduating high school seniors from Prince George's County.

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

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

Wilbert J. Lewis, President
Crescent Cities Charities



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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

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 29 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 wanders, are all part of our Occupational Therapy assessment recommendations. We work with case managers, insurance companies, Medicaid Waiver providers and others to ensure your home is barrier-free, functional and handicap accessible. Our goal is for you to be as comfortable and independent as possible while remaining in your own home.

SILVER

ASSISTED LIVING

Arden Courts Memory Care Community	301-847-3051	www.arden-courts.com/silverspring
Bethel Assisted Living	240-381-0702	bethelassistedlivinghome@gmail.com
Elyon Assisted Living	240-602-8926	Elyonassistedliving.com



Hannah's Heart ALF
301-633-7087
8106 Highland Meadows Dr.
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.

SILVER

Fine Living Care	202-409-1366	www.finelivingcare.com
Home for Precious Gems	240-802-6202	Shelia@homeforpreciousgems.com
Kekeli Assisted Living Services	301-449-3148	www.kekeliasistedliving.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	mhunter@seaburyresources.org



Spring Arbor Senior Living
Spring Arbor of Crofton
 410-451-1140
 1495 Riedel Road
 Crofton, MD 21114
 www.springarborliving.com
 cfmktg@hnhunt.com

Spring Arbor of Crofton offers assisted living and memory care. Gracious living, 24-hour nursing oversight, medication management, meals, housekeeping, transportation, engaging activities. Because it's how you live that matters!

SILVER



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.

SILVER



Sunbeam Assisted Living
 301-351-1329
 6809 Avon Street
 Seat Pleasant, MD 20743
 sunbeamassistedlivinghome.com
 Contact: judith@jemisun.net

Sunbeam Assisted Living Home is Level 3 licensed, providing wholesome meals, personal care (activities of daily living) with love and respect. Activities to ensure optimum functioning physically and mentally. Services include 24 hours staffing, supervision, assistance and security, medication management, laundry, and housekeeping services. Caregivers with passion, warmth, and integrity.

SILVER

**Tribute at Melford**

301-329-5565

17300 Melford Blvd., Bowie, MD 20715

<https://thrivesl.com/melford/>

aupalene.smith@tributeatmelford.com

Contact: Apple Smith

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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FINANCIAL SERVICES/INSURANCE**J. E. Henderson
Financial Savant Tax
& Business Service**

301-459-3796

6606 Woodstream Dr., B-100
Seabrook, MD 20706<http://www.jehfinancial.net>
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 PRE-PLANNING****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

**National Harmony
Memorial Park**

301-772-0900

7101 Sheriff Road

Hyattsville, MD 20785

Contact: [cordelia.hodges@](mailto:cordelia.hodges@dignitymemorial.com)
dignitymemorial.com

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

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GERIATRIC CARE MANAGEMENT (AGING LIFE CARE MANAGEMENT)



ANN CRAYNON
ELDERCARE SOLUTIONS

Ann Craynon ElderCare Solutions

301-218-0958
3540 Crain Hwy #241 Bowie, MD 20716
www.aceldercaresolutions.com
ann@aceldercaresolutions.com

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

SILVER



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
9701 Apollo Drive, Suite 301
Largo, MD 20774
www.pickettfences.org

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

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Seabury Resources for Aging Care Management 202-364-0020 cminfo@seaburyresources.org

HEALTH CARE ADVOCATE

Hands of Hope Foundation 202-997-4073 patricia.morris3@verizon.net

Montgomery Health Advocates, LLC 240-418-6310 www.MontgomeryHealthAdvocates.com

HOME CARE NON-MEDICAL

A Homemade Plan

240-544-6760

www.ahomemadeplan.com

**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

**ComForCare**

240-764-5844
 9420 Annapolis Road
 Suite 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 non-medical senior concierge service provider. We offer a variety of customized services from companion care to concierge services to any adult when you need a companion or personal assistant to help with daily tasks or activities you 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

**Distinctive Home Care, Inc.**

301-925-2900
 2006 Tulson Lane, A-100
 Bowie, MD 20721
 www.distinctivehomecare.com
 jguyenn@distinctivehomecare.com
 Contact: Jim Guyenn

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.

SILVER



FirstLight Home Care of Bowie
 301-778-1988
 1401 Mercantile Lane; Suite 200-CC
 Upper Marlboro, Maryland 20774
Bowie.FirstLightHomeCare.com
rpeake@firstlighthomecare.com

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

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Garus Residential Care Agency, LLC	301-437-0845	www.garusresidentialcareagency.com
Griswold Home Care	301-899-3200	griswoldhomecare.com/prince-george-county



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.

SILVER



Housen Homecare Inc.
 301-675-9421
 601 7th Street, Suite 203, Laurel, MD 20707
housenhc.com
yvette@housenhealth.com
 Contact: Yvette Housen

Since 1991, Housen Homecare has cared for seniors and adults with disabilities in Prince George's county with qualified and screened caregivers. Housen Homecare is one of the largest privately-owned agencies providing care to Veterans. In addition to background checks and regular skills testing, caregivers are monitored throughout the year by our Registered Nurse. For the safety of your loved one, all caregivers are supplied with gloves, masks, hand sanitizer, and other personal protective equipment.

GOLD

MEMBERS DIRECTORY BY CATEGORY

Interim Healthcare of Prince George's County 240-510-1357 www.interimhealthcare.com/bowiemd



Interim Healthcare

Lower Prince George's County/Largo MD

301-388-5551

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/LargoMD

SILVER

KMAC Family Caregivers

301-501-5010

kmacfamilycaregivers.org

Open Arms Home Care

1-888-900-7071

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

Sarah's Peace and Love Home Healthcare

240-716-4250

Fax: 240-823-6773

8101 Sandy Spring Rd.

Suite 300-W16

Laurel, MD 20707

www.peaceandlovehhc.com

speaceandlove@hotmail.com



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

GOLD

Seniors and Youth Support Services (SAYSS)

240-788-7335

www.sayss.org



Visiting Angels Home Care Agency

301-583-8820

9701 Apollo Drive, Suite 297

Largo, MD 20774

www.VisitingAngels.com/Largo

VKalitsi@VisitingAngelsPg.com

Contact: Vikki Kalitsi

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

GOLD

HOME CARE MEDICAL – SKILLED

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

SILVER

**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**Energized Nurses Home Health Care Inc/Energized Health Care Staffing**

240-459-3793

9420 Annapolis Road

Lanham, MD, 20706

www.enhhc.com

info@enhhc.com

Contact: Madinatu Koroma,
MSN, RN

We ensure the care and the safety of your loved ones by hiring and screening experienced certified, licensed, and registered clinicians: RNs, LPNs, Med Tech, CNAs, Home Health Aids, Personal Care Aides, Companions and Live-ins. As a homecare agency, we understand the needs of each family whether it be medical, social, emotional, or physical. It is our commitment to provide the best care that is both loving and budget friendly. Our biggest priority is your loved one’s well-being, wellness, and safety.

GOLD

**NurtureLink, LLC**

301-562-8800

1300 Mercantile Lane, Suite 136

Largo, MD 20774

www.nurturelink.cominfo@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, lighthouse keeping and transportation to doctor visits. We also provide respite care for short term temporary relief and rest and renewal for family caregivers.

SILVER

HOME REPAIR

ROOFING ■ WINDOWS ■ SIDING ■ DOORS

Long Baths

410-610-6937

10236 Southard Drive

Beltsville, MD 20705

www.longbaths-safety.com/

Long Baths helps seniors prevent falls in the bathroom where 80% of all falls occur. In just a day, Long Baths removes the old fall causing bath tub and replaces it with a state of the art walk in shower or walk in tub equipped with the latest and greatest safety and comfort features, providing seniors and their families with the peace of mind that bathing will be a safe, comfortable, and enjoyable experience rather than a challenge that may result in a fall. Our walk-in tubs also reduce pain and increase mobility, thereby improving quality of life for seniors!

SILVER

**Mechanical Contractors Association of Metropolitan Washington**

301-731-0330

4601 Presidents Drive, Ste. 140

Lanham, 20706

<http://www.mcamw.org/>Contact: Hannah@mcamw.org

As a long-time partner with the Department of Family Services, the Mechanical Contractors Association of Metropolitan Washington (MCAMW) represents over 200 mechanical contractor companies that specialize in heating, ventilation, air-conditioning, and plumbing services for residential and commercial properties. The MCAMW is proud to support the Prince George's County community by connecting homeowners with local, reliable companies to address HVAC and plumbing needs.

SILVER

HOSPICE AND PALLIATIVE CARE

Capital Caring Hospice & Palliative Care

855-571-5700

www.capitalcaring.org



Heartland Hospice

240-264-1692

12304 Baltimore Avenue, Suite A
Beltsville, MD 20705

www.heartlandhospice.com/beltsville
beltsville@hcr-manorcare.com

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

SILVER



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



Chesapeake Supportive Care

Office: 443-837-3376

Direct: 443-837-1511

Support@chesapeakesupportivecare.org

Experts in helping people with advanced illness manage pain and other symptoms. We help patients and families navigate healthcare and reduce unnecessary suffering with a care plan that makes sense.

GOLD



Montgomery Hospice & Prince George's Hospice

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

Montgomery Hospice & Prince George's Hospice is devoted to serve and enhance the quality of life of those facing a serious life-limiting illness. Our team of physicians, nurses, social workers, chaplains, bereavement counselors, hospice aides, and volunteers provide a network of support and quality care, while our complementary holistic therapies bring comfort and symptom relief to our patients.

We bring 39 years of experience focusing on what matters most to our patients and their families. At Montgomery Hospice & Prince George's Hospice, we make sure that skill, compassion, and cultural competence are the foundations of the care we offer to those living with an advancing life-limiting illness in Montgomery and Prince George's Counties.

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. Author of *The Art of Estate Planning*.

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. Additionally, we offer physical therapy and antibody testing for COVID.

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 Pterygium. 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

Mary Spencer FNP-BC



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

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

SILVER

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

SILVER



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

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

GOLD



Norbrook Medical Equipment & Supplies, Inc.
301-577-5846
9463 Annapolis Road, Lanham, MD 20706
www.norbrookmedical.com
customerservice@norbrookmedical.com

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!

SILVER

MINISTRY

First Baptist Church of Glenarden Senior Ministry 301-773-3600 ssmith@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
Hill.mkt@meridiansenior.com
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 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,
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
Memorial Library System**

301-699-3500
9601 Capital Lane
Largo, MD 20774
www.pgcmlls.info
outreach.services@pgcmlls.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, electronic books, audio-books, educational dvds, computer access, wifi, and 85 + online resources including free digital access to The Washington Post and New York Times. Prince George's county residents are also eligible for the Books By Mail service if they can no longer visit the library due to visual impairment or physical disability. Books By Mail is a free service through which home-bound residents can receive material by mail.

SILVER

PROFESSIONAL ORGANIZER/DOWNSIZER



Orderly Abodes

410-463-7912
OrderlyAbodes.org
Shelby@OrderlyAbodes.org
Contact: Shelby Austin

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

SILVER

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

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<https://www.facebook.com/PGSPN/>





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 they are seniors moving into retirement communities, empty nesters downsizing, families moving up, or first-time homeowners. These transitions can be overwhelming, and Jennifer's team provides care and compassion, knowledge and information with expert opinion, while remaining highly sensitive to the emotions involved in her clients' moves. They provide various resources needed and manage the activities throughout the entire real estate transaction minimizing the stress of the move.

SILVER

Bennett Realty Solutions	301-787-4035	www.yourhomesearchpartner.com
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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 Activity Program at Southern Area Aquatic and Recreation Complex	301-782-1455	www.pgparcs.com

SENIOR CARE REFERRAL AND PLACEMENT

Care Patrol of Prince George's County	301-852-9310	Charles.Picard@Carepatrol.com
Healthcare Advertising and Market Inc.	202-815-1352	healthcareadvertisingandmarket.com

SENIOR HOUSING

**Collington, A Life Plan Community**

301-541-5022
 10450 Lottsford Road
 Mitchellville, MD 20721
www.collington.kendal.org
sshort@collington.kendal.org
 Sandy Short, Director of Sales & Marketing

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

SILVER

Pin Oak Village 301-464-6830 www.pinoakvillageapartments.com

SPECIALIZED SERVICES

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

Linda Harris

301-310-3296
 11910 Shadystone Terrace
 Mitchellville, MD 20721-2591
www.lindadharris.com
justplainjazzy@gmail.com

Entertainer. Singer/Songwriter. Live jazz and contemporary music. Vocalist and Full band! Affordable Rates. "Music is Life! Without it, despair looms"

SILVER

The Juanita C. Grant Foundation 301-325-8850 ogrant@jcgfdn.org

Maryland Institute of Language & Technology 301-793-7971 www.mdinlangtech.info

**Maryland Relay**

410-767-0969
 301 W. Preston Street Suite 1008A
 Baltimore, MD 21201
www.mdrelay.org
 Contact: Jennifer.Pearson@maryland.gov

Maryland Relay is a free public service that allows people, unable to use a standard telephone, to both make and receive calls. Maryland Accessible Telecommunications (MAT) distributes state provided devices to qualified applicants.

GOLD

Optimum Health & Wellness 301-404-3532 www.optimumhealth-wellness.com



Parkinson's Foundation

Mid-Atlantic Chapter

410-849-6114

www.parkinson.org/MidAtlantic

Contact: dlewis@parkinson.org

The Parkinson's Foundation is the nation's leading community for people living with Parkinson's. We bring together: people with Parkinson's, caregivers, medical professionals, and researchers to ensure every person with Parkinson's has access to the best care. Educational resources are available for the Parkinson's community, such as our books, podcasts, webinars, and fact sheets. Our Helpline is staffed with specialists to assist with questions, referrals to local resources, or offer emotional support by calling 1-800-473-4636. We continue to fund more research that will lead to better treatments and ultimately a cure.

SILVER

PG Mobile Notary	817-266-0768	ebrazil58@outlook.com
Sharing the Knowledge (StK)	240-731-6488	www.stkn100.com
Trilogy Asset Solutions and Consulting	215-651-0294	dcrawford@trilogyassetsolutions.com

TRANSPORTATION



All-Star Travel, LLC

301-218-5387

808 Sturbridge Lane

Bowie, MD 20716

www.all-starttravel.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
Office of Community Relations

connecting people, connecting resources

Highly Visible, Highly Accessible, Highly Accountable

We serve our community by providing access to quality government services, ensuring that residents have an active voice in County government, and offering opportunities for residents to engage with one another. By working together, we can improve the quality of life for all residents.

Our Programs

Outreach and Programs

Links residents to County services, programs, resources, and information to answer their questions, address issues, and resolve community concerns.

Common Ownership Communities

Assists governing bodies, owners and residents of homeowners' associations, residential condominiums and cooperative housing units to ensure residents are receiving services and resources requested and due by law.

311 Call Center

311 is your one-stop call center for assistance with resolving non-emergency issues such as trash and recycling pick-up, snow removal, and pothole repair. You may submit service requests by dialing **3-1-1** or **301-883-4748** if calling from outside of Prince George's County, or online at www.countyclick311.com.

Contact Us

301-952-4729

9200 Basil Court, Suite 102
Upper Marlboro, MD 20774

ocr.mypgc.us

 @pgc_community

 @PGCCommunity



 **Maryland**
DEPARTMENT OF AGING

Donate No-Longer-Needed Durable Medical Equipment
Help keep DME out of landfills!

Donations will be:

- Sanitized
- Repaired
- Provided to adults and children to improve mobility



HELP YOUR NEIGHBOR!

DONATIONS NEEDED

- Wheelchairs
- Power Chairs
- Rollators
- Shower Supports
- Scooters
- Hospital Beds & Much More!



Donate at: 11701 Crain Highway, Cheltenham, MD 20623

For more information:

Call 240-230-8000 or visit aging.maryland.gov



PRINCE GEORGE'S COUNTY

Area Agency on Aging Programs



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

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

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

TEMPORARY DISABILITY ASSISTANCE PROGRAM (TDAP)

The Temporary Disability Assistance Program (TDAP) is available to help low-income, disabled Marylanders through a period of short-term disability or while 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 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 240-681-2207	Built 1974 Townhomes / 63 Units 1, 2 & 3 bedrooms	Public Subsidy- 30% Income	Ages 62+ Pet Friendly Smoke Free
Owens Road 1100 Owens Road Oxon Hill, MD 20745 301-839-9311	Built 1971 1 Story / 123 Units	Public Subsidy- 30% Income	Ages 62+ No Pets Smoke Free
Rollingcrest Village 1376 Chillum Road Hyattsville, MD 20782 301-883-5531	Built 1974 1 Story / 40 Units	Public Subsidy – 30% Income	Ages 62+ Pet Friendly Smoke Free

Prince George's County Low Income Subsidy Housing

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

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

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Gateway Village 505 Suffolk Ave. Capitol Heights, MD 20743 301-336-0141	Built 1986 4 Story / 84 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
The City of Greenbelt The Greenridge House 22 Ridge Road Greenbelt, MD 20770 301-474-7595	Built 1979 4 Story / 101 Units 1 bedroom	Income Limits	Ages 62+
Largo Landing Fellowship House 1077 Largo Road Upper Marlboro, MD 20774 301-249-2100	Built 1984 6 Story / 106 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Manor Apartments 4907 Eastern Ave. Hyattsville, MD 20782 301-853-2900	Built 1996 3 Story / 62 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Mrs. Philippines Home for Senior Citizens, Inc. 6482 Bock Road Oxon Hill, MD 20745 301-567-9537	Built 1991 4 Story / 74 Units Studio & 1 bedroom	Income Limits	62+/21+ Disabled Pet Friendly Smoke Free
Spellman House 4711 Berwyn House Rd. College Park, MD 20740 301-474-3435	Built 1983 7 Story / 141 Units 1 bedroom Studio & 1 bedroom	Project Based Housing	62+/21 Disabled Pet Friendly Smoke Free
Suitland Senior Residences at Towne Square 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 20782 301-559-3891	Built 2010 3 Story / 60 Units 1 bedroom	Project Based Housing	Ages 62+ Pet Friendly Smoke Free
Victory House of Palmer Park 7801 Barlowe Road Landover, MD 20785 301-341-4995	Built 2005 3 Story / 69 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoking permitted (designated areas only)

Privately Managed Housing

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

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
The Belnor 3800 St. Barnabus Road Suitland, MD 20746 240-764-4424	Built 2018 4 story / 122 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Clinton Manor 8500 Mike Shapiro Dr., Clinton, MD 20735 301-877-0444	Built 1989 4 Story / 111 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoking Allowed
Conifer Village at Oakcrest 2011 Brooks Dr., Capitol Heights, MD 20747 240-767-6563	Built 2017 4 Story / 120 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Evergreen Senior Community 3800 Enfield Chase Ct., Bowie, MD 20716 301-218-5150	Built 2000 4 Story / 120 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Fort Washington Manor 10800 Indian Head Hwy Fort Washington, MD 20744 888-258-4873	Built 2007 / 4 Story 150 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Glenarden Senior Apartments NEW 3171 Rolland Kenner Loop Glenarden, MD 20706 240-512-2163	Project Completion Date 2021 4 Story / 55 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Jericho Residence 1000 Brightseat Rd., Landover, MD 20785 301-841-6711	Built 2009 270 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Smoking Allowed
Laurel Lakes Senior Apt. 7901 Laurel Lakes Court, Laurel, MD 20707 301-317-0800	1998 4 Story / 125 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Pet Friendly Smoking Allowed
The Lodge at Marlton 9590 Crain 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 20782 301-559-2225	Built 1998 2 Story Apts / 140 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Selbourne House of Laurel 601 Main St., Laurel, MD 20707 301-604-2635	Built 1989 4 story / 126 Units One bedroom	Affordable Housing	Ages 55+ Pet Friendly Smoke Free
St. Paul Senior Living 1207 Addison Road Capitol Heights, MD 20743 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 20774 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 301-825-9766	Projected Completion Date 2021 4 Story / 252 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Smoke Free
Woodside Village 6801 Bock Road Ft. Washington, MD 20744 301-839-2150	Built 1995 4 Story / 200 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoke Free

Transportation Resource Guide



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

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

Municipal Transportation

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

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
13710 Annapolis Road, Bowie, MD 20702
www.fishofbowiemd.com

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

Transportation Resource Guide

County Call-A-Bus Service

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

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

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

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.

Transportation Resource Guide

MetroAccess



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

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

To be eligible for MetroAccess service, an applicant must:

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

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

- Downloading online MetroAccess application. If you have a visual disability and require a Microsoft Word version or large print version of the application or an application in Spanish, simple Chinese, Korean or French, please email eligibility@wmata.com or contact our office so we can accommodate your request.
- Calling 202-962-2700 and select option 1 or TTY 202-962-2033 or
- Emailing eligibility@wmata.com
- Requesting in writing to: Metro Transit Accessibility Center, 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 will be given information regarding Metro's Reduced Fare Program for Metrobus and Metrorail.

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

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

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

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

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.

Transportation Resource Guide

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.



Important Telephone Numbers

AGENCY	PHONE NUMBER
AARP.....	888-687-2277
Alzheimer’s Association.....	800-272-3900
Columbia Lighthouse for the Blind.....	301-589-0894
Developmental Disabilities Administration	301-362-5100
Elder Care Locator.....	800-677-1116
Equal Rights Center	202-234-3062
MD Department of Education, Division of Rehabilitation Services	410-554-9442
.....	888-554-0334
Maryland Legal Aid	301-560-2101
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
Federal Prince George’s County Veterans Center	301-856-7173
MD Dept. of Veterans Affairs, Prince George’s County.....	301-248-0463
Prince George’s County, Office of Veterans Affairs.....	301-780-8260
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



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. Senior Nutrition Sites may be closed as a safety measure to keeping everyone healthy during the pandemic. Please contact the Senior Nutrition Program at 301-265-8475 for up to date information.

Bowie Senior Center

14900 Health Center Drive, Bowie, MD 20716

Nutrition Site: (301) 809-2355 or 2356
Senior Center: (301) 809-2300

Camp Springs Senior Activity Center

6420 Allentown Road, Camp Springs, MD 20748

Nutrition Site: (301) 248-5702
Senior Center: (301) 449-0490

Council House

3940 Bexley Place, Marlow Heights, MD 20746

Nutrition Site: (301) 899-8445

Crescent Cities Jaycees

6907 Oxon Hill Road, Oxon Hill, MD 20745

Nutrition Site: (301) 567-7076

Evelyn Cole Senior Activity Center

5720 Addison Road, Seat Pleasant, MD 20743

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

Glenarden Nutrition Site

8600 Glenarden Parkway, Glenarden, MD 20706

Nutrition Site: (301) 773-2104

Greenbelt Senior Center

15 Crescent Road, Greenbelt, MD 20770

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

Greenridge Nutrition House

22 Ridge Road, Greenbelt, MD 20770

Nutrition Site: (301) 474-1135

Gwendolyn Britt Senior Activity Center

4009 Wallace Rd., North Brentwood, MD 20722

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

John E. Howard Senior Activity Center

4400 Shell Street, Capital Heights, MD 20743

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

Langley Park Senior Activity Center

1500 Merrimac Drive, Hyattsville, MD 20785

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

Laurel Beltsville Senior Activity Center

7120 Contee Road, Laurel, MD 20707

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

Meals on Wheels

Cheverly (301) 618-3930
College Park (301) 474-1002
Takoma Park (301) 434-1922

New Carrollton Nutrition Site

6016 Princess Garden Parkway, Lanham, MD 20706

Nutrition Site: (301) 459-6103

Shiloh Baptist Church

8801 Ardwick Ardmore Road, Landover, MD 20785

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

St. Paul Baptist Living

1207 Addison Road, Capitol Heights, MD 20743

Nutrition Site: (301) 568-5232
TUESDAY & THURSDAY ONLY

Southern Area Aquatics and Recreation Complex (SAARC)

13601 Missouri Avenue, Brandywine, MD 20613

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



Food Resources

Senior Meal Home Delivery Services

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

Grocery Delivery Services via



Other grocery stores that deliver

Target
Lidl

Fresh Direct
Weis Markets

Whole Foods (delivery through Amazon)

Harris Teeter
Peapod by Giant

Restaurant Food Delivery Services

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



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

Caregivers Support Groups

Note: Many support groups meet online virtually during the pandemic. Please call to confirm meeting dates, times and locations as the information may have changed!

Bowie Senior Center

14900 Health Center Drive, Bowie

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

First Baptist Church of Glenarden

3600 Brightseat Road, Landover

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

Pickett Fences Senior Services

9701 Apollo Drive, Suite 440, Largo

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

Department of Family Services

6420 Allentown Rd, Camp Springs

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

Grace United Methodist Church

11700 Old Fort Rd, Ft Washington

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

South County Dementia Friendly America

7001 Oxon Hill Road, Oxon Hill

1st and 3rd Tuesdays, 5-6pm
Sheila Smoot or Karin Lakin,
301-567-1885

Carolina Missionary Baptist Church

9901 Allentown Rd, Ft Washington

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

Hands of Hope

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

Weekly Telephone Support Group

Holy Cross Hospital Resource Ctr.

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

Other Support Groups

Please call for details on meeting dates and times.

Cancer Support Groups

Hope Connections

240-714-4744

Parkinson's Support Group

Bowie Senior Center

301-809-2300

Stroke Support Group

Doctors Hospital Rehabilitation

301-552-8144

Grief Support Groups

Chesapeake Life Center

888-501-7077

Grief Support Group

Dementia Friendly

(South County)

301-535-3976

Grief Support Groups

Prince George's Hospice

301-921-4400

Memory Cafés

Offered through the Alzheimer's Association, Memory Cafés are designed for individuals with early stages of dementia. There is a pre-screening required prior to attending. For more information, contact Tara Davis-Rama at 240-844-3609 or tkrama@alz.org.

Dementia Friendly America – South County

“Remember When Cafe”

Saint Paul United Methodist Church
6634 Saint Barnabas Road, Oxon Hill

1st and 3rd Wednesdays, 1-3 pm

Held virtually until it is safe to meet in person.

Brenda Henderson, 301-971-2919

Flavia Walton, 301-965-0396

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



Who is at Higher Risk?

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



Take Preventative Actions

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



What To Do If You Get Sick: Stay Home!

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

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



CHANGE THE WAY You Age!

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

Senior Activity Centers

Camp Springs Senior Activity Center

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

Evelyn Cole Senior Activity Center

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

Gwendolyn Britt Senior Activity Center

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

John E. Howard Senior Activity Center

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

Langley Park Senior Activity Center

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

Laurel-Beltsville Senior Activity Center

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

New Senior Program located at:

Southern Area Aquatics and Recreation Complex (SAARC)

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

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



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

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

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

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

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



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