

Resource Directory

FREDERICK COUNTY SENIOR SERVICES DIVISION

FIND
Your Way!



Serving

Older Adults

Persons with
Disabilities

Families

Caregivers

Baby Boomers

Professionals

Senior Services Division

Your Maryland Access Point

1440 Taney Avenue | Frederick, MD 21702

301-600-1234

Maryland Relay: 711

www.FrederickCountyMD.gov/seniorservices

FREDERICK COUNTY

*Senior
Services*
DIVISION



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The Callahan Family

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The logo for Frederick County Senior Services Division is centered at the top. It features the words "FREDERICK COUNTY" in a bold, dark blue, sans-serif font. Below this, the words "Senior Services" are written in a large, elegant, dark blue serif font, with "Senior" on the top line and "Services" on the bottom line. The word "DIVISION" is written in a smaller, bold, dark blue, sans-serif font directly below "Services". The entire logo is framed by two large, dark blue, curved lines that resemble parentheses. The background of the top half of the page is a bright blue sky with scattered white clouds. Below the sky, a lush green landscape is visible, featuring a dense line of trees and a white pickup truck parked in a field on the left side.

FREDERICK COUNTY
Senior
Services
DIVISION

301-600-1234

All entries are based on responses from businesses, agencies, organizations and individuals serving Frederick County. The Frederick County Senior Services Division does not assume responsibility for data provided by them, and the listings may not represent all the businesses and organizations serving older adults. If you would like to be considered for a listing in future resource guides, please contact the Senior Services Division at (301) 600-1234 to be added to the mailing list. Frederick County retains sole discretion to decide which entities or individuals will be included.

Advertisements in this publication help underwrite the costs. Frederick County does not endorse or warrant the services or products that are advertised.

Message from County Executive Jan H. Gardner



Welcome to the 2019 Frederick County Resource Directory, better known as “The Blue Book.” Within these pages are vital community resources and services that promote independence, choice, and opportunities. I invite you to take a few moments to review the wide array of public, private and nonprofit resources that are available to family members, friends and neighbors who live, work and retire in Frederick County.

Currently, Frederick County is home to 47,000 older adults. Within the next year, we estimate that the number will grow to more than 60,000 people. Shortly thereafter, this number will actually exceed the number of school age children in Frederick County. It is for this reason that I accepted the recommendation of my Seniors First steering committee to elevate the former Department of Aging to division level status. I am proud to announce that the Senior Services Division has now been operating over a year, and during that time, exciting changes

have occurred that benefit older adults, their families and caregivers. The Division now offers an online Virtual Learning Center, which hosts videos that educate and inform residents about Medicare enrollment, state and county tax credits, nutrition and caregiving. These videos are available 24/7 to assist Frederick County residents with information on topics of importance and interest. As a result of the Division’s advocacy efforts, Frederick County is poised to become a Dementia Friendly community and is leading the way in promoting awareness, supportive options, and quality of life for individuals with dementia, their family and caregivers.

These initiatives and resources are just a few of the opportunities underway that will empower, engage and equip older adults to lead their best life. If you have questions or need assistance in finding solutions that work for you and your family, I encourage you to contact the Senior Services Division at 301-600-1234, pick up a copy of the Blue Book at your local senior center, or visit the Division online at www.FrederickCountyMD.gov/SeniorServices.

Sincerely,

A handwritten signature in black ink that reads "Jan H. Gardner". The signature is written in a cursive, flowing style.

Jan H. Gardner
County Executive





FREDERICK COUNTY
MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

Frederick County Senior Services Division
is proud to be your
Maryland Access Point (MAP)

MAP



MAP SERVES:

- Older Adults
- Adults with Disabilities
- Family members and caregivers who support them



MAP PROVIDES:

- Information
- Assistance
- Service Navigation
- Referrals
- Options Counseling

Frederick County Senior Services Division

1440 Taney Avenue | Frederick, MD 21702

301.600.1234

Maryland Relay: 711

www.FrederickCountyMD.gov/SeniorServices

www.MarylandAccessPoint.info

FREDERICK COUNTY



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www.HeartFieldsAtFrederickAssistedLiving.com



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301-668-3930

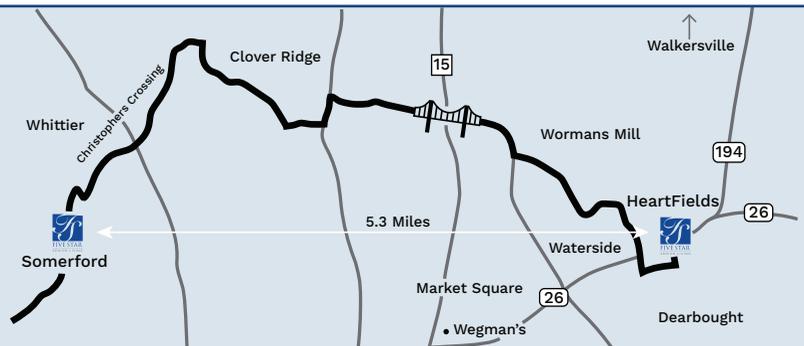
www.SomerfordHouseFrederick.com

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FREDERICK**

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BENEFITS AT A GLANCE

BENEFITS OFFERED BY COUNTY, STATE & FEDERAL RESOURCE PROGRAMS

For additional information about these programs, call Maryland Access Point (MAP) of Frederick County at **301.600.1234**. The income and asset eligibility guidelines were effective as of July 1, 2019. However, **these guidelines change**. **Check with MAP for the latest figures.** Assistance in completing applications is available.

PROGRAM NAME	MONTHLY INCOME GUIDELINES	ANNUAL ASSET GUIDELINES	PROGRAM DESCRIPTIONS AND CONTACT
Benefits Checkup (A service of the National Council on Aging)	May have income and criteria guidelines	May have asset guidelines (checking/savings accounts, retirement, etc.)	Find programs that can help pay for prescription drug, healthcare, meals, utility bills. www.benefitscheckup.org
Federal Poverty Income Guidelines	Individual: \$1,041 or less (\$12,490 per year) Couple: \$1,409 or less (\$16,910 per year)		
Maryland Energy Assistance Program (MEAP) / Electric Universal Service program (EUSP)	Individual: \$1,821 or less Couple: \$2,466	No test	Provides assistance with costs related to heating and electric bills. www.marylandsail.org 301.600.2410 / 301.600.1234
Supplemental Food Assistance Program (SNAP)	Individual: \$1,316 or less (net income) Couple: \$1,784 or less (net income)	Medical and housing deductions considered.	Assists in paying for food. For information or to apply, call the Frederick County Department of Social Services at 301.600.4575.

BENEFITS AT A GLANCE

<p>State of Maryland Homeowner's Property Tax Credit Program AND Frederick County Supplemental Tax Credit</p>	<p>Plan is based on relationship between property taxes and income; combined gross household income cannot exceed \$60,000.</p>	<p>Net worth is less than \$200,000 (excluding property on which you are seeking credit and case value of IRAs or qualified retirement savings plans).</p>	<p>Allows a credit against the homeowner's property tax bill if property taxes exceed a fixed percentage of the person's gross income. <u>No age restrictions.</u> Credit applicable only to dwelling which is your permanent residence. Apply before July property tax is due, but no later than September 1 of each year. 1.800.944.7403 301.815.3550</p>
<p>Frederick City Senior Tax Credit</p>	<p>Gross income of household must be \$40,000 or less</p>	<p>Net worth is less than \$200,000 (excluding property on which you are seeking credit and case value of IRAs or qualified retirement savings plans.)</p>	<p>Based on MD Homeowner's Property Tax Credit application. <u>Must be 70 years or older.</u></p>
<p>Frederick County Retired Military/40 Year Credit</p>	<p>Gross income of household must be \$80,000 or less.</p>	<p>Must be a retired member of the Uniformed Services of the United States or have lived in the same dwelling for at least the preceding 40 years. No asset test.</p>	<p>Cannot receive this credit and the Senior Tax Credit simultaneously. <u>Must be 65 years or older.</u></p>
<p>Frederick County Senior Tax Credit</p>	<p>Gross income of household must be \$80,000 or less.</p>	<p>Net worth is less than \$200,000.</p>	<p>Based on MD Homeowner's Property Tax Credit application. <u>Must be 65 years or older.</u></p>
<p>State of Maryland Renter's Tax Credit Program</p>	<p>Plan is based on relationship between rent and income.</p>	<p>Net worth is less than \$200,000.</p>	<p>Provides tax credit up to \$1000 a year for renters who meet certain requirements on rent paid within the calendar year. Apply no later than September 1 of each year. 1.800.944.7403 301.815.3550</p>

BENEFITS AT A GLANCE

BENEFITS OFFERED BY COUNTY, STATE & FEDERAL RESOURCE PROGRAMS

For additional information about these programs, call Maryland Access Point (MAP) of Frederick County a **301.600.1234**. The income and asset eligibility guidelines were effective as of July 1, 2019. However, **these guidelines change**. **Check with MAP for the latest figures.** Assistance in completing applications is available.

PROGRAM NAME	MONTHLY INCOME GUIDELINES	ANNUAL ASSET GUIDELINES	PROGRAM DESCRIPTIONS AND CONTACT
Maryland Senior Prescription Drug Assistance Program (SPDAP)	Individual: \$3,123 (\$37,470/year) or less Couple: \$4,228 (\$50,730/year) or less Guidelines increase for larger households.	No test	State program that will help with Medicare drug plan premium and with prescription costs during the "Donut Hole" or coverage gap when full coverage is temporarily suspended. www.marylandspdap.com 1.800.551.5995 / 301.600.1234
Medicare Prescription Drug Coverage (Part D) Low-Income Subsidy Extra Help	Individual: \$1,517 (\$18,210/year) Couple: \$2,057 (\$24,690 a year)	Individual: \$15,600 Couple: \$31,150	Federal program that will help with costs associated with your Medicare prescription drug program. Apply online @ ssa.gov or call: MAP: 301.600.1234
Community Options Waiver Community First Choice	Clients must meet both Medicaid financial and medical criteria.		Assisted living and in-home programs enable adults to remain in a community setting even though their physical condition or disability would warrant placement in a long-term care facility. Call 301.600.1657

BENEFITS AT A GLANCE

<p>Community Personal Assistance Services</p>	<p>Clients must meet Medicaid financial criteria and need assistance with at least 2 activities of daily living (ADLs).</p>		<p>Programs enable adults to remain in a community setting even through their physical condition or disability would warrant placement in a long-term care facility. Call 301.600.1657</p>
<p>Medical Assistance (Medicaid)</p>	<p>Individual: \$350 Couple: \$392</p>	<p>Individual: \$2,500 Couple: \$3,000</p>	<p>Covers physicians, hospital, and prescription drug services. Requires documentation of disability. Individuals can "spend down" to this level to be eligible. Call Frederick County Department of Social Services: 301.600.4575</p>
<p>Qualified Medicare Beneficiary Program (QMB)</p>	<p>Individual: \$1,061 Couple: \$1,430</p>	<p>Individual: \$9,230 Couple: \$14,600</p>	<p>State program that will pay Medicare Part A & B premium and may pay some other costs as well. DSS: 301.600.4575 MAP: 301.600.1234</p>
<p>Specified Low-Income Medicare Beneficiary Program (SLMB)</p>	<p>Individual: \$1,426 Couple: \$1,923</p>	<p>Individual: \$9,230 Couple: \$14,600</p>	<p>State program that will pay only Medicare B premium. DSS: 301.600.4575 MAP: 301.600.1234</p>

BENEFITS AT A GLANCE

BENEFITS OFFERED BY COUNTY, STATE & FEDERAL RESOURCE PROGRAMS

For additional information about these programs, call Maryland Access Point (MAP) of Frederick County at **301.600.1234**. The income and asset eligibility guidelines were effective as of July 1, 2019. However, **these guidelines change**. **Check with MAP for the latest figures.** Assistance in completing applications is available.

PROGRAM NAME	MONTHLY INCOME GUIDELINES	ANNUAL ASSET GUIDELINES	PROGRAM DESCRIPTIONS AND CONTACT
Accessible Homes for Seniors	Household income cannot exceed 80% of the statewide or DC/MISA median.	No asset test	Provides zero-interest loans to modify a home space for senior (age 55 or older) living. Loan payments are deferred for 30 years or until the sale or transfer of ownership of the home. If the senior resides in home of a relative, eligibility is based on the owner's income. Application available at www.mdhousing.org or by calling 1.800.756.0119
Supplemental Security Income (SSI)	Individual: \$0 - 771 Couple: \$0 - 1,157	Individual: \$2,000 Couple: \$3,000	Program to assist adults and children with disabilities, having limited income and resources, & those 65 and older who meet financial limits. New initiative for individuals with early-onset Alzheimer's disease and related dementias, generally diagnosed under the age of 65 years old. 1.800.772.1213 / 301.695.4049

BENEFITS AT A GLANCE

<p>Senior Care Program</p>	<p>Individual \$2,904 Couple \$3,797</p>	<p>Individual: \$11,000 Couple: \$14,000</p>	<p>Case managed, in-home services program for individuals 65 and older, moderate to severely disabled. Call 301.600.2635</p>
<p>Employed Individuals with Disabilities (EID) Program</p>	<p>Individual: May be as high as \$69,972 per year. Couple: May be as high as \$94,092 per year.</p>	<p>Individual: \$10,000 or less in countable resources. Couple: \$15,000 or less in countable resources.</p>	<p>The EID Program provides health insurance for qualified employed persons age 18-64 who are disabled. Persons with private health insurance or Medicare may still qualify for EID. Participants pay a monthly premium from \$0-55, depending on income.</p> <p>Division of Eligibility and Waiver Services: 410.767.7090 The Freedom Center at 301.846.7811</p>

**Please remember these guidelines change.
Check with MAP for the latest information.**

301.600.1234

www.FrederickCountyMD.gov/seniorservices



INFORMATION / ASSISTANCE



American Red Cross of Western Maryland

1131 Conrad Court
Hagerstown, MD 21740
(301) 739-0717

Celeste.pridemore2@redcross.org
www.redcross.org/wmd

Contact: Office Manager
Monday-Friday, 8:30 a.m.–4:30 p.m.

Services:

- Following a disaster, emergency assistance for verified emergency needs (food, clothing, shelter, medication).
- Emergency communication and assistance obtaining financial assistance for military families and veterans.
- CPR, First Aid and babysitter's

training courses offered at the chapter house location. Water safety and lifeguard training courses are offered throughout the community.

- Blood drives are scheduled on an ongoing basis throughout the county. Donors can call 1-800-448-3543 to schedule an appointment.

Eligibility: General public

Cost: None

Asian American Center of Frederick

1080 West Patrick Street, Suite 16
Frederick, MD 21703
(301) 694-3355
Fax: 301-576-5390
info@aacfmd.org
www.aacfmd.org

INFORMATION / ASSISTANCE

Contact: Executive Director
Monday-Friday, 9:30 a.m.-6 p.m.

Services: Interpreter and translation services, citizen and integration services, Ambassador Program, Retired and Senior Volunteer Program (RSVP), health education/outreach programs, health insurance enrollment, Maternal & Child Health (Baby Shower) Program, Job Search/Employment link, Community Health Workers (CHWs) and cultural events.

Languages: ASL, Spanish, Arabic, Mandarin, Cantonese, Burmese, Hakha Chin, Falam Chin, Korean, Tugaloo, Hindi, Multiple South Asian dialects, Korean, Farsi, Dari, Nepalese, Portuguese, Russian, Thai, Vietnamese and many more.

Eligibility: All are welcome.

Cost: Supported by requesting agencies.

Eldercare Locator

1-800-677-1116
www.eldercare.acl.gov

Contact: Monday–Friday,
9 a.m.–8 p.m.

Services: Links those who need assistance to the state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. Whether an older person needs help with meals, home care, or transportation, or a caregiver needs training, education, or a well-deserved break from caregiving responsibilities, the Eldercare Locator is there to point that person in the right

direction. Administered in partnership with the National Association of Area Agencies on Aging and the National Association of State Units on Aging.

Eligibility: Anyone requiring information on aging issues.

Cost: None

Frederick County Senior Services Advisory Board

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234

Fax: (301) 600-3554

www.frederickcountymd.gov/seniorservices

Contact: Recording Secretary
Monday–Friday, 8:30 a.m.–4 p.m.

Services: Promotes the well-being and quality of life of older adults in Frederick County, Maryland. Carries out advisory functions that further the Senior Services Division's mission to enrich lives through community connections to services, programs and resources. The Board advises the County Executive, County Council and the Senior Services Division Director on the Division's delivery of a comprehensive and coordinated plan of social and other services and activities for older individuals. Meetings are held on the second Monday of each month; subcommittees meet more frequently.

Eligibility: Public meeting; all are welcome.

Cost: None

INFORMATION / ASSISTANCE

Senior Services Division

Caregiver Support Program

1440 Taney Avenue
Frederick, MD 21702
(301) 600-6001

Fax: (301) 600-3554

caregiversupport@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Program Coordinator
Monday–Friday, 8:30 a.m.–4 p.m.

Services: Offers the following services to caregivers who reside or provide care in Frederick County:

- Individualized information, referral and support services
- Links to other relevant community resources and programs
- Limited respite care and supplemental services subsidies (may be used for reimbursement of the cost of assistive devices, medications, incontinence supplies, etc.)
- A monthly non-disease-specific caregiver support group
- Educational, training and social programs offered in partnership with other organizations
- A monthly caregiver update available via mail or e-mail
- Monthly Circle of Friends; Memory Café in partnership with community agencies (September-June)
- Music and Memory Certified—As a Music and Memory® Certified Organization, we are proud

to offer the powerful benefits of personalized music.

- Certified Dementia Live® trainers offer a dementia simulation experience

Eligibility: Anyone providing care or assistance to a person age 60 or older, or a person of any age with dementia. Also, grandparents or other relatives age 55 or older caring for either a child under 18, or an adult child with disabilities between the ages of 19-59.

Cost: None

Senior Services Division

Maryland Access Point

Information and Assistance

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234

Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Office
Monday–Friday, 8:30 a.m.–4 p.m.

Services: Provides a initial point of entry into the service system for older citizens, adults with disabilities, their families and caregivers. Through MAP's linking support, people are connected to experts who provide them with information to make informed choices about services, referrals to appropriate agencies, assistance in obtaining services and benefits and follow-up. The program promotes awareness of these services through outreach and public education.

INFORMATION / ASSISTANCE

Eligibility: Frederick County citizens

Cost: None

United Way of Frederick County

629 North Market Street

P.O. Box 307

Frederick, MD 21701

(301) 663-4231

info@unitedwayfrederick.org

www.unitedwayfrederick.org

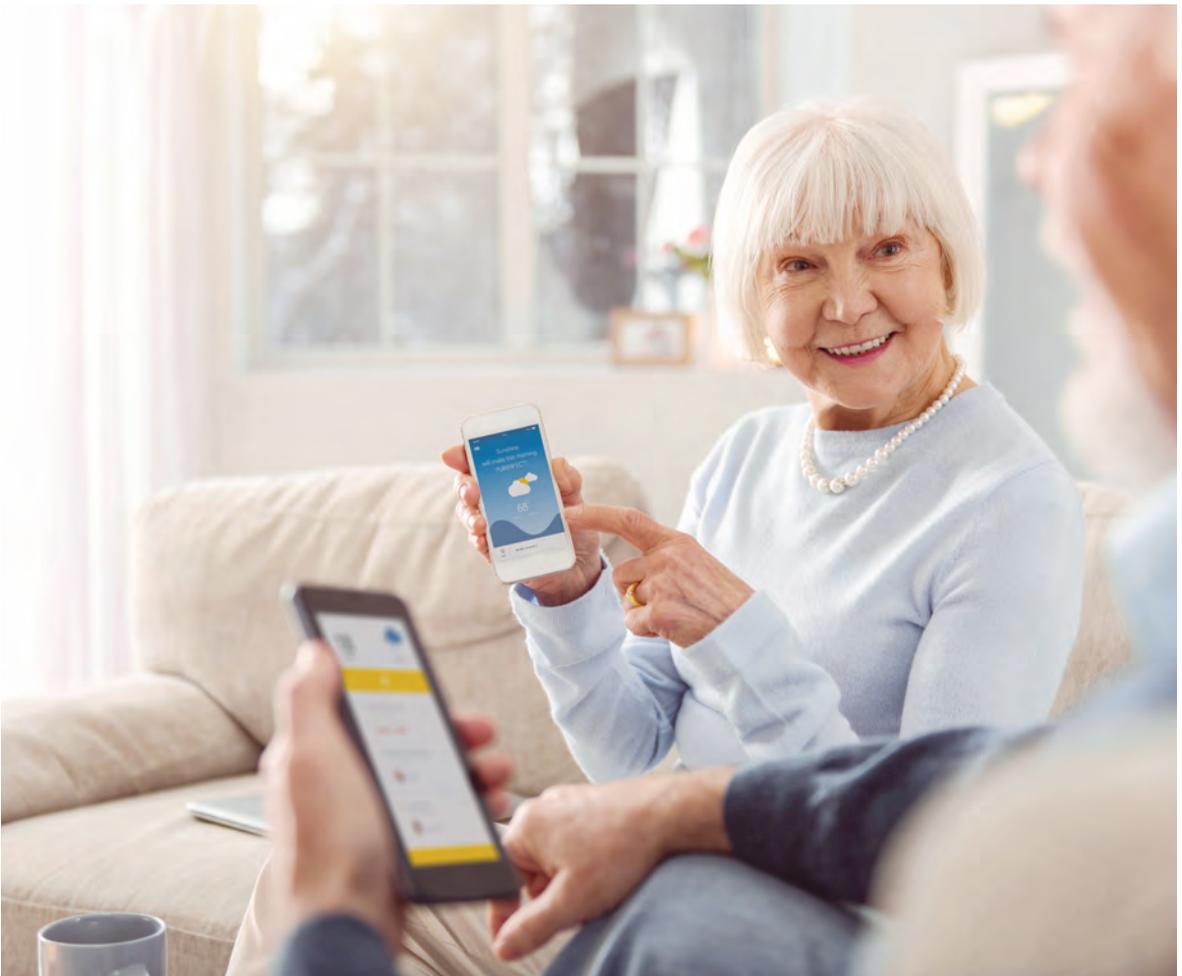
Contact: Office

Monday–Friday, 9 a.m.–5 p.m.

Services: Works locally to leverage resources, businesses, experts and service providers to prepare young people to work, to help families become economically self-sufficient and to help individuals choose healthy lifestyles. Establishes and prioritizes community human service needs, conducts an annual fundraising campaign, and develops strategic partnerships to invest resources in the areas of education, income and health.

Eligibility: General public

Cost: None



ADULT DAYCARE



Daybreak Adult Day Services, Inc.

7819 Rocky Springs Road
Frederick, MD 21702
(301) 696-0808

Fax: (301) 696-1164

TTY/TDD: (800) 735-2258

director@daybreakadultdayservices.org
www.daybreakadultdayservices.org

Contact: Program Director
Monday–Friday, 8 a.m.–4 p.m.

Services: A non-profit agency offering medical and non-medical day services to seniors. Both programs include stimulating activities, exercise, hot and nutritious meals and transportation. Medical day also includes nursing supervision and monitoring, medication administration and assistance with

personal care. A great opportunity for socialization and stimulation as well as respite for caregivers. Staff will accommodate other languages when able.

Eligibility: Older adults who meet medical criteria.

Cost: Rate is based on income and medical needs. Private insurance, Medicaid, Veterans Administration benefits, long term care insurance, private pay and grants.

Unified Community Connections

5736 Industry Lane
Frederick, MD 21704
(301) 663-8700 or 1-800-826-6501
Fax: (301) 695-8527
www.unified.org

ADULT DAYCARE

Contact: Admissions Coordinator

Day Program: Monday–Friday, 8 a.m.–4 p.m.
Alternative Living Units (ALU): 24/7

Services: A non-profit organization that provides a variety of services at the Frederick Center. These services include nursing supervision and monitoring, personal care assistance and individualized recreational, social, community, and educational experiences and opportunities. Consultative physical, occupational, speech, and language therapies and activities are

provided. The program is designed for adults who would benefit from a supervised, planned program of activities and services. Transportation and a nutritious hot lunch are provided. Counseling and referral services are also available. Day program and Alternative Living Units (ALU) for individuals with developmental disabilities.

Eligibility: Individuals with developmental disabilities over the age of 21.

Cost: DDA funds and private pay accepted.

CARE COORDINATION

Phase 2 Solutions, LLC

617 West Patrick Street
Frederick, MD 21701
(301) 686-8309

www.phasetwosolutions.com
info@phasetwosolutions.com

Contact: CEO
Monday–Friday, 8:30 a.m.–5 p.m.

Services: Certified Senior Advisor/ Daily Money Manager and REALTOR. Provides aging seniors, caregivers and family members with assistance in minimizing the daily stress of bill paying and taxes. Assists with real property downsizing, new home location including options for assisted living or aging in place. Phase 2 provides freedom to enjoy the second phase of your life.

Eligibility: All in need of elder care services.

Cost: Fees vary.



CRISIS SERVICES



Frederick Community Action Agency (FCAA)

Crisis Services

100 South Market Street
Frederick, MD 21701
(301) 600-1506

Fax: (301) 662-9079

bpetersen@cityoffrederick.com
www.cityoffrederick.com/fcaa

Contact: Assistant Director
Monday–Friday, 8:30 a.m.–5 p.m.

Services: Case management, transitional shelter and permanent housing programs for individuals experiencing homelessness. Case management services include support to apply for housing and other benefits, including SSI/SSDI. The FCAA's shelter provides a wide array of supportive services for homeless families and physically disabled adults. The Housing First program provides subsidized permanent housing to people who need it most—chronically homeless, disabled individuals that are literally living on the streets of Frederick.

Eligibility: All in need of crisis services.

Cost: None

Frederick County Sheriff's Office

Community Services

110 Airport Drive East
Frederick, MD 21701
(301) 600-2167

Fax: (301) 600-6759

www.frederickcountymd.gov/sheriff
(301) 600-1046

(non-emergency; 24 hours/7 days)
911 (emergency)

Contact: Community Service Supervisor

Services: Senior emergency cell phone program, neighborhood watch, community program and public relations.

Eligibility: No requirements

Cost: None

Frederick City Police Department

Victim Services Unit

100 West Patrick Street
Frederick, MD 21701
(301) 600-1356

Fax: (301) 600-2148

CRISIS SERVICES

Sboisclair@frederickmdpolicе.org
www.cityoffrederick.com/495/Victim-Services

Contact: Supervisor of Victim Services Unit
Monday–Friday, 7 a.m.–4 p.m.

Services: The Frederick Police Department Victim Services Unit provides immediate support to crime victims, their families and witnesses who may need help coping with the impact of victimization. Our highly trained Victim Advocates can assist you directly as well as coordinate with other agencies in providing support, information and resources that can effectively meet your needs. These free services provide crime victims with a continuum of support from the crisis period through the investigative and judicial processes. Translation services available as needed.

Eligibility: General public; those who have experienced a crime in the City of Frederick.

Cost: None

Frederick Rescue Mission

419 West South Street
Frederick, MD 21701
(301) 695-6633
Fax: (301) 695-6637
info@therescuemission.org
www.therescuemission.org

Contact: Outreach Director

Services: The Frederick Rescue Mission has been serving Frederick City and surrounding areas for over five decades. Established as a non-profit Christian ministry in 1964, they

continue today to meet the needs of the homeless, needy and chemical-dependent citizens in the area. They offer a faith-based life recovery program to help restore individuals and families to the community with a hope and a future.

Bread of Life Community Kitchen:

Serves free breakfast and lunch every day. Nutritious meals are served to anyone in need. There are no sign-up forms or documentation needed for a meal. Perishable foods such as bread, pastries, fresh vegetables and fruit, along with other food and non-food items, are available free when on hand.

Breakfast:

Sunday–Saturday, 7 a.m.–8 a.m.

Lunch:

Monday–Saturday, Noon–1:30 p.m.
Sunday, 1 p.m.–2 p.m.

Food Resource Center: Provides perishable and non-perishable foods to families in need. No documentation is needed, but must provide own bags. Tuesdays, Wednesdays, Fridays & Saturdays from 1:30 p.m.–3:30 p.m. Thursdays from 5 p.m.–7 p.m. Sundays & Mondays: Closed.

Rescued Treasures Clothing & Furniture Program:

Provides free, gently-used clothing, furniture and household necessities to anyone in need. You must provide photo identification. You are eligible for this service once every thirty days. Monday-Friday, 2:30 p.m.–4 p.m.

Showers: Shower usage is provided for anyone in need. The mission pro-

CRISIS SERVICES

vides all items needed for the shower, including hygiene products, razors, washcloths and towels, etc. Monday-Friday, 3 p.m.–4 p.m.

Eligibility: General public; some services require a photo id.

Cost: None

Mental Health Association of Frederick County

Frederick County Hotline
211 or (301) 662-2255
Fax: (301) 695-4747
mha@fcmha.org
www.fcmha.org

Contact: Call Specialists
24 hours a day, 7 days a week

Services: Confidential telephone crisis hotline for people of all ages who need information, referrals and support. Works to connect the community with its resources.

Eligibility: General public

Cost: None

The Religious Coalition for Emergency Human Needs

27 DeGrange Street
Frederick, MD 21701
(301) 631-2670
Fax: (240) 215-3019
nbrown@rcehn.org
www.thereligiouscoalition.org

Contact: Office Administrator

Mondays, Wednesdays, Thursdays, Fridays, 10 a.m.–2 p.m.
Tuesdays by appointment, 10 a.m.–4 p.m.

Services: The largest provider of emergency financial assistance in Frederick County outside of the government. Operates an emergency prevention assistance program to help people avoid homelessness, provides rental assistance to help avoid evictions, helps pay security deposits for those moving out of homelessness and those who are in limited emergency shelter. Provides energy assistance to Frederick County residents with utility assistance (electric, gas or propane) with a cut-off notice. Low-income clients must first apply at the Frederick County Department of Social Services for this service. Operates various health assistance programs such as prescription assistance (for those who have no insurance and are low-income); dental assistance (for those who have no insurance, are in pain and are low-income) and refers clients needing primary medical care to local resources.

Eligibility: Must visit the office, be a Frederick County resident and provide proof of identity, income and expenses.

Shelter Services

Year round Emergency Shelter Services for the homeless are provided through the Alan P. Linton Emergency Shelter, located at 27 DeGrange Street, Frederick.

Year-Round Emergency Shelter

Operates: Year-round, 7 days a week
Walk-ins admitted: 6:30 p.m.–9 p.m.

CRISIS SERVICES

Opens 6:30 p.m.–7 a.m. following morning.

Eligibility: For shelter services: Homeless adult 18 years of age or older. Must be a Frederick County resident and provide proof of identity.

Cost: Clients are served regardless of their ability to pay for all the above services.

Volunteer Opportunities: Day time and evening volunteer hours are available for those interested in volunteering at a local food bank, the Religious Coalition office or the Alan P. Linton, Jr. Emergency Shelter. Over 600 volunteers are serving, many of whom are senior citizens or retired. Call (301) 631-2670, ext. 123.

Eligibility: Based on income

Cost: None

Seton Center, Inc.

226 East Lincoln Avenue
Emmitsburg, MD 21727
(301) 447-6102

Fax: (301) 447-1748
setoncenterinc@doc.org
setoncenter.org

Contact: Director

Outreach:

Monday–Friday, 10 a.m.–Noon and
1 p.m.–4 p.m.

Family Store:

Tuesday–Saturday, 10 a.m.–4 p.m.

The Salvation Army

223 West 5th Street
Frederick, MD 21701
(301) 662-2311

Fax: (301) 662-4787

frederickmd@uss.salvationarmy.org
www.salvationarmymwv.org

Contact: Social Worker
Monday–Friday, 9 a.m.–4 p.m.;
appointment needed

Services:

- Emergency Assistance for the following:
Termination on water, electric, gas.
- Eviction notice from Sheriff's Department.

Salvation Army Thrift Store

919 North East Street
Frederick, MD 21701
(301) 631-2489

Monday–Saturday, 10 a.m.–5 p.m.

Local and trusted
services for over

160
YEARS



Providing quality services isn't exactly news—but the fact that we've been doing it for over 160 years is worth note. Over those years, our family and staff has been providing outstanding attention to detail at very affordable prices.



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FUNERAL HOME

106 E CHURCH ST • FREDERICK
(301) 662-2175
KEENEYBASFORD.COM

CRISIS SERVICES

Services: Provides information, advice, encouragement, referral and financial assistance with utilities, rent, prescriptions and dental, as well as other needs. Outreach efforts include home, hospital and nursing home visits in support of individuals and family members.

Furnishings/clothing: The Family Store provides new and used clothing and household items at low cost.

Volunteer Opportunities: Volunteer opportunities are available in the outreach office and Family Store for those interested. Please contact our volunteer manager at (301) 447-6102, ext. 18.

Eligibility: Based on income and legitimate need. Must be a resident of northern Frederick County, MD.

Cost: No fee for services

assistance for electric, gas or propane, with a cut-off notice or an empty tank. Clients must first apply at the Department of Social Services and the Religious Coalition.

- Termination notices for water bills.
- Avoiding evictions and helping obtain security deposits. Clients must first apply at the Religious Coalition.
- Persons without medical insurance for medical prescriptions. Clients must first apply at the Religious Coalition.
- Obtaining birth certificates and Maryland Identification (ID) cards.

Eligibility: Any Frederick County resident needing assistance.

Cost: None

St. Vincent de Paul Society

St. John's Regional Conference
114 East 2nd Street
Frederick, MD 21702
(301) 662-4676
Fax: (301) 696-8565
parish@stjohn-frederick.org
www.stjohn-frederick.org

Contact: President
Monday–Friday, 10 a.m.–3 p.m.

Services: Offers assistance to needy Frederick County families and individuals with limited incomes who are having problems meeting their financial obligation to provide for their basic needs. Assistance is available for:

- Energy assistance with utility



DISABILITY SERVICES

Abilities Network

8503 LaSalle Road
Towson, MD 21286
1-800-492-2523
Fax: (410) 828-7708
www.abilitiesnetwork.org

Contact: Program Director
Monday–Friday, 9 a.m.–5 p.m.

Services: Helps to create a personal path to independence by seeing abilities, not disabilities. Provides customized services to children, adults and seniors to promote more inclusive communities. Services include:

- Community and Employment Partners
- Healthy Families
- Project Act Support Services

Eligibility: Persons working or living in Frederick County who believe that they have been discriminated against in areas of housing, public accommodation or employment. Exemptions and a statute of limitations apply.

Cost: None

The Arc of Frederick County, Inc.

620-A Research Court
Frederick, MD 21703
(301) 663-0909
Fax: (301) 695-6454
info@arcfc.org
www.arcfc.org

Contact: Director of Community Engagement
Monday–Friday, 9 a.m.–4:30 p.m.

Services: An advocacy agency supporting adults and children with intellectual and developmental disabilities lead enviable lives in the community. Provides

assistance to individuals and families in planning, locating, accessing, maintaining and advocating for the supports and services they need and desire. Services are varied and numerous, are tailored according to the individual's and family's needs and are driven by their own choices. Helps people with developmental disabilities exercise the right to be contributing members of society, to receive quality education, to be gainfully employed, to live in desirable homes, to have friends and families and to direct their own lives.

Eligibility: Any person living in Frederick County with an intellectual or developmental disability.

Cost: None

Community Living, Inc.

Main Office: 620–B Research Court
Frederick, MD 21703
Day/Support Services Department:
7618 Hayward Road
Frederick, MD 21701
(301) 663-8811
Fax: (301) 663-0476
info@communitylivinginc.org
www.communitylivinginc.org

Contact: Fundraising and Marketing Director, ext. 1203
Monday–Friday, 8:30 a.m.–5 p.m.

Services: CLI provides supports and services, from residential to retirement, for people with intellectual and developmental disabilities.

Eligibility: Must have an intellectual or developmental disability.

Cost: Services are funded by the Maryland Developmental Disabilities Administration (DDA.)

DISABILITY SERVICES

Frederick County Commission on Disabilities

401 Sagner Avenue
Frederick, MD 21701
(301) 600-1110

Fax: (301) 600-1636
mward@frederickcountymd.gov
www.frederickcountymd.gov/fccod

Contact: Liaison
Monday–Friday, 8 a.m.–4 p.m.

Services: The Frederick County Commission on Disabilities is a dedicated group of nine volunteers who meet monthly to discuss issues of concern to people with disabilities in Frederick County. The Commission answers questions and makes referrals to appropriate service providers. Commission members may act as advocates in some cases. The Commission is not a direct service provider and does not respond to requests for grants, donations or other funding.

Eligibility: No exclusions

Cost: None

The Freedom Center, Inc.

550 Highland Street, Suite 510
Frederick, MD 21701
(301) 846-7811

Toll Free: 1-844-513-3027
Fax: (301) 846-9070

advocate@thefreedomcenter-md.org
www.thefreedomcenter-md.org

Contact: Office Monday-Friday, 8 a.m.–4 p.m.

Services: Empowers people with disabilities to lead self-directed, independent and productive lives in a barrier-free community.

We offer the following programs and services:

- Information and Referral
- Advocacy
- Peer Counseling
- Independent Living Skills Training
- Nursing Home and Youth Transition
- Assistive Technology Program
- Employment through Social Security's Ticket to Work Program

Eligibility: Must have a disability and live in Frederick or Carroll County.

Cost: Some services free, other fees based on services provided, income and family size. Call for details.

Maryland Relay/ Maryland Accessible Telecommunications

301 West Preston Street, Suite 1008A
Baltimore, MD 21201

1-800-552-7724 or 410-767-6960 (TTY/Voice)
(443) 453-5970 (Video Phone)

Fax: (410) 767-4276
moreinfo@mdrelay.org
www.mdrelay.org

Contact: Office Personnel
Office: Monday–Friday, 8:30 a.m.–5 p.m.
Relay Services: 24/7

Service: 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.

Eligibility: Please call office

Cost: No fee to qualified individuals.

JK Moving Services

7561 Lindbergh Drive
Gaithersburg, MD 20879
(240) 405-7027
Fax: (301) 340-7349
Rich.Stewart@JKMoving.com
www.jkmoving.com

Contact: Move Consultant
7 days a week, 8 a.m.-8 p.m.

Services: Local, long distance and international moving; storage, crating, packing and unpacking.

Eligibility: Call for pricing

Cost: Sliding scale



www.stressfreeseniors.com
www.stressfreedownsizing.com

Contact: Community Relations

Services: Stress Free Solutions specializes in providing turn-key services to assist individuals and families in the downsizing and transitioning process. We offer a strategy to fit every need including sorting, organizing, packing, cleanouts, moving, staging, warehouse sales and junk hauling. Licensed, insured and bonded.

Eligibility: General public

Cost: Call to set up a free consultation. Private pay.

Stress Free Solutions, LLC

1890 North Market Street, Suite 101
Frederick, MD 21701
(301) 280-0170
dporreco@stressfreeseniors.com

DRIVER SERVICES

Maryland Department of Transportation

Highway Safety Office

6601 Ritchie Highway, Room 219
Glen Burnie, MD 21062
(410) 787-4050
Fax: (410) 787-4020
mdhighwaysafetyoffice@gmail.com
http://towardzerodeathsmd.com

Contact: Partnerships, Resources, Outreach Section
Monday–Friday, 8 a.m.–4 p.m.

Services: To provide partnerships, resources and outreach for traffic safety programs that have an emphasis on aggressive driving, distracted driving, impaired driving, occupant protection, pedestrian and bicycle safety. Target groups within these safety programs include but are not limited to: children, young drivers, older drivers, truck/bus drivers, motorcyclists and high-risk drivers.

Eligibility: General public

Cost: None



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3200 BAKER CIRCLE, ADAMSTOWN, MD | 301-638-8091



EDUCATIONAL OPPORTUNITIES



Frederick Community College

Adult Basic Education Program

7932 Opossumtown Pike
Annapolis Hall, A106
Frederick, MD 21702
(240) 629-7962
adulted@frederick.edu
www.frederick.edu

Contact: Adult Education Office
Monday–Thursday, 8:30 a.m.–9:30 p.m.
Friday, 8:30 a.m.–4:30 p.m.
Saturday, 8 a.m.–12:30 p.m.

Services: We offer adult basic education, GED preparation, free basic English classes and target/intensive English/continuing education services.

Eligibility: Adults 18+ in need of a high school diploma or English language skills.

Cost: Most classes are no cost for GED preparation and basic English. Targeted English is under continuing education and non-credit based fees apply.

Frederick Community College

Educational Programs Tuition-Free Registration

7932 Opossumtown Pike
Frederick, MD 21702
(301) 846-2431
www.frederick.edu

Contact: Registration & Records for credit course

EDUCATIONAL OPPORTUNITIES

CEWD Registration office for continuing education and ILR 55+ courses.

Monday, 8:30 a.m.–6 p.m.

Tuesday-Thursday, 8:30 a.m.-4:30 p.m.

Friday, 10 a.m.–4:30 p.m.

*Thursday Peak Hours: (January, July and August)

Open until 6:00 p.m.

Services: Provides the opportunity for Maryland residents age 60+ to take eligible credit, continuing education and ILR 55+ courses without paying tuition. There may be a fee associated with the course.

Eligibility: Maryland residents 60 years or older.

Cost: No charge for tuition if space is available and if the course has sufficient enrollment. Credit courses may register tuition-free after a date identified each semester in the Credit Schedule. Other related costs including books and material fees must be paid.

Frederick Community College

Institute for Learning in Retirement-ILR

7932 Opossumtown Pike

Frederick, MD 21702

(301) 624-2732

ILR@frederick.edu

www.frederick.edu/ILR

Contact: Welcome & Registration Center

Monday, 8:30 a.m.–6 p.m.

Tuesday-Thursday, 8:30 a.m.-4:30 p.m.

Friday, 10 a.m.–4:30 p.m.

With extended hours during peak registration times

Services: Provides quality and accessible opportunities for intellectual stimulation and personal enrichment for adults age 55+. Subjects include history, literature, social issues, health, art, computers and much more. Call for a course schedule.

Eligibility: Frederick County residents age 55 and up. A diploma is not required to participate.

Cost: Ranges from \$19 to \$149

Frederick County Public Libraries

110 East Patrick Street

Frederick, MD 21701

(301) 600-1613

Fax: (301) 600-3789

fcplweb@fcpl.org

www.fcpl.org

Contact: Director

Services: Every library branch has a selection of regular and large print books, magazines, audio books, music CDs and DVDs for all ages. The e-Library on FCPL's website has a wide selection of audio books, eBooks and digital magazines for download and free music that is yours to keep forever. Library cards are free for everyone who lives or works in Maryland. The Maryland Room, located at C. Burr Artz Public Library, is a non-circulating, local history research collection of primary and secondary sources. Meeting rooms are available at six FCPL branches during normal operating hours.

EDUCATIONAL OPPORTUNITIES

Eligibility: Any interested person. Must have a library card to borrow materials. To obtain a library card, bring proof of residence such as a bill or letter addressed to your home or your driver's license.

Cost: None

LOCATIONS

C. Burr Artz Public Library

110 East Patrick Street
Frederick, MD 21701
(301) 600-1630
Monday–Thursday, 10 a.m.–9 p.m.
Friday & Saturday, 10 a.m.–5 p.m.
Sunday, 1 p.m.–5 p.m.

Brunswick Public Library

915 North Maple Avenue
Brunswick, MD 21716
(301) 600-7250
Monday & Thursday, 10 a.m.–8 p.m.
Friday & Saturday, 10 a.m.–5 p.m.
Sunday-closed

Edward F. Fry Memorial Library at Point of Rocks

1635 Ballenger Creek Pike
Point of Rocks, MD 21777
(301) 874-4560
Monday & Tuesday & Saturday,
10 a.m.–3 p.m.
Wednesday, 3 p.m.–8 p.m.
Thursday, Friday & Sunday-closed

Emmitsburg Public Library

300 South Seton Avenue
Emmitsburg, MD 21727
(301) 600-6329
Monday & Wednesday, 10 a.m.–6 p.m.
Tuesday & Thursday, 10 a.m.–8 p.m.
Saturday, 10 a.m.–5 p.m.
Friday & Sunday-closed

Middletown Public Library

101 Prospect Street
Middletown, MD 21769
(301) 371-7560
Monday–Thursday, 10 a.m.–8 p.m.
Friday & Saturday, 10 a.m.–5 p.m.
Sunday-closed

Thurmont Public Library

76 East Moser Road
Thurmont, MD 21788
(301) 600-7200
Monday–Thursday, 10 a.m.–9 p.m.
Friday & Saturday, 10 a.m.–5 p.m.
Sunday, 1 p.m.–5 p.m.

Urbana Regional Library

9020 Amelung Street
Frederick, MD 21704
(301) 600-7000
Monday–Thursday, 10 a.m.–9 p.m.
Friday & Saturday, 10 a.m.–5 p.m.
Sunday, 1 p.m.–5 p.m.

Walkersville Public Library

2 South Glade Road
Walkersville, MD 21793
(301) 600-8200
Monday–Thursday, 10 a.m.–8 p.m.
Friday & Saturday, 10 a.m.–5 p.m.
Sunday-closed

Myersville Community Library

8 Harp Place
Myersville, MD 21773
(301) 600-8350
Monday & Wednesday, 10 a.m.–6 p.m.
Tuesday & Thursday, 10 a.m.–8 p.m.
Friday & Sunday-closed
Saturday, 10 a.m.–5 p.m.

EDUCATIONAL OPPORTUNITIES

Hood College

401 Rosemont Avenue
Frederick, MD 21701-8575
(301) 696-3800
marketingoffice@hood.edu
www.hood.edu

Contact: Office of Marketing and Communications
8 a.m.–5 p.m.

Services:

Athletic Events: Hood College competes in baseball, basketball, cross country, field hockey, golf, lacrosse, soccer, softball, swimming, tennis, track and field and volleyball. The public is welcome. (301) 696-3499

Cultural Events: Most cultural events are open to the public without charge or for a nominal fee. (301) 696-3800

Library Services: The library is open during college hours, changing for summer semester and winter and spring breaks. (301) 696-3915

Renewal, Not Retirement: The college offers persons, 60 years of age or older, the opportunity to take college courses, at a reduced cost, as audit students only, on a space-available basis and with the instructor's approval. (301) 696-3616

Speakers: Hood faculty and staff are available to speak to civic groups and organizations. (301) 696-3800

Mount St. Mary's University

16300 Old Emmitsburg Road
Emmitsburg, MD 21727
(301) 447-6122
msmary.edu

Contact: University Marketing
Monday–Friday, 8:30 a.m.–5 p.m.

Services:

Knott Athletic Recreation Convocation Complex (ARCC) is a 105,000 square foot facility used for fitness and recreation, intercollegiate athletics, entertainment and cultural events. It includes the Knott Arena with seating for up to 3,500 for basketball games and up to 5,000 for concerts and other events. The complex also includes the Dillon Field House, featuring four multipurpose basketball, tennis and volleyball courts, surrounded by a jogging track. The ARCC also contains the PNC Fitness studio, spin studio, locker rooms, saunas and seminar and conference rooms. Aquatics programs feature water fitness classes. For more information contact Recreational Services at (301) 447-5290.

Athletic Events: Mount St. Mary's University has 22 Division 1 athletic teams including men's baseball and women's softball, women's bowling, men's and women's basketball, cross country, indoor and outdoor track and field, lacrosse, tennis, soccer, swimming and golf. The public is invited to all home events. For more information contact Athletics at (301) 447-5296 or visit mountathelitics.com.

EDUCATIONAL OPPORTUNITIES

Hugh J. Phillips Library: Call (301) 447-5244.

Community Activities: Plays, concerts, recitals, lectures, symposiums, etc. are available to the general public. For additional information, please call.

Cost:

Recreation: Special senior citizen annual recreation membership rates are available.

Community Activities: Some programs have fees.

Mount St. Mary's University

Frederick Campus

5350 Spectrum Drive
Frederick, MD 21703
(301) 682-8315
msmary.edu/frederick

Contact: University Marketing

Services: The Mount's Frederick campus offers bachelor's degrees for adult learners in business, criminal justice, human services and elementary/special education. Graduate degrees and certificates are offered in the fields of business, science and education. Classes meet one night a week for eight weeks.

Eligibility: Open to adults of all ages who meet Mount admission requirements.

Cost: Fees are posted on the website and vary by program.

University of Maryland Extension

Frederick County

330 Montevue Lane
Frederick, MD 21702
(301) 600-1594

Fax: (301) 600-1588
LLSmith@umd.edu

extension.umd.edu/frederick-county

Contact: Office
Monday–Friday, 8 a.m.–4:30 p.m.

Services: A statewide, informal education system and off-campus, out-of-classroom component of the University of Maryland. UME's mission is to educate citizens to apply practical, research-based knowledge to critical issues facing individuals, families, communities, the State and our global partners.

Provides programs through publications, seminars and workshops held locally and at senior centers on a variety of topics: health, nutrition, food safety, finance-based education and living green/healthy homes. Has access to regional and university specialists and the Home and Garden Information Center, which also provides valuable services both directly and indirectly to citizens. Provides programs in areas vital to the quality of life in Frederick County.

Eligibility: General public

Cost: Nominal fee/free

ELDER ABUSE / PROTECTIVE SERVICES



Department of Social Services

Adult Protective Services

1888 North Market Street
Frederick, MD 21701
(301) 600-2635

Contact: Adult Services
Monday–Friday, 8 a.m.–4 p.m.

Services: Investigates reports of suspected abuse, neglect, self-neglect or exploitation of any vulnerable adult 18 years of age and older. To ensure that the adult's needs are met, services are offered and provided to the adult and their family.

The Emergency Coverage Program is in effect on weekends, holidays and from 4 p.m. until 8 a.m. on workdays. In Adult Protective Services situations requiring a social worker, call the Frederick Police Department, which will contact the on-call worker who will then contact you. This program is designed for Child and Adult Protective Services situations that cannot be delayed until the agency opens for normal working hours.

Eligibility: Adults in need of protection

Cost: A fee may be charged for some services based on a sliding scale.

After-Hours Crisis Services

Frederick City Police

(301) 600-2100

Frederick County Sheriff's Office

Victim Services Unit

110 Airport Drive East
Frederick, MD 21701
(301) 600-1290
Fax: (301) 600-3699

ELDER ABUSE/PROTECTIVE SERVICES

Contact: Office
Monday–Friday, 7:30 a.m.–4 p.m.
All emergencies, please dial 911.
For non-emergency immediate assistance, please dial: (301) 600-1046.

Services: Provides direct services, information and referrals for senior crime victims and their families in Frederick County, MD. The Victim Services Unit coordinates efforts with partnering agencies in the areas of physical abuse, sexual abuse, financial abuse, domestic violence and neglect.

Eligibility: Crime victims in Frederick County

Cost: None

Heartly House, Inc.

P.O. Box 857
Frederick, MD 21705
(301) 662-8800
Fax: (301) 663-4334
www.heartlyhouse.org

Contact: Hotline: (301) 662-8800
Crisis calls taken 24 hours
Non-crisis requests for services
8 a.m.–10 p.m., 7 days per week

Services: Assists survivors of intimate partner violence, sexual assault and child abuse by offering crisis intervention, emergency shelter, individual and group counseling and medical and legal accompaniment for survivors and their families. Other services include court accompaniment, community and professional education, 24-hour hotline and group counseling for abusers.

Eligibility: Frederick County residents

who have been affected by family/partner abuse/violence, sexual assault or child abuse.

Cost: No fee; call for information.

Senior Services Division

Ombudsman Program

1440 Taney Avenue
Frederick, MD 21702
(301) 600-2877
Fax: (301) 600-2892

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Ombudsman
Monday–Friday, 8:30 a.m.–4 p.m.

Services: An advocate whose goal is to promote the highest possible quality of life and care for residents living in long-term care facilities. The Ombudsman ensures the understanding and implementation of residents' rights through staff and resident training, receives and seeks to resolve complaints made by or on behalf of long-term residents, protects the privacy and confidentiality of residents and families, educates the community about long-term care facilities and advocates for improvements in relevant legislation and policy.

Eligibility: Residents, relatives, facility staff, public agencies or any person or group interested in residents' well-being may contact the Ombudsman. Contact may be made anonymously.

Cost: None

EMPLOYMENT

Division of Rehabilitation Services (DORS)

1890 North Market Street, Suite 300
Frederick, MD 21701
(240) 629-7581
Fax: (240) 629-7587
Frederick.dors@maryland.gov
www.dors.maryland.gov

Contact: Office Supervisor
Monday–Friday, 8 a.m.–5 p.m.

Services: Provides leadership and support, enabling people with disabilities to live productively and independently. DORS offers vocational evaluation, counseling, physical restoration and employment training and placement to eligible individuals with a disability who wish to keep, return to or find employment.

Eligibility: Determined based on individual's disability.

Cost: Contact office for details.

Frederick County Workforce Services

200 Monroe Avenue, Suite 1
Frederick, MD 21701
(301) 600-2255
Fax: (301) 600-2906
www.frederickworks.com

Contact: Office
Monday–Friday, 8 a.m.–4 p.m.

Services: Provides job seekers with career assessment and vocational counseling, a fully equipped career resource lab, workshops and seminars, low- or no-cost career training, one-on-one assistance with resume and

interview preparation, access to current job listings and job fairs featuring employers from high-growth, high-demand industries.

Eligibility: Anyone in search of employment is welcome.

Cost: Most services are available at no cost.

Goodwill Industries of Monocacy Valley, Inc.

400 East Church Street
Frederick, MD 21701
(301) 662-0622
Fax: (301) 846-0940
rcottrell@gimv.org
www.goodwillmv.org

Contact: Director, Workforce Development
Monday–Friday, 8:30 a.m.–4:30 p.m.

Services: Free job placement services available to all job seekers. Specialized employment services for people with disabilities. Basic Microsoft Word/Excel classes offered (fees for book; FCC certificate). Free clothing and household items with partner agency referral. Free assistive devices. Recycle items in your household, including computer equipment, by donating to stores.

Eligibility: All people seeking a job are welcome. Assistive devices are free to anyone in need. Free clothing and household items are provided through partner agencies. Both full and part-time employment opportunities are available. Volunteers are welcome.

Cost: None

ENERGY ASSISTANCE

Frederick Community Action Agency

Office of Home Energy Programs

420 East Patrick Street
Frederick, MD 21701
(301) 600-2410

Fax: (301) 600-2690
Ohep@cityoffrederick.com
www.cityoffrederick.com/fcaa

utility, heating and cooling expenses more affordable.

Eligibility: Income eligibility

Cost: None



Contact: Intake Worker
Monday–Friday, 8:30 a.m.–5 p.m.

Services: The FCAA Office of Home Energy Programs administers several different financial assistance programs to help income-eligible households pay utility and fuel bills, minimize energy-related crises and help make

Assistive calling solutions designed to empower you.

If you have difficulty using a standard phone, put the power of Maryland Relay to work for you. A FREE public service, Maryland Relay brings the latest advances in calling options and telecommunications equipment to you, making it easier than ever to connect to your world.

Find out if you qualify for a state-provided Captioned Telephone or other device:

800-552-7724 | 410-767-6960 (Voice/TTY)
443-453-5970 (Video Phone) | mdrelay.org



FINANCIAL ASSISTANCE



Department of Social Services

Qualified Medicare Beneficiary (QMB) Specified Low-Income Medicare Beneficiary (SLMB)

1888 North Market Street
Frederick, MD 21701
(301) 600-4575
Fax: (301) 600-2663

Contact: Intake Unit
Monday-Friday, 8 a.m.–4:30 p.m.
Applications can be taken by mail. No
face-to-face interviews are required.

Services: QMB/SLMB are programs that
pay premiums and deductibles for
income-eligible Medicare beneficiaries.
QMB/SLMB are designed to assist older
and disabled individuals whose income

is at or below federal poverty levels and
who are Medicare beneficiaries.

Eligibility: Based on income and assets

Cost: None

Frederick Community Action Agency

Bay Restoration Fee Exemption Program

100 South Market Street
Frederick, MD 21701
(301) 600-1506
Fax: (301) 662-9079

bpetersen@cityoffrederick.com
www.cityoffrederick.com/fcaa

Contact: Assistant Director
Monday–Friday, 8:30 a.m.–5 p.m.

Services: The Bay Restoration Fee Ex-

emption Program allows lower-income homeowners and renters that are paying a City of Frederick water and sewer bill to request an exemption from the Bay Restoration Fee, which collects funds for the environmental restoration of the Chesapeake Bay.

Eligibility: Call for details.

Cost: None

Homeowners' Property Tax Credit

Tax Credits Office

State Department of Assessments & Taxation

301 West Preston Street, Room 900
Baltimore, MD 21201
1-800-944-7403

Contact: The office, Monday–Friday, 8 a.m.–4:30 p.m. An application must be filed each year between February 1st and September 1st. Although applicants must file with the State Department of Assessments and Taxation in Baltimore, help with forms is available at the Frederick office:

5310E Spectrum Drive
(301) 815-5350

Monday–Friday, 8 a.m.–4:30 p.m.

Services: This information applies for the prior tax year. Credit is determined by the extent to which the owner's real property tax exceeds a percentage of the gross income of all persons (age 18 or older) residing in the household (renters excepted). A maximum assessed value applies for eligibility.

Eligibility: Homeowners who reside or expect to reside in their dwelling for more than 6 months of the tax year, which includes July 1st of the tax year. The person must be the legal owner of the residence and net worth must fall below a certain level. A copy of the prior year's federal income tax return is required for those people filing with IRS. If Social Security and/or Railroad Retirement benefits are received, a copy of form/s SSA-1099, RRB-1099 and/or RRB-1099R is/are also required.

Cost: None

Internal Revenue Service

Federal Income Tax

201 Thomas Johnson Drive, Suite 203
Frederick, MD 21702
(301) 228-2838

Information: 1-800-829-1040

Forms Only: 1-800-829-3676

www.irs.gov

Contact: Taxpayers seeking assistance, tax forms, or information about federal taxes should first call the Internal Revenue Service (IRS) on the toll-free numbers listed above for the fastest, most convenient service. Tax forms, tax payments, account inquiries, basic tax law assistance, alien clearances, copies of tax returns and transcripts and basic income tax return preparation are available Monday–Friday, 8:30 a.m.–4:30 p.m. Closed for lunch from 1 p.m.–2 p.m. Forms are only available from 8 a.m.–4:15 p.m. Free parking is available.

Services: The IRS suggests that older taxpayers obtain a copy of the free

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publication #554 "Tax Benefits for Older Americans." This publication contains helpful information on the various tax benefits the law provides for the elderly. The free publication may be obtained by calling 1-800-829-1040.

Eligibility: General public. Tax preparation for persons with a total income of \$33,000 or less.

Cost: None

Money Management International

1-866-550-8004

info@moneymanagement.org

www.moneymanagement.org

Contact: Counselor
24 hours, 7 days a week by phone

Services: Money Management International (MMI) is changing the way financial challenges are solved. MMI helps create, restore and maintain a life of financial wellness through empowered choices. They offer counseling on a variety of financial matters including balancing income and expenses, repaying credit card debt, avoiding home foreclosure, filing for bankruptcy, understanding reverse mortgages and managing student loans. They also offer a debt management plan that offers more in-depth help repaying credit card debit.

Eligibility: General public

Cost: Credit counseling is free. Other services may have fees. Contact MMI to learn more.

Renters' Property Tax Credit

Tax Credits Office

State Department of Assessments & Taxation

301 West Preston Street, Room 900
Baltimore, MD 21201
1-800-944-7403

Contact: The office, Monday–Friday, 8 a.m.–4:30 p.m. An application must be filed each year between February 1st and September 1st. Although applicants must file with the State Department of Assessments and Taxation in Baltimore, help with forms is available at the Frederick office:

5310E Spectrum Drive
(301) 815-5350

Monday–Friday, 8 a.m.–4:30 p.m.

Services: The State of Maryland provides a direct check payment to renters who meet certain eligibility requirements.

Eligibility: Renters who have reached age 60 on or before December 31st of last year or who are 100% disabled. Renters under the age of 60 must have had at least one dependent living with them, did not receive housing subsidies and the combined income of all household residents must have met poverty threshold guidelines during the previous year. The rented dwelling may be in any type of apartment building, a co-op or condominium, an individual house, a duplex, or a house trailer or trailer pad. The dwelling must be the principal residence of the applicant for at least six months dur-

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ing the calendar year for which they are applying. The applicant must have a bona fide leasehold interest in the property and be legally responsible to pay the rent. Any first-time applicant or prior applicant living at a new address will need to send a copy of the lease, rental agreement or proof of rent paid.

Cost: None

Senior Services Division

Emergency Assistance

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234

Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Office

Monday–Friday, 8:30 a.m.–4 p.m.

Services: Provides limited financial aid and other necessary personal service only after all public resources have been used. This assistance is possible through donations made by organizations and individuals.

Eligibility: Individuals 60 years of age or older

Cost: None

SOAR

(Supporting Older Adults
through Resources)

P.O. Box 1603
Frederick, MD 21702

240-575-9665

info@soarfrederick.org

www.soarfrederick.org

Contact: Director

Monday-Friday, 9 a.m.–4 p.m.

Call for an application or apply on-line.

Services: Provides resources to older adults in need, to help obtain services and offer financial support for unmet needs-not limited to medications, in-home support, transportation and more.

Eligibility: Frederick County residents aged 65+. Income: \$2,100 or less for an individual; \$3,000 for couples.

Cost: None

Social Security Administration

Social Security

5340 Spectrum Drive
Frederick, MD 21703

1-866-331-7089 or 1-800-SSA-1213

www.ssa.gov/myaccount

Contact: Office

Monday, Tuesday, Thursday & Friday:
9 a.m.–4 p.m.

Wednesday: 9 a.m.–12 p.m.

The fastest and easiest way to apply for your benefits is online at www.ssa.gov.

Services: Include taking and processing applications for Social Security, Supplemental Security Income (SSI) benefits, and Medicare, as well as issuing new and replacement Social Security cards.

Eligibility: Requirements vary depending on the type of benefit for which you are applying. In general, you earn

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eligibility for Social Security and Medicare by working and paying FICA or SECA taxes. Supplemental Security Income (SSI) is a needs-based benefit for disabled individuals of all ages and seniors 65 and older who have limited income and resources.

For more information about your eligibility for benefits, we recommend that you register for a free “my Social Security account” at www.ssa.gov/my-account. This account provides instant access to your career earnings history, benefit projections and much more. The fastest and easiest way to apply for your benefits is online at www.ssa.gov.

Cost: Most services, including the processing of benefit and Social Security card applications, are free.

Social Security Administration

Supplemental Security Income (SSI)

5340 Spectrum Drive
Frederick, MD 21703

1-866-331-7089 or 1-800-SSA-1213
www.ssa.gov

Contact: Office
Monday, Tuesday, Thursday & Friday:
9 a.m.–4 p.m.
Wednesday: 9 a.m.–12 p.m.
Please go online to complete the disability report (adult or child.)

Services: A federal program that sends monthly checks to many people 65 years or older who need financial help. SSI checks may also go to needy people, including children under 18, who are blind or disabled.

Eligibility: People who have little or no income and/or resources and are over age 65 or are blind or disabled at any age. The individual does not have to be completely destitute to be eligible for checks. A telephone call to the office will usually determine whether an individual is eligible. Advice can be given regarding the documents necessary for application.

Cost: None

State of Maryland

Comptroller of Maryland Revenue Administration Division

100 West Patrick Street, Room 2603
Frederick, MD 21701
(410) 260-7980 or 1-800-638-2937
taxhelp@comp.state.md.us
www.marylandtaxes.gov

Contact: Office, phone and email
Monday-Friday, 8:30 a.m.–4:30 p.m.

Services: Assists taxpayers with the preparation of Maryland personal income tax returns, account inquiries, copies of tax returns, tax payments and basic tax law assistance.

Call the office for answers to specific questions or visit the office for filing your tax return at no charge. Please bring a completed copy of your federal return if you need assistance with your Maryland return.

Eligibility: General public

Cost: None

HEALTH INSURANCE



HealthCare Access Maryland

410-500-4710 or 855-288-3667
www.healthcareaccessmaryland.org

Contact: The Call Center for more information or to schedule an appointment with a local Navigator.

Services: Practical answers about new changes in health care and for hands on assistance with signing up for health insurance.

Eligibility: Individuals who are not Medicare eligible.

Cost: None

Senior Services Division State Health Insurance Assistance Program (SHIP)

Senior Medicare Patrol (SMP)

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234

Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: SHIP/SMP Counselor
Monday–Friday, 8:30 a.m.–4 p.m.

Services:

SHIP: Provides health insurance

HEALTH INSURANCE

assistance and information to Medicare eligible individuals and their families. Staff can assist with understanding Medicare explanations and physician's bills and help make informed decisions about enrollment and insurance plan purchases.

SMP: "Empowering Seniors to Prevent Healthcare Fraud." Provides assistance with billing questions or possible billing errors.

Eligibility: Anyone who is eligible for Medicare and has concerns about possible Medicare billing errors.

Cost: None

Social Security Administration

Medicare

5340 Spectrum Drive
Frederick, MD 21703
1-866-331-7089 or 1-800-SSA-1213
1-800-MEDICARE
www.medicare.gov

Contact: Office
Monday, Tuesday, Thursday & Friday
9 a.m.–4 p.m.
Wednesday, 9 a.m.–12 p.m.

Services:
Hospital Insurance (Part A): Covers medically necessary inpatient hospital care, medically necessary inpatient

Specializing In Senior Insurance



- Medicare Supplement Insurance
- Long-Term Care Insurance
- Home Health Care Insurance
- Annuities/Life Insurance
- Drug Discount Cards

For more information about:

- Medicare deductibles
- Medicare coinsurance
- Medicare Part A
- Medicare Part B
- Medicare Supplement Insurance



Brian Ferguson
Licensed Insurance Agent
240-285-3696
Brian.Ferguson@bankerslife.com
7215 Corporate Ct. Ste 202
Frederick, MD 21703



Medicare Supplement Plans are underwritten by Colonial Penn Life Insurance Company, an affiliate of Bankers Life and Casualty Company. Colonial Penn Life Insurance Company, Bankers Life and Casualty Company and their licensed agents are not affiliated with or sponsored by the US Government or the Federal Medicare Program. Insurance Solicitation. Certain policies available to underage 65 persons due to disability. CPL-04-R001MD

HEALTH INSURANCE

care in a skilled nursing facility following hospitalization, and medically necessary care in the home by a home health agency.

Medical Insurance (Part B): Helps pay for medically necessary physician services, outpatient physical therapy, speech therapy, and a number of other medical services and supplies not covered by hospital insurance. Medical Insurance may also pay for medically necessary home health care when hospital insurance cannot. Prescription drugs are not covered.

Eligibility: Hospital and Medical Insurance-Social Security (S.S.) and Railroad Retirement (R.R.) beneficiaries who are at least age 65, or disabled S.S. and R.R. beneficiaries at any age, who have been receiving Social Security or Railroad disability checks for 24 months. It is not necessary that retired beneficiaries over 65 actually be receiving S.S. or R.R. benefits to be entitled to Medicare, but an application must be filed. Provisions are more liberal for those disabled because of chronic renal disease and Lou Gehrig's disease.

Premium for Hospital Insurance: Persons at least 65 who are not Social Security or Railroad Retirement beneficiaries may elect to pay a monthly premium for hospital insurance coverage, but must also elect to take medical insurance coverage as well. The enrollment period for both begins in the third month before the month one

reaches age 65. Enrollment in any month after age 65 may delay Medicare coverage.

Cost:

Hospital Insurance: There is no premium cost to S.S. and R.R. beneficiaries. For others there is a certain monthly premium if enrolled at the first opportunity. If enrollment is delayed, that premium is increased by 10% for each twelve-month period.

Medical Insurance: There is a certain monthly premium when enrollment takes place at the first opportunity. For each year enrollment is delayed that premium is increased by 10% for each twelve-month period.



Lorien Health Services is truly something different with a unique, progressive approach to living and healing we refer to as "Care Forward." We always look ahead and use technology to help us advance and grow to mirror the ever-changing needs of seniors.

At Lorien Mt. Airy, one can experience beautiful living options with support available when you need it. We believe in encouraging health and wellness and offer progressive therapy equipment in a newly renovated and modern space.

Our friendly and inviting community that reflects the warmth of Mt. Airy, with a wide range of planned entertainment options, will always keep you or your loved one engaged.



Schedule a tour today: (301) 829-6050
713 Midway Avenue, Mt. Airy, MD 21771



Alzheimer's Association

Greater Maryland Chapter

108 Byte Drive, Suite 103

Frederick, MD 21702

(301) 696-0315

24-hour Help Line: 1- 800-272-3900

Fax: (301) 696-9061

mewwhite@alz.org

www.alz.org/Maryland

Contact: Program Manager
Monday–Friday, 9 a.m.–5 p.m.

Services: The Alzheimer's Association is committed to supporting local families living with Alzheimer's disease or related dementias. The Chapter offers support groups for families, caregivers and individuals with early stage disease, social engagement programs for people with memory loss,

community and professional education, safety services, care consultations and a 24/7 Helpline. We raise funds and awareness through events that include the Walk to End Alzheimer's. Help is available in more than 200 languages via the 24/7 Helpline.

Eligibility: General public

Cost: None

Amber Hill Physical Therapy

187 Thomas Johnson Drive, Suite 6

Frederick, MD 21702

301-663-1157

Fax: 301-663-1229

rfeiser@amberhillpt.com

www.amberhillpt.com

HEALTH SERVICES

Contact: Appointments

Services: Amber Hill Physical Therapy has a proud tradition of providing quality, patient-centered physical and occupational therapy care, as well as aquatic therapy, in Frederick and Montgomery Counties. We operate six clinics in the area, located in Frederick, Jefferson, Damascus, Thurmont, New Market and Urbana.

Eligibility: Appointments within 24 hours. Appointments can be made online, by calling or walking in to one of our six locations.

Cost: We accept most major insurance providers and are “in-network” with most insurance plans. We are also certified Medicare and Medicaid outpatient clinics.

American Cancer Society

National Cancer Information Center

1 800 227-2345
www.cancer.org

Contact: Patient Resource Navigation Center
24 hours a day, 7 days a week

Services: Provides patient programs and services, volunteer information, information for callers seeking screenings, community resources, caregiver resources and general cancer-related materials and information.

Eligibility: Cancer patients and their family members or caretakers

Cost: None

American Diabetes Association

Maryland Area Office

2002 Clipper Park Road, Suite 110
Baltimore, MD 21211
(410) 265-0075 or 1-800-342-2383
Fax: (410) 235-4048
ewinter@diabetes.org
www.diabetes.org/maryland

Contact: Office Manager
Monday–Friday, 8:30 a.m.–5 p.m.

Services: Free information, educational materials and support group information. Can provide referrals. Step Out to Fight Diabetes held every year in Frederick. Free information hotline: 1-800-DIABETES.

Eligibility: Self-referral

Cost: None for local services. Individuals may elect to pay an annual membership fee to the American Diabetes Association. Membership includes a subscription to Diabetes Forecast, the national monthly publication for and about people who have diabetes.

American Heart Association

Maryland Chapter

217 East Redwood Street, 11th Floor
Baltimore, MD 21202
1-800-284-6601 or (410) 685-7074
Fax: (410) 528-1956
www.heart.org

Contact: Program Coordinator
Monday–Friday, 8:30 a.m.–5 p.m.

HEALTH SERVICES



Services: The American Heart Association, through its volunteers, offers professional and public education in the following areas:

- Professional Education Seminars
- Cardiopulmonary Resuscitation (CPR) training through local training centers
- Free literature on heart diseases, risk factors, smoking, nutrition, fitness, etc.

Eligibility: General public

Cost: None

American Lung Association in Maryland

211 East Lombard Street, #260
Baltimore, MD 21202
(202) 747-5541
lungmd@lungusa.org
www.lungmd.org

Contact: Office
Monday–Friday, 9 a.m.–5 p.m.

Services:

Freedom From Smoking: Group and online courses to help individuals quit smoking

Better Breathers Club: For individuals who live with COPD and their loved ones, a place to share with and learn from others

Breathe Well, Live Well: Asthma self-management program for adults

Lung HelpLine: 1-800-586-4872

Eligibility: General public

Cost: Fees may or may not apply. 24-hour Lung HelpLine requires no fee and a representative will be on hand to assist with lung health questions.

Arthritis Foundation

9891 Broken Land Parkway, Suite 101
Columbia, MD 21046
443-948-6809
www.arthritis.org

Contact: Customer Relations
Monday–Friday, 9 a.m.–5 p.m.

Services: Free information about arthritis, phone information and referral, list of area rheumatologists, educational seminars and speakers.

Eligibility: Anyone interested in learning more about arthritis.

Cost: Fee by facility for land and water exercise programs. Membership is available for an annual fee, which includes subscriptions to Arthritis Today magazine.

Department of Social Services

Medical Assistance Program (Medicaid)

1888 North Market Street
Frederick, MD 21701
(301) 600-4575
Fax: (301) 600-2663

Contact: Intake Unit
Monday–Friday, 8 a.m.–4:30 p.m.
No face-to-face interviews are required.

Services: Medicaid assists eligible individuals with the cost of health care for services obtained from providers participating in the Medical Assistance program. Services include: physician services, hospital treatment, prescrip-

HEALTH SERVICES

tion services, skilled nursing home care, home health services, psychiatric emergency services, clinic services, X-ray and laboratory services, etc.

Eligibility: Individuals meeting financial and technical eligibility requirements as specified through the Maryland Department of Health. Eligibility is based on income and resources.

Cost: None

Fittings by Michele

Women's Center for Breast Care

7211 Bank Court, Suite 150
Frederick, MD 21703
(410) 255-0800

Fax: (410) 255-3522
fittingsbym@hotmail.com
www.fittingsbymichele.com

Contact: Owner; by appointment

Services: Breast prostheses, bras, wigs, compression garments. Personal fittings with a Certified Fitter with 34 years of experience. Main boutique in Pasadena, MD, with satellite location in Frederick. Board of Certification/Accreditation, International (BOC) accredited.

Eligibility: General public

Cost: Call for more information.

Frederick Community Action Agency (FCAA)

Community Health Center (CHC)

100 South Market Street
Frederick, MD 21701
(301) 600-1506
Fax: (301) 662-9079

www.cityoffrederick.com/fcaa

Contact: Office

Monday–Friday, 8:30 a.m.–5 p.m.

Services: Provides primary health care for households with an income at or below 300% of the federal poverty level.

Eligibility: Frederick County residents who meet the financial eligibility requirements, are uninsured or covered by one of the Managed Care Organizations: Priority Partners, Maryland Physicians Care, Amerigroup or University of Maryland Health Partners.

Cost: Sliding scale co-payment

SONUS hearing care professionals

Monocacy Village Shopping Center
310 Delaware Road
Frederick, MD 21701
(301) 663-0553
www.sonusfrederick.com

Lori Barr
M.S., CCC-A
Licensed Audiologist

DID YOU KNOW?
Hearing loss can be connected to a variety of health issues, including depression, dementia and cardiovascular disease.

Call to schedule a complimentary hearing screening!
\$500 OFF**
A PAIR OF HEARING AIDS

*Hearing screenings are always free. This is not a medical exam. **Good only at participating Sonus locations. Limit one coupon per customer. It cannot be combined with any other offers and does not apply to previous sales. May not be valid with certain insurance benefits. Cash value 1/20 cents. Offer expires 9/30/20. © 2016 Sonus-USA, Inc. | 6838MISC



Frederick County Health Department

Adult Evaluation and Review Services (AERS)

350 Montevue Lane
Frederick, MD 21702
(301) 600-1736

Fax: (301) 600-3548
dgrove@frederickcountymd.gov
www.frederickcountymd.gov/
healthdepartment

Contact: Office Services Clerk or Program Supervisor
Monday–Friday, 8 a.m.–4:30 p.m. to schedule an in-home assessment.

Services: A nurse or social worker conducts a free, in-home evaluation to make recommendations and identify resources to help aged/disabled adults who are at risk for nursing facility placement, to remain in the community. AERS also performs inter-RAI evaluations for community Medicaid recipients seeking home and community based services and supports and federally-mandated PASRR evaluations. Interpreter services are available.

Eligibility: Elderly and/or disabled adults at risk for nursing facility placement who wish to remain in their homes/community.

Cost: None

HEALTH SERVICES

Mission of Mercy

22 South Market Street, Suite 6D
Frederick, MD 21701
(301) 682-5683 (Administration only)
Fax: (301) 682-3499
main@amissionofmercy.org
www.amissionofmercy.org

Contact: Office

Services: Provides free basic, primary healthcare, dental care (extractions and fillings only; NO wisdom teeth) and free prescription medications, delivered through a mobile medical program and licensed volunteer doctors, nurses, dentists and other non-medical volunteers. Visit Mission of Mercy's website for clinic locations, directions and appointment numbers. Dental care is on a first-come, first serve basis (must be 18 years of age or older)—NO appointments. All new patients need to arrive at the clinic site EARLY.

Brunswick

Faith Baptist Church
2212 Jefferson Pike
Knoxville, MD 21758
Appointment line: (240) 529-8772

Frederick

The Church of Jesus Christ of Latter-day Saints
199 North Place
Frederick, MD 21701
Appointment line: (301) 676-3188

Eligibility: Persons with no insurance; there is no pre-qualification process.

Cost: Free

National Multiple Sclerosis Society

2219 York Road
Timonium, MD 21093
1-800-FIGHTMS or (443) 641-1200
info@nmss-md.org
www.nmss-md.org

Contact: Office

Monday–Friday, 9 a.m.–5 p.m.

Services: Information and referral, literature and educational programs, loan closet of durable medical equipment (DME), financial assistance for purchase of DME, limited financial assistance for transportation to medical appointments, eviction prevention and utilities shut-off notices. Local self-help groups available.

Eligibility: Persons with multiple sclerosis and their families or caregivers.

Cost: None

Office for Blindness and Vision Services (OBVS/ Low Vision)

1890 North Market Street, Suite 300
Frederick, MD 21701
(240) 629-7581
Fax: (240) 629-7587
Frederick.dors@maryland.gov
www.dors.maryland.gov

Contact: Administrator

Monday-Friday, 8 a.m.–3 p.m.

Services: The Independent Living for the Older Blind Program (ILOB) helps individuals who are 55 years or older,



are blind or have a vision impairment, to live independently in their homes and communities. Examples of services may include: safe cooking techniques, orientation and mobility, referral for low vision exams, labeling and organizing of clothing, appliances and medications. Division of Rehabilitation Services (DORS) therapists will come to your home to provide an assessment and training. Rehabilitation teachers work as a team with ophthalmologists, low vision doctors and community partners to provide personalized service.

Eligibility: Anyone 55 years and older with a significant loss of vision

Cost: Contact office for details.

Rehab Smarter

4541 Timbery Drive
Jefferson, MD 21755
(866) 505-5518

Fax: (240) 393-4594
www.rehabsmarter.com

Contact: Owner

Monday-Friday, 8:30 a.m.-7:30 p.m.

Saturday, 8:30 a.m.-2 p.m.

Services: Rehab Smarter provides skilled physical, occupational and speech therapies, skilled nursing and more, over a live, HIPAA compliant, internet connection. We also provide prevention, wellness, home safety evaluations and yoga. Sessions are

HEALTH SERVICES

private, face-to face and individualized to our customer's needs/desires. Great treatment from the comfort of your home.

Eligibility: N/A

Cost: Self pay, will provide bill to send to insurance.

Senior Services Division

Health-Related Services and Supports

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1657

Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Client Services Administrator
Monday–Friday, 8:30 a.m.–4 p.m.

Services: Community Options Waiver, Community First Choice and Community Personal Assistance Services are programs that enable adults to remain in a community setting even through their physical condition or disability would warrant placement in a long-term care facility. Services that are typically covered by Medicaid in a long term care facility can be provided to eligible persons in a community setting.

Eligibility: Community Options Waiver and Community First Choice clients must meet both Medicaid financial and medical criteria while Community Personal Assistance Services clients must meet Medicaid financial criteria and need assistance with at least 2 activities of daily living (ADLs.)

Cost: None



Frederick Health Hospital

400 West 7th Street
Frederick, MD 21701
(240) 566-3300
frederickhealth.org

Contact: Director, Marketing & Communications
Monday-Friday

Services: Frederick Health Hospital has 233 licensed beds and is the sole hospital in the region, serving all of Frederick City and Frederick County. The hospital is part of Frederick Health, which includes several ambulatory care locations, two urgent care centers, Home Health, Hospice, Employer Solutions and a Medical Group with around 100 primary and specialty care

providers. To see a full list of services, visit frederickhealth.org.

Eligibility: General public

Cost: Call for more information



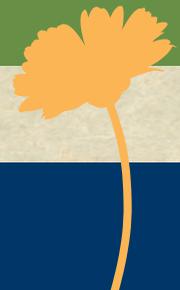
At Frederick Health Hospice:

- We provide compassionate dignified care to those in advance stages of a life limiting illness wherever the patient calls home.
- 24 hour care at the Kline Hospice House
- Bereavement services which include grief support/ loss groups and individual counseling including a grief camp for children- Camp Jamie
- Music therapy and Veteran Services



“The hospice team strives to optimize quality of life and comfort for members of our community who are ill and to provide support to the entire family.”

— Dr Mary McDonald
Hospice Medical Director



For more information,
call 240-566-3030 or visit hospiceoffrederick.org

HOUSING OPTIONS / ASSISTED LIVING



Bethany Living II

5135 Charlington Court
Frederick, MD 21703
(301) 363-3900
bethanylivingusa@yahoo.com
bethanyliving.com

Contact: Manager
24 hours a day, 7 days a week

Services: We offer customized personal care for individuals in a home-like setting. Trained caregivers provide attention and assistance with medication management, bathing, dressing and cooking, 24 hours a day. In addition, staff will coordinate services with outside health providers and monitoring to ensure residents are healthy. Languages: Korean.

Eligibility: General public

Cost: Sliding scale. Private insurance, private pay, Medicaid, Veterans Administration benefits, grants and donation.

Country Meadows of Frederick

5955 Quinn Orchard Road
Frederick, MD 21704
(301) 228-2249
Fax: (301) 228-2492
CRawls@countrymeadows.com
www.countrymeadows.com

Contact: Marketing/Admissions
9 a.m.–5 p.m., 7 days a week
Open to provide services 24 hours a day, 7 days a week

Services: A retirement community offering independent and assisted living options, rehabilitation services and specialized programs for persons with Alzheimer's disease and dementia. Located on 56 acres overlooking trees and the Monocacy River.

Eligibility: 55+

Cost: Private pay. Call for rates; month-to-month lease.

HOUSING OPTIONS / ASSISTED LIVING

Cozy Care Assisted Living

12803 Boxwood Court
Union Bridge, MD 21791
(301) 304-0639
Fax: (301) 304-5420
holly.larson913@gmail.com

Contact: Provider/Manager
8 a.m.–6 p.m.

Services: We are a small licensed Level 3 personal care home for seniors including those with mild dementia and early to moderate Alzheimer's disease. We are licensed for 5 residents. Our residents receive quality comprehensive personalized care by an exceptional staff and the owner-operators. Amenities provided in our fee include laundry, housekeeping, medication administration, help with bathing, grooming, hair and nail care. You can expect meals to enjoy, pets to love, wild birds, landscaping and gardens to admire. Choices, dignity, companionship and security help our residents live in a community with all of the day-to-day happenings. A lovely and comfortable setting describes Cozy Care.

Eligibility: Anyone in need of assisted living accommodations.

Cost: Based on level of care needed. Accept private insurance, Veterans Administration benefits and private pay.

Department of Social Services

Project Home/Adult Foster Care

1888 North Market Street

Frederick, MD 21701
(301) 600-2635

Contact: Adult Services
Monday–Friday, 8 a.m.–4 p.m.

Services: Provides for the recruitment, training, certification and monitoring of Project Home/AFC homes and the matching of disabled adults or frail elderly in need of a limited supervised living arrangement with an appropriate home provider. Primarily, Project Home/AFC offers the adult an opportunity to continue or resume living in the community.

Eligibility: Must be a Frederick County resident 18 years of age or older who is at risk when living independently. Prospective Project Care/AFC providers need to call the Department of Social Services for information concerning the application process.

Cost: Depends on client resources and varies according to services needed and provided. There are a limited number of state-subsidized placements available.

HeartFields Assisted Living and Alzheimer's Facility at Frederick

1820 Latham Drive
Frederick, MD 21701
(301) 663-8800

Fax: (301) 663-8801

heartfieldsatfrederickassistedliving.com

Contact: Community Relations Director
24 hours a day, 7 days a week

Services: HeartFields at Frederick is



Great care.
Anywhere.

How far do you have to go to get the best care? With Frederick Health Home Health, you don't have to leave the house. Our team of registered nurses, therapists, social workers, home health aides and other specialists come to you, offering high-quality patient- and family-centered care you can trust – and that makes you feel right at home.



Home Health services include: Nursing • Physical Therapy • Occupational Therapy
Speech Therapy • Wound Care • IV Therapy

Available only from Frederick Health Home Health:
Chronic Disease Management • Telemonitoring and Telehealth

240-566-3568 | [FrederickHealth.org/homehealth](https://www.FrederickHealth.org/homehealth)

Accepting most insurance plans, including Medicare and Medicaid. Call for detailed coverage information.

HOUSING OPTIONS / ASSISTED LIVING



the area's premier assisted living and memory care community. A multiple recipient winner of Frederick's "Best of ..." contests, we are the small, homey, comfortable community providing high-level assisted living care, with 24-hour on site nursing and in-house therapies. We're pet friendly too!

Eligibility: Financially qualified persons, who are assisted living appropriate and as approved by the Delegating Nurse and Executive Director.

Cost: Call for information.

Lorien Mt. Airy Assisted Living

713 Midway Avenue
Mount Airy, MD 21771
(301) 829-6050, ext 112
Fax: (301) 829-9065
csevere@lorienhealth.com
www.lorienmtairy.com

Contact: Admissions
Please call for appointment.

Services: Customized support service programs provide the complete range of assisted living services from basic support to extended care with nursing staff available 24 hours a day. Private apartments with private baths and kitchenettes are personalized with the resident's favorite furnishings. Restaurant-style dining, exercise programs, social and spiritual opportunities, housekeeping, wellness assessments, transportation, visiting professionals and library and computer center are just some of the amenities that make Lorien the best place to be when home is no longer an option.

Eligibility: Call for information.

Cost: Variable, based on apartment size and a customized Support Service Plan. Call for details.

Montevue Assisted Living

1910 Rosemont Avenue
Frederick, MD 21702
(240) 772-9140
Fax: (240) 608-6479
info@montevuealf.com
www.montevuealf.com

Contact: Assisted Living Manager
24 hours a day, 7 days a week

Services: In-house physician, 24-hour nursing services, medication management, pharmacy services, physical therapy services, transportation available, private rooms with large walk-in bath, activities department, wellness program, cable and phone-ready private rooms, furnished apartments, beauty and barber shop, outdoor courtyard

HOUSING OPTIONS / ASSISTED LIVING

and pavilion, Wi-Fi access and kitchenette with microwave.

Eligibility: Individuals 60 years of age or older.

Cost: Private insurance, Veterans Administration and private pay. Income level eligibility for private pay requirements, referral from the Department of Health for County program.

The Record Street Home

115 Record Street
Frederick, MD 21701
(301) 663-6822

Fax: (301) 663-5186
gm.rsh@comcast.net

www.recordstreethome.org

Contact: General Manager
Monday–Friday, 9 a.m.–5 p.m.

Services: Serene gracious community of 24 rooms; includes private rooms, family style meals and 24-hour nursing care with a short-stay infirmary. Planned activities encourage a sense of well-being and enjoyment of life for all residents. Centrally located in historic Frederick within close walking distance to downtown activities.

Eligibility: Call for details.

Cost: Financial arrangements are made on an individual basis and are strictly confidential. Most residents receive large subsidies from the Home's Endowment Fund.



Live the *lifestyle*
that you've been
dreaming about
at Homewood.

Here, at the area's newest continuing care retirement community, you will enjoy maintenance-free living accompanied with luxurious amenities you'll truly love. Homewood is located just 10 minutes from downtown Frederick. *Call to arrange for a personal tour of our community. For more info visit our website.*

Luxurious Amenities • Continuing Care • Fully Refundable Entrance Fee



www.homewoodfrederick.com • 7407 Willow Road, Frederick Maryland • 301.732.6153

HOUSING OPTIONS / ASSISTED LIVING

Somerford Assisted Living and Alzheimer's Care

2100 Whittier Drive
Frederick, MD 21702
(301) 668-3930

Fax: (301) 668-3931

www.somerfordhousefrederick.com

Contact: Community Relations Director

Services: With stunning views, Somerford of Frederick is a senior living community offering assisted living apartments and Five Star's award-winning Bridge to Rediscovery program for Alzheimer's or related dementias. Amenities include restaurant-style dining, 24-hour nursing, social, educational and recreational activities, exercise and wellness programs, beauty salon, bistro, library, transportation, laundry and housekeeping.

Eligibility: Call for details.

Cost: Prices vary, call for information.

Sunrise Senior Living of Frederick

990 Waterford Drive
Frederick, MD 21702
(301) 663-9500

Fax: (301) 696-5886

Frederick.dos@sunriseseniorliving.com
www.sunrisefrederick.com

Contact: Director of Sales, ext. 2202

Services: Our residents enjoy senior-friendly living spaces designed for comfort and safety with a choice of attractive apartments, including a full bath and an emergency call response system. All

Sunrise assisted living communities are pet-friendly; some residents even move in with their own approved cat or dog.

While services and amenities may vary by location, our community offers:

- Programs and activities for daily physical fitness; creative, social, learning and spiritual opportunities
- Maintenance-free living, including housekeeping, trash removal and laundry
- Trained staff available 24-hours a day
- Monthly wellness visits by a licensed on-staff nurse
- Three delicious, well-balanced meals as well as snacks available throughout the day
- Medication coordination
- A resident community cat and dog
- Social and educational programs for families
- Scheduled resident and family meetings

Eligibility: Seniors and individuals in need of assistance for daily life activities.

Cost: Private pay, long term care insurance, Veterans Administration aide and attendance.

Sunset Ridge Assisted Living

7021 Rock Creek Drive
Frederick, MD 21702
(240) 422-6252
Fax: (301) 473-5103

HOUSING OPTIONS / ASSISTED LIVING



info@sunsetridgeassistedliving.com
www.sunsetridgeassistedliving.com

Contact: Administrator/Owner
7 days a week, 8 a.m.–6:30 p.m.

Services: An affordable care provider for seniors in Frederick County. Private or semi-private rooms fully furnished for convenience and comfort, located in the scenic foothills of the Catoctin Mountains in a warm, private home setting promoting wellness and independence. Amenities include assistance with everyday living, homemade meals and snacks, afternoon tea, personal care assistance, daily activities, gardening, daily housekeeping with linen and laundry services, medication supervision and spiritual programs.

Eligibility: Individuals 55 years of age or older

Cost: Varies based on accommodation and care needs.

Tranquillity at Fredericktowne

6441 Jefferson Pike
Frederick, MD 21703
(301) 668-6030

Fax: (301) 668-6034
dsm@tranquillity-frederick.com
www.tranquillity-frederick.com

Contact: Director of Marketing
Monday–Friday, 9 a.m.–5 p.m.
Evening appointments available.

Services: Tranquillity offers Assisted Living and Memory care. We have a physician on staff as well as physical therapy. We offer 24-hour care along with podiatry, dentistry and Geri-psych services. We have licensed nurses on-site and a varied, vibrant activities calendar. Pets are welcomed.

Eligibility: General public

Cost: Private pay or private insurance.

HOUSING OPTIONS / ASSISTED LIVING

Warm Heart Family Assisted Living, Inc.

752 Dogwood Court
Frederick, MD 21701
(240) 398-1433

Fax: (301) 620-7822

connie@warmheartassistedliving.com
www.warmheartassistedliving.com

Contact: Director
24 hours a day, 7 days a week

Services: Offers unique and effective multigenerational quality alternate life care services. Programs provide a solution for both residents and their families. Residents are encouraged to make as many decisions for themselves as possible. Provides dignity, love and respect in a safe environment.

Residents enjoy a residential setting that provides 24-hour supervision, assistance with activities of daily living and health related services that are designed to accommodate changing needs and preferences. Warm Heart maximizes the resident's dignity, autonomy, privacy, independence and safety. The fully trained staff knows each resident and their individual needs and provides a stable and caring environment that builds residents' trust.

Eligibility: General public

Cost: Varies based on accommodation and level of care needed. Accepts the Community Options Waiver, long term care insurance, private insurance, Veterans Administration and private pay.

Longevity, Stability... Tranquillity

When you choose Tranquillity you can be confident that our team has worked together for years to provide top-notch care for our Residents.



Janice Worrell (pictured) has been a part of our team for 16 years. Her bond with Residents like Lois Noffsinger Spurrier (pictured) is based on trust, love and years of experience.



Tranquillity

at FREDERICKTOWNE
Assisted Living & Memory Care

Call to schedule a tour and receive a free gift! (301) 668-6030

HOUSING OPTIONS / INDEPENDENT



Acts Buckingham's Choice

3200 Baker Circle
Adamstown, MD 21710
(301) 644-1609 or 1-800-409-6111
Fax: (301) 631-5491
Kim.Paddison@actslife.org
www.actstretirement.org

Contact: Community Sales & Marketing Director
Tours available 7 days a week.

Services: A non-profit, CARF-accredited life plan community offering independent living cottages and apartments, assisted living suites, short-term rehabilitation and skilled nursing,

Eligibility: Individuals 60 years of age or older

Cost: Varies

Brooklawn Apartments

1001 Carroll Parkway
Frederick, MD 21701
(301) 663-6115
Fax: (301) 663-7718
abrooklawn@oconnells.com
www.oconnellseniorliving.com

Contact: Property Manager
Monday–Friday, 8 a.m.–4 p.m. or by appointment

Services: Independent housing for 55+; 1, 2 and 3 bedroom apartments in a parklike setting with oversized rooms and fully appliance equipped kitchens. Many apartments offer either a private terrace or balcony. We offer on-site management, elevator and planned activities. Heat, water, AC and

HOUSING OPTIONS / INDEPENDENT

trash included in rent; 1 year lease. Pet friendly and non-smoking community.

Eligibility: Applicants must meet eligibility requirements. Call for details.

Cost: Fee ranges based on unit size and amenities.

Brunswick House

1100 Peach Orchard Lane
Brunswick, MD 21716
(301) 834-7700
Fax: (301) 834-9349
Brunswickhouse@voa.org
www.voa.org/housing

Contact: Community Administrator
Monday, Wednesday and Friday,
10 a.m.–4 p.m.

Services: Brunswick House is part of Volunteers of America NHC, one of the nation's largest non-profit providers of quality affordable housing. Brunswick House caters to low-to-moderate income seniors age 55 or older and those with physical or mental disabilities. We offer efficiencies and one bedroom apartments in a quiet country setting.

Eligibility: Individuals 55 years of age or older or anyone who is disabled.

Cost: Rent based on 30% of income, HUD subsidized

Catoctin Manor Apartments

798 & 800 Motter Avenue
Frederick, MD 21701
(301) 620-8666
Fax: (301) 620-2219

pspencer@hacfrederick.org
www.hacfrederick.org

Contact: Property Manager

By appointment only

Monday–Thursday, 8 a.m.–4:30 p.m.

Every other Friday, 8 a.m.–4:30 p.m.

Services: Offers 1 and 2 bedroom apartments. Gas, electric and water/sewer are included in the rent for these air-conditioned units, which include a community room and activities for residents. Located near hospital, shopping and banking. Note: Catoctin View Apartments are under renovation and unavailable for occupancy until 2020.

Eligibility: Persons 62 years of age or older with limited income.

Cost: Fee based on income and family size. Private pay.

Creekside at Tasker's Chance

100 Burgess Hill Way
Frederick, MD 21702
(301) 698-5700

Fax: (301) 698-1486
info@creeksideattaskers.com
www.creekside@taskers.com

Contact: Property Manager
Monday–Friday, 8:30 a.m.–5 p.m.
Saturday & Saturday by appointment.

Services: One and two bedroom apartments for seniors age 55+.

Eligibility: 55+-Tax Credit–Income Limitations

Cost: Contact office for details.

HOUSING OPTIONS / INDEPENDENT

Edenton Retirement Community

5800 Genesis Lane
Frederick, MD 21703
(301) 694-3100

Fax: (301) 694-0308

jholmes@edenton-retirement.com
www.edentonfrederick.com

Contact: Community Relations
Monday–Friday, 8 a.m.–5 p.m.
Evening and weekend hours by
appointment

Services: Edenton offers independent living cottages with personal services and assisted living and memory care residences within a parklike campus. Home Care Services by Edenton provide home-based care to residents on and off campus.

Eligibility: Open to the public

Cost: Monthly fee based upon unit size, additional services and/or level of care.

Frederick Community Action Agency (FCAA)

Housing Counseling

100 South Market Street
Frederick, MD 21701
(301) 600-1506

Maryland Relay: 711

Fax: (301) 662-9079

www.cityoffrederick.com/fcaa
bpetersen@cityoffrederick.com

Contact: Supervisor
Monday–Friday, 9 a.m.–5 p.m.

Services:

Housing Counseling Program: A HUD approved housing counseling agency and accredited housing counselors provide pre-purchase, default and home equity conversion counseling services.

Eligibility: Frederick County individuals and families.

Cost: No charge for Pre-Purchase or Default/Delinquency Counseling. Charge for Reverse Mortgage Counseling depends on income.

Frederick County Department of Housing and Community Development (DHCD)

401 Sagner Avenue
Frederick, MD 21701
(301) 600-1061

Fax: (301) 600-3585

khalter@frederickcountymd.gov
www.frederickcountymd.gov/housing

Contact: Office
Monday–Friday, 8 a.m.–4 p.m.

Services: Provides a diverse mix of affordable housing programs and resources for low-to-moderate income renters, homeowners, homebuyers and organizations that create and preserve affordable housing, with an emphasis on serving low-to-moderate income and special needs populations.

Eligibility: Any low-income person or family is potentially eligible for assistance, as well as people with special needs. Assistance is given regardless of age, race or sex.

Cost: None

HOUSING OPTIONS / INDEPENDENT

RENTAL ASSISTANCE PROGRAMS

Housing Choice Voucher Program

(Section 8): Rental assistance for low-income households living in market housing, serves 450+ households; wait list 500+, currently closed.

Bell Court Senior Housing (county owned rental complex): 28 one-bedroom cottage-style 1 level townhomes for low-income seniors located in Woodsboro, Maryland.

HOMEBUYER ASSISTANCE

The Frederick County Homebuyer Assistance Program (HAP) provides zero interest, deferred loans for down payment and closing cost assistance to income-eligible first time homebuyers.

HOMEOWNER REPAIR/REHAB & ACCESSIBILITY PROGRAMS

Frederick County Emergency Rehab, Senior Housing Rehab and Maryland Housing Rehab Programs include low-cost and deferred loans for home repairs; also loans and grants for accessibility needs and home repairs for seniors based on household income and affordability.

OTHER PROGRAMS AND SERVICES

Livability Code for Renters: Complaint-based code for renters living in units not up to code or with unsafe conditions.

Resource and Referral Center: DHCD maintains up-to-date information on assisted and market rate rental housing and housing-related services.

Frederick Rescue Mission

Beacon House/Changed Life Recovery Program

419 West South Street
Frederick, MD 21701
(301) 695-6633

Fax: (301) 695-6637
info@therescuemission.org
www.therescuemission.org

Contact: Director of Changed Life Recovery Program.

Applications accepted Monday-Friday, 10:30 a.m.–3 p.m.

Services: Provides a one-year intensive Changed Life Recovery Program for men with substance abuse disorders. Men must be physically able to attend Christian curriculum classes and participate in work therapy. Program participants are not permitted to work outside of the program. Part-time employment may be provided by a local retreat and conference center. All finances are managed by the program with special financial requirements.

Eligibility: Men 18 years of age or older

Cost: Contact office for details

Brooklawn Apartments

**A Gracious 55 & Over Community
Call Now for a Tour!**

301-663-6115

1001 Carroll Parkway, Frederick, MD 21701



Adjoining Baker Park walking paths, shopping & dining.

Oversized 1, 2, & 3 bedroom apartments with heat, hot water and AC included in your rent.

Pet friendly • Elevator building • Non-smoking community



www.oconnellseniorliving.com



HOUSING OPTIONS / INDEPENDENT

Habitat for Humanity of Frederick County, MD

117 East Church Street
Frederick, MD 21701
(301) 698-2449, option 6
Fax: (301) 698-1697
jminnick@frederickhabitat.org
www.frederickhabitat.org

Contact: Housing Director
Monday–Friday, 8 a.m.–4 p.m.

Services: Habitat for Humanity works with low-to-moderate income Frederick residents, who cannot qualify to purchase a market rate home, become homeowners. Families that meet the homeownership/repair criteria become “partner” families and work side-by-side with volunteers to build or repair their home. Partner families will not spend more than 30% of their income on their mortgage with our affordable homeownership programs. As part of our Neighborhood Revitalization Program, Habitat for Humanity partners with individuals and families who cannot afford necessary repairs to their homes and are in need of assistance. These repairs may range from minor clean-up efforts to major repairs to help citizens remain safely in their homes. This program also offers specific repairs and home modifications to assist seniors with “Aging In Place.”

Eligibility: No minimum income to apply, income must not exceed 80% of HUD’s Area Median income. Payback is based on income.

Cost: No cost to apply. Call for more information.

Homewood at Frederick Homewood at Willow Ponds

7407 Willow Road
Frederick, MD 21702
(301) 732-6153
Fax: (301) 620-1328
Mktg-wp@hmwd.org
www.homewood.com

Contact: Marketing Department
Call for appointment.

Services: A new 55+ active adult community adjacent to the campus of Homewood at Crumland Farms. Spacious patio homes and Lodge apartments with amenities for active adults.

Eligibility: 55 and over

Cost: Fixed fee; available upon request.

Housing Authority of the City of Frederick

209 Madison Street
Frederick, MD 21701
(301) 662-8173
Fax: (301) 620-2219
www.hacfrederick.org

Contact: Office
Monday–Friday, 8 a.m.–4:30 p.m.

Services:

Rental Assistance: Subsidy for qualifying tenants pays the difference between 30% of income and the approved rent.

Public Housing: Catoctin View and Catoctin Manor Apartments for the elderly. See complete listing under Housing.

HOUSING OPTIONS / INDEPENDENT

Eligibility: Individuals 62 years of age or older

Cost: Free to apply for subsidy

Interfaith Housing Alliance, Inc.

5301 Buckeystown Pike, Suite 320
Frederick, MD 21704 (Main Office)

The Weinberg House:

222 Broadway Street

Frederick, MD 21701

(301) 662-4225, ext. 1304

Fax: (301) 662-6477

trowe@interfaithhousing.org

www.interfaithhousing.org

Contact: Property Manager
Monday–Thursday, 8:30 a.m.–2:30 p.m.

Services: Owns and manages 23 units at The Weinberg House; one-bedroom apartments for seniors 62 and older. Secured entry, inside mail delivery, coin-operated laundry, community room, emergency pull-cords in bathroom/bedroom, tub cut-outs for easy access to step into shower, handheld adjustable shower heads and safety bars in bathroom. Supportive services referrals available.

Eligibility: Must be 62 or older and income-eligible (1 person: \$38,650; 2 people: \$44,150 annually.)

Cost: \$650 plus electric and cable per month. Only certified service/companion animals accepted with verification. No pets and non-smoking building. Limited parking in lot. No application fee.

Lincoln on the Park Apartments

401 West Lincoln Avenue

Emmitsburg, MD 21727

(301) 447-3911

Fax: (301) 447-3406

Lincoln@hrehllc.com

www.lincolnonthepark.com

www.lincolnonthepark.net

Contact: Community Manager
Leasing office is open Tuesday & Thursday, 8 a.m.–4:30 p.m.

Services: Rental Housing for the elderly 62 or older and disabled of any age. Lincoln on the Park is financed by USDA Rural Development and 31 of the 32 one-bedroom apartments' rents are based on 30% of monthly gross income. Services and activities are provided for the residents.

Eligibility: Income, age and disability status.

Cost: Based on income and family size. Private pay or housing vouchers.

alzheimer's  association®

When Alzheimer's touches your life,
turn to us.

24/7 Helpline 800.272.3900

HOUSING OPTIONS / INDEPENDENT

Rebuilding Together of Frederick County

P.O. Box 1822
Frederick, MD 21702
(240) 415-8728

www.rebuildingtogetherfrederick.org

Contact: Board President
24-hour voice mailbox; calls will be returned.

Services: Repairs houses of low-income homeowners, particularly elderly, disabled or veterans, so that they can live in warmth, safety and independence. Home repairs are typically completed the last Saturday in April every year; however, can be performed outside of this time, depending on need.

Eligibility: Application gives priority to elderly, low-income or disabled persons and considers the repair needs of each home. Applications can be obtained by calling the above number or the Frederick County Senior Services Division at 301-600-1234.

Cost: None

Seton Village Apartments

327 South Seton Avenue
Emmitsburg, MD 21727
(301) 447-6250

Fax: (301) 447-4268

SetonVillage@hrehllc.com

www.setonvillageapartments.com

www.setonvillageapartments.net

Contact: Community Manager
Leasing office is open Monday, Wednesday, Friday, 8 a.m.–4:30 p.m.

Services: Rental housing for the elderly; one person in household must be 62 or older. Seton Village is financed by Housing and Urban Development and the Maryland Department of Housing and Community Development. There are a total of 43 apartments: 31 units are one-bedroom apartments with rents that are based on income (30% of monthly gross income.) The remaining 12 units are two-bedroom apartments and are 40, 50 and 60% Tax Credit (income restrictions apply.) Services and activities are available for the residents.

Eligibility: Income, age and disability status

Cost: Private pay or Housing vouchers.

Spring Ridge Senior Apartments

6351 Spring Ridge Parkway
Frederick, MD 21701
(301) 620-2620

Fax: (301) 631-2996

springridge@coniferllc.com

Contact: Property Manager
Monday-Friday, 8:30 a.m.-5 p.m.
Saturday-Sunday, 10 a.m.-4 p.m.

Services: Independent senior apartment community offering 144 spacious one-bedroom and two-bedroom apartments in our state-of-the-art building. Our apartment homes feature many amenities for your comfort and convenience, including a washer and dryer, balcony or patio with breathtaking views, two elevators and controlled building access for your safety and security.

Eligibility: 62 and older

Cost: Call for current rates.

Taney Village Apartments

1421 Taney Avenue
Frederick, MD 21702
(301) 663-0929

Fax: (301) 696-8320

taneyvillage@rhomecommunities.com

Contact: Leasing Office
Monday–Friday, 10 a.m.–3 p.m.

Services: Taney Village is a subsidized senior community consisting of 130 one bedroom apartments. Amenities include a community room, craft room, computer library, fitness room and laundry room.

Eligibility: Persons 62 or older or those with disabilities

Cost: Based on 30% of income and family size

Victoria Park at Walkersville

105 Sandstone Drive
Walkersville, MD 21793
(301) 845-4885

Fax: (301) 845-2708

victoriaparkwalkersville@habitatamerica.com
www.habitatamerica.com

Contact: Community Manager
Monday–Friday, 8:30 a.m.–4:30 p.m.

Services: 80 one-and two-bedroom apartments and numerous common areas offer charm, comfort and accessibility.

Eligibility: Individuals 62 years of age or older. Income guidelines apply.

Cost: Call for rates.



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lcrowl@ramhmd.net



301.696.1122



In Home Care & Assistance

#R2343

HOUSING OPTIONS / LONG-TERM CARE

Acts Copper Ridge

710 Obrecht Road
Sykesville, MD 21784
(410) 795-8808 or 1-800-531-6539
Fax: (410) 795-8893
Stephen.Lutz@actslife.org
www.actstretirement.org

Contact: Director of Community Outreach-Chesapeake Region
Tours available 7 days a week

Services: Copper Ridge offers an integrated, long-term solution for memory support. We provide resources, support and opportunities to connect for individuals and their loved ones, including:

- Assisted living and skilled nursing

- Short-term Rehabilitation
- The Proxmire Memory Clinic
- Short stay evaluation program
- The Bistro, a specialized dining experience for those with neurocognitive disorders and their families (open to the public)
- The Peabody Club—an adult day and night program
- Social support opportunities for care partners and families

Eligibility: Copper Ridge is a memory support community without walls, offering both residential and innovative community outreach programs.

Cost: Varies

CAREGIVING

Do's and Don'ts

✓ SEEK SUPPORT

We can help connect you.

✓ BECOME INFORMED

Help is available.

✓ SAY WHAT YOU NEED

People ask all the time what they can do to help. Keep a list of helpful tasks to let them choose.

✓ KNOW YOUR LIMITS

Be proactive and have a plan for when you are feeling overwhelmed.

✓ CALL US!

Help is available.
301.600.6001

✗ IGNORE YOUR HEALTH

Caregiving can be stressful so be sure to maintain your own routine appointments, get enough rest and good nutrition.

✗ ISOLATE

It is important to stay involved and connected. It can help reduce anxiety and depression.

✗ STRIVE FOR PERFECTION

Try to find things you can compromise on and let go of.

✗ FOCUS ON THE NEGATIVE

It is easy to be consumed by a never ending "to do" list of caring for another, but be sure to spend time focusing on the rewards as well.



DON'T GO IT ALONE! CALL TODAY.

301.600.6001

www.FrederickCountyMD.gov/SeniorServices

HOUSING OPTIONS / LONG-TERM CARE

Charlotte Hall Veterans Home

29449 Charlotte Hall Road
Charlotte Hall, MD 20622
(301) 884-8171
Fax: (301) 263-7194
clewis@HMRMD.com
www.charhall.com

Contact: Director of Admissions
Monday–Friday, 8 a.m.–5 p.m.

Services: Charlotte Hall Veteran’s Home is Maryland’s only Skilled Nursing, Assisted Living, Rehabilitation and Memory Care facility exclusively serving the needs of Maryland’s veterans and their eligible spouses. In addition to long-term and primary care, Charlotte Hall provides on-site dental, optometry, psychiatry and podiatry services.

Eligibility: Honorably discharged veterans who are Maryland residents and are 62 years of age or older or disabled by Social Security or Veterans Administration.

Cost: All nursing home beds are Medicare/Medicaid certified. Charlotte Hall also accepts private payment made by the resident and payment by some third party medical insurances. The cost to the resident is based on the level of care they require. The amount Assisted Living residents pay is based upon each individual’s monthly net income. Charlotte Hall receives a per diem subsidy from the U.S. Department of Veterans Affairs that is applied toward the cost of the veterans care and the State of Maryland

provides an additional subsidy for the veteran Assisted Living residents. Non-veteran spouse residents, however, are not eligible for State or Veterans Administration subsidies. A VPI-70% or greater service connected veteran may be entitled to the full cost of Nursing Home care.

Citizens Care and Rehabilitation Center of Frederick

1920 Rosemont Avenue
Frederick, MD 21702
(240) 772-9200
Fax: (240) 608-6468
astaley@citizenssnf.com
www.citizenscarefrederick.com

Contact: Admissions Director
24 hours a day, 7 days a week

Services: Premiere skilled nursing offering short-term rehabilitation, specialty ventilator care and dementia care.

Eligibility: Based on medical necessity

Cost: Rates vary based on care needs. Separate rates for short-term and ventilator care stays. Medicare, Medicaid, private insurance and private pay accepted.

Frederick Health and Rehabilitation Center

30 North Place
Frederick, MD 21701
(301) 695-6618
Fax: (301) 695-9571
www.savaseniorcare.com

HOUSING OPTIONS / LONG-TERM CARE

Contact: Admissions

Services: A skilled nursing facility providing short-and long-term care. Comprehensive rehabilitation, respite care, hospice care and a secured unit are available.

Eligibility: Call for details.

Cost: Fixed fee; private pay, Medicare, Medicaid and most insurance plans accepted.

Genesis Healthcare

Ballenger Creek Center

347 Ballenger Center Drive

Frederick, MD 21703

(301) 663-5181

Fax: (240) 608-3913

sandy.vorlaufer@genesishcc.com

www.genesishcc.com

Contact: Admissions Director

Services: A part of the Genesis Healthcare Network. Customers receive personal attention in a friendly atmosphere. State-of-the-art facility located in southern Frederick County. Providing:

- Skilled nursing
- CHF Program
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Respiratory Therapy
- COPD program
- Hospice/Respite Stay
- Long-term care

Eligibility: Please contact the admissions director with questions.

Cost: Accepts private pay, Medicare, Medicaid and most insurance plans.

Glade Valley Center

56 West Frederick Street

Walkersville, MD 21793

(301) 898-4300

Fax: (301) 898-4343

cindy.mattera@genesishcc.com

www.genesishcc.com

Contact: Director of Admissions

Services: Part of the Genesis Health-Care Network. Glade Valley Center is a 124-bed nursing center providing 24-hour nursing care to individuals who can no longer care for themselves or be cared for at home. The nursing center cares for residents in a manner and in an environment that maintains or enhances dignity and respect and in full recognition of the resident's individuality.

The nursing center provides physician-ordered physical, occupational and speech therapy. Respiratory therapy is also available for residents who suffer from respiratory complications.

Within Glade Valley Center is Haven Court, a secured unit for people with Alzheimer's disease and other forms of dementia. The unit's design, staffing and activity plan, provide residents and their families with an extra sense of security and comfort.

Eligibility: Contact Director of Admissions for more details or to schedule a tour of the facility.

HOUSING OPTIONS / LONG-TERM CARE

Cost: Private pay, Medicare, Medicaid and most insurance plans accepted.

Homewood at Frederick Homewood at Crumland Farms

7407 Willow Road
Frederick, MD 21702
(301) 644-5600
Fax: (301) 620-1328
Mktg-cf@hmwd.org
www.homewood.com

Contact: Admissions Coordinator
Tours by appointment

Services: A not-for-profit retirement community offering independent living cottages and apartments, assisted living suites, and the healthcare center for extended care and rehab. Physical, occupational and speech therapy is available for all levels.

The Woodlands: Offers Levels I and II assisted living support including meals, medical oversight and assistance with bathing as well as cleaning, laundry, activities and social services support.

The Meadows:
75 comprehensive/skilled nursing care beds. Medicare and Medicaid certified. Long-term, short-term and respite care.

The Willows:
Progressive special care for residents needing memory support. Secure residential and garden areas. Staff trained to promote highest functioning level for each person. Offers specially designed activities and sensory enhancement programs including massage therapy, music therapy and the area's only Snoezelen room.

Eligibility: 55 and over

Cost: Available upon request. Daily rates include room, board, nursing care, housekeeping, laundry, activities, social services and chaplaincy services.

Lorien Mt. Airy

Nursing and Rehabilitation Center

713 Midway Avenue
Mt. Airy, MD 21771
(301) 829-6050, ext. 127
Fax: (301) 829-9065
csevere@lorienhealth.com
www.lorienhealth.com/mtairy

Contact: Director of Admissions



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WWW.PCMSINC.ORG

HOUSING OPTIONS / LONG-TERM CARE

Services: Lorien's 62-bed nursing community offers exceptional assistance to individuals needing long-term care, skilled nursing and sub-acute care.

Highly skilled staff in the 22-bed sub-acute unit support individuals who require ventilator care, tracheostomy care, IV therapy and rehabilitation services including respiratory therapy, physical therapy, occupational therapy and speech therapy.

Residents in the 40-bed long-term care unit receive compassionate and capable assistance with activities of daily living in a friendly, caring atmosphere, where dignity and independence are valued and encouraged.

Eligibility: Call for information

Cost: Private pay, Medicare, Medicaid and most insurance plans accepted.

Northampton Manor Nursing and Rehabilitation Center

200 East 16th Street
Frederick, MD 21701

(301) 662-8700

Fax: (301) 662-4045

northampton@fundltc.com

www.northamptonnursingandrehab.
com

Contact: Director of Admissions
Monday–Saturday, 8 a.m.–8 p.m.

Services: Short-term rehabilitation services, long-term care and respite care. IV therapy and wound care. Focus programs on CHF and COPD are available.

Eligibility: In order to provide the highest quality of life for all residents, admission is dependent upon an individual medical evaluation of each person.

Cost: Schedule of fees available upon request. Northampton Manor accepts Medicare, Medicaid, private insurance and private pay.

St. Joseph's Place St. Catherine's Neighborhood

331 South Seton Avenue
Emmitsburg, MD 21727
(301) 447-7000

Fax: (301) 447-7015

www.stcatherinesnursingcenter.org

Contact: Admissions Coordinator
8 a.m.–8 p.m.

Services: A 90-bed skilled nursing care center providing rehabilitation and comprehensive care services. Beautifully located adjacent to The National Shrine of St. Elizabeth Ann Seton. Easy commute from Baltimore, Frederick, Westminster, Gettysburg, Waynesboro, Chambersburg and Hagerstown.

Specialized services:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Pain Management
- Dementia Care
- Warm Water Therapy Pool
- Person Respected Care

Eligibility: Based on the level of care needed.

HOUSING OPTIONS / LONG-TERM CARE

Cost: Accepts Medicare, Medicaid and private pay.

The Vindobona Nursing and Rehabilitation Center

A Grace Healthcare Facility

6012 Jefferson Boulevard
Frederick, MD 21703
(301) 371-7160
Fax: (301) 371-5921
www.thevindobona.com

Contact: Admissions Department
Monday–Friday, 8 a.m.–5 p.m.

Services: Located in the picturesque community of Braddock Heights, Vindobona delivers warm and personalized care in a home-like setting:

- Short-term rehabilitation stays designed to get you home
- Physical, occupational and speech therapies
- Long-term care
- Wound care
- Pain management
- Palliative care
- Respite care

Eligibility: Contact us to review the admissions process and additional eligibility criteria.

Cost: Medicare, Medicaid, private pay or private insurance plans accepted. Rates vary with room selection. Contact us to learn how we can help you with the Medicaid application process.



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331 S. Seton Avenue, Emmitsburg, MD

(301) 447-7000

www.stjosephsministries.org

MOVING SOMEONE

FROM ANOTHER STATE TO MARYLAND

If you are considering moving your loved one, before deciding here are some things to think about:

- Do they want to move?
- Are they physically able to move?
- Are the services they are receiving currently available in this area?
- Is housing available that would fit with their financial and physical needs?
- If needed, can they afford in-home care?
- If needed, can they afford Adult Day Care?
- Medicaid qualifications are different in each state, confirm eligibility prior to move.
- How are they receiving their Medicare benefits currently?
- If they are in an Advantage plan, availability of those plans are different within each state.
- If assisted living or long term care services are needed, can they be afforded and obtained?
- Do they have long term care insurance?
- Are doctors or specialists accepting new Medicare patients in the new area?

DISCLAIMER – This list is not all inclusive. You should consider your family's unique needs when making this decision.



Once you have decided to move a loved one...

This checklist is provided to offer you guidance and a reminder of tasks that need to be considered prior to and after moving someone.

CONSIDERATIONS	COMPLETED
Create a moving checklist and prepare a moving folder (keep all documents, checklists, etc. together). These items should be kept with you during your move.	
Is there a person appointed to act as a medical and financial power of attorney? Legal advice should be sought to determine whether or not it will transfer state to state.	
Driver's license or state issued ID required?	
Reestablish doctors in the local area, including dentists, specialists, pharmacies, etc.	
Transfer or get copies of, medical and dental records, prescriptions, orders, vaccines, etc.	
Refill prescriptions before the move or transfer them to a local pharmacy to avoid gaps in medication refills	
Is the individual physically able to make the trip? If so, think about the mode of transportation– if it is mass transportation e.g. plane, train, bus (alert carriers of any special needs).	
Of the person is currently in an assisted living or nursing home, secure the level of care, and choose a local facility that meets the need. Financial coverage does not transfer state to state, it needs to be reestablished.	
Alert current local/social services of move and termination of service e.g. Meals on Wheels, in-home care. Retain closure letters.	
Is there availability of necessary resources locally (specific health needs, etc.)?	
Explore availability of alternate housing options in case the need arises or if level of care is different from state to state (long-term care facilities, assisted living, independent housing, etc.)	
Are there pets involved? Consider how to transport, veterinarian information, vaccine and documentation requirements.	
Arrange to forward mail	
Take pictures of furniture placement in current location so you can arrange items as closely as possible in new residence. This is especially important for those with memory or vision impairment.	
Consider any need for home modification e.g. stair safety, bathroom accessibility, handrails, grab bars, wheelchair accessibility.	
Set up an appointment with the local adult evaluation and review service. Consider if the person will have space, and be safe, in his/her new environment, access to appropriate socialization (if desired), etc.	
Address services and utilities issues (turned on/off, accounts closed, final bills paid, forwarding address provided, etc.).	
Contact Social Security/Medicare to notify of change of address.	
Contact all insurance providers (house, auto, health) to ensure consistent coverage.	

IDENTIFICATION

Maryland Identification Card

Motor Vehicle Administration

Frederick Branch Office
1601 Bowman's Farm Road
Frederick, MD 21701
1-800-950-1682

Contact: Office
Monday–Friday, 8:30 a.m.–4:30 p.m.
Saturday, 8:30 a.m.–Noon

Services: Issues identification cards with photos that provide identification necessary for check cashing, etc.

Eligibility: Any Maryland resident who does not possess a valid driver's license. Must apply in person and present an original or certified birth certificate, a copy of marriage license if name differs from birth certificate, some type of I.D. with signature and two proofs of residence. The same requirements as the original are required for a duplicate Maryland Identification Card.

Cost: Free to those 65 years or older; those who are 100% disabled or blind or are permanently disabled. For all others there is a nominal charge.

IN-HOME SERVICES

Abuzz Healthcare Services, LLC

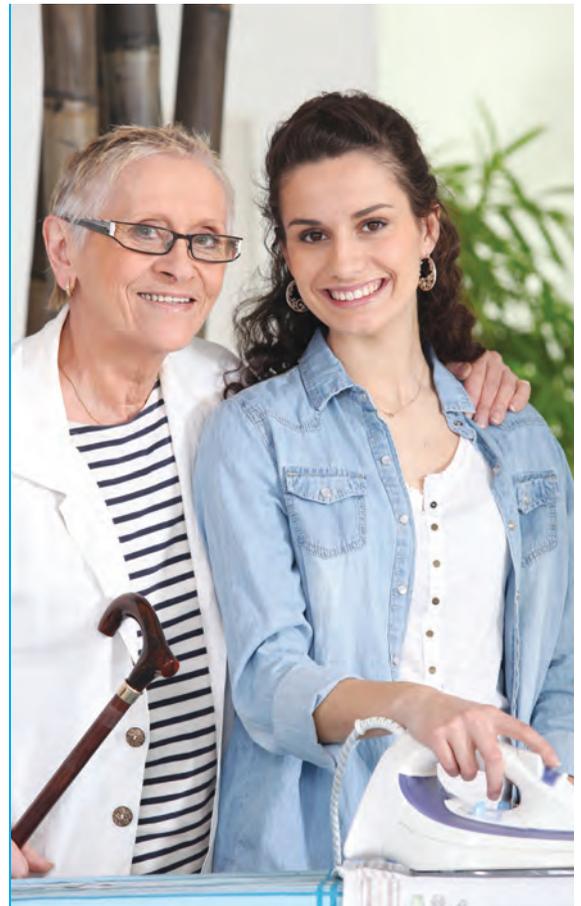
1003 West 7th Street, Suite 504
Frederick, MD 21701
(301) 850-1918
Fax: (301) 576-5657
info@abuzzhealthllc.com
www.abuzzhealthllc.com

Contact: Administrator

Services: Senior care/Elder care, special needs care, sick or injury recovery, medication reminders, wound care, G-tube care, IV therapy, tracheostomy, activities of daily living (bathing, grooming, toileting, meal preparation, laundry, etc.), companion services, live-in, personal and respite care.

Eligibility: General public

Cost: Call for information.



IN-HOME SERVICES

Accessible Home Health Care

5100 Buckeystown Pike, Suite 250
Frederick, MD 21704
(301) 766-4001
Fax: (301) 766-9324
ckukor@ahcglobal.com
www.accessiblefrederick.com

Contact: Owner
24 hours a day, 7 days a week

Services: Licensed, bonded and insured as a Residential Service Agency. Provides assistance with activities of daily living: hygiene/bathing, dressing, toileting, mobility, meal preparation, medication reminders/supervision, light

housekeeping, laundry, transportation, shopping, doctor appointments and companion care. "We guarantee compassionate care."

Eligibility: Ages 18 and older

Cost: Varies. Accepts private pay, private insurance and Veterans Administration.

AMADA Senior Care

5100 Buckeystown Pike, Suite 250
Frederick, MD 21704
(301) 850-1725
Fax: (301) 850-1735
Rich.f@amadaseniorcare.com
www.amadamidmaryland.com

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Home Care

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www.AssistingHands.com/Frederick

Licensed as a Residential Service Agency by the Maryland Department of Health and Mental Hygiene, Office of Health Care Quality.



License #
R4409

IN-HOME SERVICES

Contact: Office
24 hours a day, 7 days a week

Services: AMADA Senior Care can provide assistance with activities of daily living (walking, exercise assistance, bathing, errands/shopping, meal preparation, dressing, toileting, medication reminders and light housekeeping.) We also help seniors evaluate and maximize the benefits of their long-term care insurance. Contact us for a free Veterans Care Needs Consultation.

Eligibility: General public

Cost: Varies. Private insurance, private pay, Veterans Administration.

Assisting Hands Home Care

328 West Patrick Street
Frederick, MD 21701
(301) 798-9030
Fax: (301) 798-9030

Troy.R@AssistingHands.com

www.AssistingHands.com/Facebook

Contact: Owner
24 hours a day, 7 days a week

Services: Our compassionate and dependable care helps our clients remain happy and at home which is where they want to be! Our caregivers are highly trained and have a passion for helping others.

- Dementia/Alzheimer's Assistance
- Personal Care/Respite
- Sunrise/Sunset Services
- Medical Alert System

Eligibility: General public

Cost: Call for a free in-home consultation; fees vary based on services provided.

Baker Rehab Group

197 Thomas Johnson Drive, Suite B
Frederick, MD 21702
(301) 662-1997
Fax: (301) 668-2202
info@bakerrehabgroup.com
www.bakerrehabgroup.com

Contact: Office
Monday, 8 a.m.-6:30 p.m.
Tuesday, 8 a.m.-4:30 p.m.
Wednesday, 8 a.m.-6:30 p.m.
Thursday, 8 a.m.-7 p.m.
Friday, 8 a.m.-4:30 p.m.

Services: Offers out-patient as well as in-home services: physical, occupational and speech therapy.

Eligibility: Anyone in need of physical, occupational or speech therapy.

Cost: Medicare, private insurance and private pay accepted.

Better Care, Inc.

Walkersville, MD 21793
(301) 693-7131
Fax: 1-888-676-7027

bettercareagency@gmail.com

Contact: Owner
Monday-Friday, 8:30 a.m.-4:30 p.m.

Services: Provides personal care, medication dispensing, light housekeeping and companionship.

IN-HOME SERVICES

Eligibility: Call for information.

Cost: Medicaid and private pay.

Department of Social Services

In-Home Aide Services

1888 North Market Street
Frederick, MD 21701
(301) 600-2635

Contact: Adult Services
Monday–Friday, 8 a.m.–4 p.m.

Services: In-Home aides may provide chore and personal care services to individuals of all ages in their homes. Services include food preparation, bathing and chores to enable the individual to remain at home.

Eligibility: Frederick County residents

Cost: None

Destiny Homecare Services

220 Windom Way
Frederick, MD 21702
(301) 676-2570
destinyfic@yahoo.com
www.destinyhmcare.com

Contact: Office
Monday-Friday, 9 a.m.-5 p.m.

Services: Destiny Homecare Services can provide assistance with activities of daily living, housekeeping, meal preparation, transportation services and errands/groceries. We strive to

provide personalized services to those who need care.

Eligibility: Services based on need.

Cost: Call for details.

First Care Nursing Services, Inc.

7310 Grove Road, Suite 202
Frederick, MD 21704
(301) 682-3632
Fax: (240) 439-4360

Firstcarenursingservices@gmail.com
www.fcncaringinc.com

Contact: Administrator
Monday-Friday, 9 a.m.–5 p.m.

Services: We provide the following services: activities of daily living assistance, hygiene care, housekeeping, groceries/errands, appointments, checking vital signs and blood sugar. Skilled Nursing: assessment, wound care, G-tube, medication reminders and administration. Services are available 24 hours a day, 7 days a week.

Eligibility: Individuals 18 years and older.

Cost: Rates vary according to type of service and number of hours. Private insurance, Medicaid, Veterans Administration and private pay accepted.

Frederick County Health Department

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Community Personal Assistance
Services (CPAS)**



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IN-HOME SERVICES

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(301) 600-1736
Fax: (301) 600-3548

dgrove@frederickcountymd.gov
www.frederickcountymd.gov/healthdepartment

Contact: Office Services Clerk or Program Coordinator
Monday–Friday, 8 a.m.–4:30 p.m. to schedule an in-home assessment.

Services: Serves medically-eligible community Medicaid recipients of all ages requiring assistance with bathing, dressing, feeding, meal-preparation and toileting. A support planner from a Maryland Department of Health (MDH)-approved agency establishes a service plan and secures agency-based personal assistants to provide personal care services. AERS staff conducts initial/yearly interRAI evaluations and provides ongoing nurse monitoring.

Eligibility: All ages. Must have active/full (not QMB/SLMB) Community Medical Assistance (Medicaid) and must meet medical eligibility criteria as established by the Maryland Department of Health (MDH) following an interRAI evaluation provided by the health department’s AERS evaluator(s.)

Cost: Must have active Community Medical Assistance (Medicaid.)

1-800-704-3701
TDD: (240) 566-3700
Fax: (240) 566-3984
Frederickhealth.org

Contact: Office
Monday-Friday, 8 a.m.-4:30 p.m.
After office hours, weekends and holidays; calls answered by 24-hour clinician coverage.

Services: Frederick Health Home Health is a state-licensed, Joint Commission accredited and a Medicare-certified provider of home health services. Our multidisciplinary team offers qualified professional skilled nursing, physical therapy, occupational therapy, speech therapy, healthcare aides and social work services. Interpreter services are available. Specialty care includes: Chronic Disease Management, Joint Works, Cognitive Therapy, Telemonitoring and Telehealth.

Eligibility: Qualified Adult Patients. Home health qualifications include:

- Under the care of a physician and receiving services under a plan of care that is reviewed by a physician
- Medical need part-time or intermittent
- Physician certification that patient is homebound

Cost: Accepting most insurance plans, include Medicare and Medicaid. Call for detailed coverage information.

Frederick Health Home Health

605 East Church Street, Suite 2
Frederick, MD 21701
(240) 566-3568

HomeCall of Frederick

1446 West Patrick Street, Suite 16
Frederick, MD 21702
(240) 215-4668 or 1-800-444-0096

IN-HOME SERVICES

Fax: (301) 698-8191 or
1-800-418-6635

tywana.tawney@lhcgrou.com
www.lhcgrou.com

Contact: Central Intake
24 hours a day, 7 days a week

Services: HomeCall is a state-licensed, Medicare-certified and JCAHO accredited home healthcare company, servicing a large geographical footprint in the state of Maryland and DC with 11 branches. HomeCall offers qualified professionally skilled nursing, physical therapy, occupational and speech therapy, social work services and para-professional services to its clients. Some of the many services that are covered under HomeCall are:

- Alzheimer's and Dementia Care
- Care Transitions
- Chronic Disease Management
- Fall prevention
- Heart Disease
- Home Health Aides
- Infusion Therapy
- Medical Social Work
- Medication Management
- Nutritional Consult (including in-home assessment)
- Occupational Therapy
- Pain Management
- Patient/Caregiver Training
- Personal Emergency Response System (PERS)
- Physical Therapy
- Skilled Nursing

- Smooth Transition from Hospital Discharge to Home Health
- Speech Therapy
- Wound, Ostomy, and Continence Nursing

Eligibility: Anyone who is home-bound and needs home care services.

Cost: Medicare, Medicaid, private insurances and private pay accepted.

Home Care Assistance

220-B Shorebird Street
Frederick, MD 21701
301-228-2200
Fax: (301) 228-2205

LMcGraw@homecareassistance.com
www.homecareassistance.com/frederick

Contact: Head of Operations
Calls: 24 hours a day, 7 days a week

Services: We provide older adults in Frederick and the broader community with one-on-one support that allows them to live safely and independently at home. We have a roster of skilled and compassionate caregivers that enables us to personally match our clients to caregivers with their home care needs.

Eligibility: General public

Cost: Call for free in-home consultation; rates vary based on services provided.

Home Care Services by Edenton

5800 Genesis Lane
Frederick, MD 21703

IN-HOME SERVICES

(301) 663-6489

Fax: (301) 694-0308

measton@edenton-retirement.com

www.edentonhomecare.com

Contact: Home Care Office
Monday–Friday, 8 a.m.–5 p.m.

Services: Provides caring and compassionate home-based services and personal care for those who need a helping hand in their own home. Evaluates each individual's needs and creates a customized care plan. The non-medical staff offers assistance with meals, housekeeping, laundry, transportation, care coordination, telephone checks, medication management using a dispensing system, Lifeline fall detecting system and more. The personal care

staff offers assistance with recovery after a hospital stay, activities of daily living and specialized programming including "Pre-hab" services, restorative aide services, cardiac care and Alzheimer's/dementia care.

Eligibility: Open to the public

Cost: Monthly fee based upon individual needs for products and services.

Home Centris Healthcare

198 Thomas Johnson Drive, Suite 10

Frederick, MD 21702

(240) 236-9855

Fax: (240) 236-9856

Brian.snyder@HomeCentris.com

www.homecentris.com

LONG TERM CARE OMBUDSMAN PROGRAM



The Ombudsman protects the rights and promotes the safety, welfare and well being of residents living in nursing homes and assisted living communities.

For more information:

301.600.2877

Confidential

www.FrederickCountyMD.gov/SeniorServices

FREDERICK COUNTY
(Senior Services)
DIVISION

IN-HOME SERVICES

Contact: Agency Director
24 hours a day, 7 days a week

Services: Home Centris provides personal care services, such as bathing, grooming and light housework, designed to keep individuals safe at home. We are the oldest and largest provider of these services under the Community Options Waiver program in the state and specialize in providing services that may be free to qualified seniors.

Eligibility: Medicaid, private pay, long term care insurance and Veterans Administration

Cost: Call for inquiries.

Home Instead Senior Care

614 West Patrick Street
Frederick, MD 21701
(301) 846-9922
Fax: (301) 846-9944
Brad.snively@homeinstead.com
www.homeinstead.com/627

Contact: Office staff
24 hours a day, 7 days a week

Services: CAREGivers are exceptionally trained to assist with personal care, bathing, dressing, toileting, mobility, meal preparation, light housekeeping, medication reminders and transportation. Licensed, bonded and insured. We can provide services for 1 hour to 24/7. Care can be provided in-home, assisted living facility or nursing home. Specializing in Alzheimer's care.

Eligibility: Adult community, qualifying veterans, long-term care insurance and private pay.

Cost: Call for free in-home consultation; rates vary based on services provided.

Hospice of Frederick County

516 Trail Avenue, Suite C
Frederick, MD 21702
(240) 566-3030
Fax: (240) 566-3601
cgraveran@fmh.org
www.hospiceoffrederick.org

Contact: Executive Director
Monday–Friday, 8 a.m.–4:30 p.m.
24-hour answering service available for emergency contact.

After 4:30 p.m., weekends and holidays: (240) 566-3006

Services: An insurance-approved healthcare service specialized in providing comprehensive medical, emotional, spiritual and bereavement support for individuals and their loved ones facing a life-limiting illness. Hospice services are provided to patients where they reside, including nursing homes, assisted living facilities and at the Kline Hospice House. New services include music therapy and a Veteran's program. For the bereaved in the community, Hospice offers a variety of evening support groups, telephone support, one-on-one support and Camp Jamie for children who are grieving. Bereavement services are provided at no charge thanks to generous donations. Volunteers are the heart of Hospice and are always needed.

Eligibility: Medicare hospice eligibility criteria

IN-HOME SERVICES

Cost: Sliding scale. Private insurance, Medicare, Medicaid, Veterans Administration and private pay accepted.

Maxim Healthcare Services

64 Thomas Johnson Drive, Suite 302
Frederick, MD 21702
(301) 631-2255
Fax: 1-855-857-1697
FrederickMDHomecare-215@max-health.com
www.maximhealthcare.com

Contact: Recruiter or Operations Manager
24 hours a day, 7 days a week

Services: In-home skilled nursing

services, continuous private duty nurse and unskilled hourly care.

Eligibility: General public

Cost: Rates vary. Private pay, private insurance, Veterans Administration, Medicaid and Medicaid MCO programs.

Mustardseed Health Care Services, LLC

198 Thomas Johnson Drive, Suite 205
Frederick, MD 21702
(240) 439-4373
(844) 239-6721
Fax: (240) 439-4396
info@mustardseedhcs.com
www.mshcs.com

Is your senior loved one suffering from
Alzheimer's disease
or other dementias?

Specialized Care "Changing the Face of Aging"
One Client at a Time!

A personalized experience for those with Alzheimer's disease or other dementias.

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Changing Aging Through Research and Education



Your local Home Instead Senior Care® office can help.

Home Instead CAREGiversSM provide the highest quality of care, changing the way people live with Alzheimer's or other dementias. Contact us to learn more about our person centered approach to Alzheimer's care and family caregiver education classes.

HomeInstead.com/627
301.846.9922



Home Instead
SENIOR CARE®

To us, it's personal.®

Call today for a free consultation.

Each Home Instead Senior Care franchise office is independently owned and operated. © Home Instead, Inc. 2019

IN-HOME SERVICES

Contact: Office
Monday–Friday, 9 a.m.–5 p.m.

Services: We are licensed as a Residential Service Agency and a Nursing Staff Agency. We are also a training location for CMT, CPR and First Aid and we conduct LiveScan fingerprinting/background checks. Our philosophy is to provide comprehensive medical care while treating every patient with dignity and respect. Languages: English, Spanish and French.

Eligibility: General public

Cost: Varies. Insurance and private pay.

Nightingale Home Health, Inc.

120 West Church Street, Suite F
Frederick, MD 21701

(301) 698-8789 or (301) 305-5731

Fax: (301) 698-8789

nightingalehomehealthmd@gmail.com

www.nightingalehomehealthmd.com

Contact: Office
Monday–Friday, 9 a.m.–5 p.m.
Services available 24 hours a day, 7 days a week

Services: Licensed Residential Service Agency that provides skilled and non-skilled nursing in-home care for individuals of all ages. Skilled Nursing: Foley & IV catheter care, wound care, medication administration, chronic illness (COPD, CHF, cancer.) Non-skilled nursing includes all activities of daily living: companion services, hygiene, vital signs and errands. “Let’s Stay Independent.”

Eligibility: General public

Cost: Private insurance, private pay and Medicaid

Right At Home

550 Highland Street, Suite 110

Frederick, MD 21701

(301) 696-1122

Fax: (301) 696-1373

emclaughlin@rahmd.net

www.rightathome.net/centralmd

Contact: Client Care Coordinator

Services: A very different approach to homecare. Our experienced, compassionate caregivers receive extensive training and ongoing oversight from our nursing and management team. We offer in-home care from 1 to 24 hours a day. Locally owned, family operated for over 16 years from right here in Frederick.

Eligibility: Anyone over 18 years of age

Cost: Call office for fee structure.

Royal Nurses, Inc.

2014 Burnside Drive

Frederick, MD 21702

(202) 528-7760

Fax: (301) 698-1039

www.royalnurses.com

Contact: Director
24 hours per day, 7 days per week

Services: Royal Nurses, Inc.’s purpose is to bring light into the world by touching the spirit, heart and body. Let our light shine upon you and/or your loved one through our trustworthiness,

IN-HOME SERVICES

professionalism, compassion and a caring spirit.

- Skilled Nursing Care
- Private duty Nursing
- Ventilator Support
- Infusion Services (Central and/or Peripheral Maintenance)
- Nutritional Support Services (Gastrostomy and Nasogastric Tube Feeding)
- Certified Nursing Assistants
- Home Care Companions
- Home Care Provides for light housework and meal preparation
- Respite Care

Senior Care Program

A partnership between Senior Services Division and Department of Social Services

1440 Taney Avenue
Frederick, MD 21702
(301) 600-2635 or (301) 600-1234
seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Intake
Monday–Friday, 8 a.m.–4 p.m.

Services: Helps frail, health-impaired older persons locate and select the services that can help them continue to live in their homes and stay in their communities. An evaluation of needs is done in the home by a qualified staff person or team. After the needed services are identified, a case manager will help locate and arrange for services and ensure that the older person receives the needed services at the right time.

Eligibility: Must be 65 years of age or older, need assistance with several daily activities such as bathing, meal preparation, etc., be moderately or severely disabled, be medically at risk of institutionalization and live in Frederick County. Such persons may be eligible for gap-filling service dollars if they meet established financial standards and other eligibility criteria.

Cost: None

Shepherd's Staff In-Home Care

205 Broadway Street, Suite 210
Frederick, MD 21701
(301) 304-9143
Fax: (301) 304-9148
help@shepherd-staff.net
www.shepherds-staff.net

Contact: Client Care Staff
Monday–Friday, 8:30 a.m.–4:30 p.m.
Phones are answered by a staff member 24 hours a day for emergencies and critical scheduling issues.

Services: We help seniors remain safely at home by providing compassionate caregivers or certified nursing assistants, to help with daily activities, personal hygiene, housekeeping, meal preparation, transportation, memory care and companionship. Services are available up to 24 hours a day and we can accommodate weekends, holidays and shorter shifts. ASL and Spanish availability may be limited.

Eligibility: Adults living at home or in a facility.

IN-HOME SERVICES

Cost: Fees vary; call for details. Private pay, private insurance, long term care insurance and Veterans Administration.

Shiloh Healthcare, LLC

5100 Buckeystown Pike, Suite 250
Frederick, MD 21704
(240) 575-9212 or (240) 344-4694
Fax: (240) 215-6511
info@shilohhealthcare.com
www.shilohhealthcare.com

Contact: Director
Monday-Friday, 8 a.m.-6 p.m.
Saturday, 9 a.m.-4 p.m.

Services: At Shiloh Healthcare we provide dedicated, committed and tailored healthcare services to our clients in the comfort and pleasure of their own home. Our services include skilled nurses and aides, experienced in personal nursing care, medication management, respite care, companionship, nutrition guidance, housekeeping, emotional support and personal hygiene.

Eligibility: All ages and income levels are welcome.

Cost: Sliding scale. Private insurance, Medicaid, long term care insurance and private pay.

The Home Team In-Home Senior Care, LLC

4707 Schley Avenue, Suite 217
Braddock Heights, MD 21714
(240) 675-7068
Fax: (301) 371-4144
LBTheHomeTeam@gmail.com
www.thehometeamsc.com

Contact: Owner or Administrator
Monday-Friday, 8:30 a.m.-5 p.m.
Service: 24 hours a day, 7 days a week

Services: With a personalized care plan that fits your needs, developed by our professional staff, we provide personal hygiene, dementia care, light housekeeping, transportation, medication reminders and more. We work as a team in your home to provide high quality respite, companionship and CNA care to honor The Art of Care.

Eligibility: General public

Cost: Call for details.

Visiting Angels

801 Toll House Avenue, A3
Frederick, MD 21701
(301) 418-6172
Fax: (240)367-9387
JaniceD@visitingangels.com
www.visitingangels.com

Contact: Director
Monday-Thursday, 8 a.m.-5 p.m.,
Friday, 8 a.m.-4 p.m.
Calls: 24 hours a day, 7 days a week

Services: We provide non-medical in-home services to adults and seniors such as hygiene assistance, ambulation, light housekeeping, meal preparation, driving to appointments, running errands, pet and plant care and more. We can help for as little as 30 minutes to as much as 24 hours a day, 7 days a week. Short-term respite care for a few days and live-in care also available.

Eligibility: General public

Cost: Fee varies. Private pay or private insurance.



CALM

The Community Problem Solving Program of Frederick County

P.O. Box 419
Middletown, MD 21769
(301) 631-2256
calmfrederick@gmail.com
www.calmfrederick.org

Contact: Director

Times are arranged based upon participants' schedules.

Services: CALM offers mediation and facilitation services to all residents of Frederick County. We offer it free or for \$40 for a two hour mediation session depending upon income. We offer ElderCare mediations which range from guardianship concerns, concerns

with care in assisted living and nursing homes to estate concerns. We offer conflict resolution training programs.

Eligibility: Frederick County residents

Cost: \$40 per mediation session based on income and family size

Frederick County Human Relations Department

(Discrimination in Housing,
Employment, Public Accommodations)

401 Sagner Avenue
Frederick, MD 21701
(301) 600-1063
Fax: (301) 600-2085
pfleet@frederickcountymd.gov
www.frederickcountymd.gov/
humanrelations

LEGAL SERVICES

Contact: Department Director
Monday–Friday, 8 a.m.–4 p.m.
Other hours by appointment

Services: Will investigate alleged discriminatory treatment in the areas of employment, housing and public accommodations based on age, race, sex (gender only), religion, marital status, national origin, physical or mental disability, familial status and source of income (housing only.) Incidents must be reported within six months. Investigations are confidential to those with a need to know only. Offers public speaking and technical assistance to promote voluntary compliance and positive inter-group relations. Provides assistance to employers and housing providers who wish to voluntarily comply with equal opportunity laws.

Eligibility: Persons working or living in Frederick County who believe that they have been discriminated against in areas of housing, public accommodation or employment. Exemptions and a statute of limitations apply.

Cost: None

Maryland Legal Aid Bureau, Inc.

22 South Market Street, Suite 11
Frederick, MD 21701
(301) 694-7414 or 1-800-679-8813
Fax: (301) 698-2636
www.mdlab.org

Contact: Office Manager
Intake, by phone or in person
Monday–Thursday, 9:30 a.m.–4 p.m.

Services: Provides free legal representation to qualifying low-income or elderly persons in non-criminal cases only, e.g., housing and landlord/tenant disputes, denials and terminations, public benefits, family law, consumer protection and employment. Referrals for Power of Attorney, Advanced Directives, Wills and deed changes.

Eligibility: Call for eligibility requirements.

Cost: None

Maryland Volunteer Lawyers Service

201 North Charles Street
Baltimore, MD 21201
1-800-510-0050 or (410) 547-6537
Fax: (443) 451-4081
info@mvslaw.org
www.mvslaw.org

Apply on-line: <https://mvslaw.org/get-legal-help/apply-for-services/>

Contact: New Client Intake
Monday–Thursday, 9 a.m.–12 p.m.

Services: The mission of MVLS is to provide quality civil legal assistance to Marylanders with limited income at low-or no-cost. Each client is matched with a volunteer lawyer who can take on their case for free. Cases accepted include divorce and custody, debt collection and bankruptcy, foreclosure, expungement, estate planning, income tax disputes and more.

Eligibility: Income guidelines apply

Cost: \$25 application fee

Office of the Attorney General of Maryland

Consumer Protection Division

401 Sagner Avenue
Frederick, MD 21701
(301) 600-1071

Fax: (301) 791-7178

Consumer@oag.state.md.us

www.marylandattorneygeneral.gov

Contact: Mediation Specialist
2nd and 4th Thursday of each month,
9 a.m.–1 p.m.

Services: Provides mediation services to consumers to help resolve complaints against businesses. Information is also provided regarding new home builders or health club registrations, identity

theft and landlord/tenant disputes.

Cost: None

Register of Wills for Frederick County Frederick County Courthouse/ Multi-Service Center

100 West Patrick Street
Frederick, MD 21701
(301) 600-6565

Fax: (301) 600-6580

www.registers.maryland.gov

Contact: Register of Wills
Monday, Tuesday, Wednesday, Friday,
8 a.m.–4:30 p.m.
Thursday, 9 a.m.–4:30 p.m.

Law Office of

LENA A. CLARK, LLC

Lena Clark, Wills & Estates Attorney

We help families protect money and loved ones in the event of death or disability.



- Last Will & Testament
- Revocable Living Trust
- Advance Medical Directive
- Financial Power of Attorney
- Living Will
- Trust & Estate Administration
- Probate
- Guardianship
- Probate Avoidance
- Elder Law
- Medicaid Spenddown
- Asset Protection Trust

301-696-0567

129 W. Patrick Street, Suite 11 ■ Frederick, MD 21701

www.lenaclarklegal.com ■ admin@lenaclarklegal.com

LEGAL SERVICES

Services: The Register of Wills provides assistance to persons administering estates; helps prepare forms; oversees all decedent's estates. An estate must be opened for any deceased person who owned solely titled property. You may file your original will for a \$5 fee. Our research department has records dating back to 1744.

Eligibility: Open to all

Senior Services Division

Senior Legal Services

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234
Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Office

Monday–Friday, 8:30 a.m.–4 p.m.

Services: The Senior Services Division will refer individuals to a locally contracted legal service provider for issues such as:

- Income maintenance/disability benefits: Supplemental Security Income (SSI) or Social Security denial
- Health care: Medicare or Medical Assistance denial, etc.
- Nutrition: food stamps denial
- Housing/Utilities: landlord-tenant problems, etc.
- Other issues such as Will preparation or drawing up a Power of Attorney will be referred to other attorneys or organizations

The Senior Services Division does not have an attorney on staff.

Eligibility: Frederick County residents 60 years of age or older with priority for those with greatest economic need.

Cost: None

It's Time to Plan

- Estate Planning & Probate
- Wills & Trusts
- Medical Directives
- Power of Attorney
- Guardianships & Adoptions



The Law Office of
Cristine Evans LoVetro, LLC.

www.lovetrolawoffice.com

(301) 620-8585

100 West Church Street
Frederick, MD 21701



MEDICAL EQUIPMENT

AA-Eastern Mobility, Inc.

12455 Woodsboro Pike
Keymar, MD 21757
(301) 845-4188
Fax: (301) 845-6316
sales@easternmobility.com
www.easternmobility.com

Contact: Sales
Monday–Friday, 8 a.m.–4 p.m.

Services: We sell service stair lifts, scooters, ramps, wheelchair accessible vans, wheelchairs, lift chairs, scooter lifts and vertical platform lifts. We offer many options to customize your home and vehicle to make life easier.

Eligibility: General public

Cost: Cost based on equipment or

service provided; contact office.

BP Gamma Medical

7118 Geoffrey Way, Suite P
Frederick, MD 21704
(301) 874-3390
Fax: (301) 694-9348
s.allen@bpgamma.com
www.bpgamma.com

Contact: Office
Monday–Friday, 8 a.m.–5 p.m.

Services: A full service medical supply distributor offering incontinence products, diabetic supplies, CPAP and BiPAP, oxygen, nutritional supplements, advanced wound care supplies, cost management programs and Medicare billing services.



Anywhere Hair Design, LLC

- Traveling hairdresser with 30+ years of experience
- Visit seniors at any location
- Online scheduling @ www.anywherehairdesign.com

Services:

Shampoo, Haircut, blowdry & curling iron — \$30.00

Shampoo, blowdry & curling iron — \$25.00

Manicure/Pedicure basic service — \$20.00

Chemical services upon request

Contact:

Carol Davis, Owner, 9am-9pm



91 Harrison Court | Frederick, MD 21702 | (301)-693-7887
Carol@anywherehairdesign.com | www.anywherehairdesign.com

MEDICAL EQUIPMENT

Eligibility: General public

Cost: Medicare, Medicaid, private insurance plans and private pay accepted.

Medoville, Inc.

110 Baughman's Lane, Suite 106
Frederick, MD 21702
(301) 378-2334 or 1-888-630-2334
Fax: (301) 576-5977
contact@medoville.com
www.medoville.com

Contact: Office Staff
Monday-Friday, 8:30 a.m.-5:30 p.m.

Services: We are a privately owned medical supply company offering a wide range of home and medical care equipment within the following geographic boundaries: MD, PA, VA, WV and DC. Languages: Spanish, French, Arabic, Urdu and Portuguese.

Eligibility: General public

Cost: Varies. Private insurance, Medicare, Medicaid, Veterans Administration and private pay.

Total Mobility Services, Inc.

5411 Yukon Court, Suite B
Frederick, MD 21703
(240) 490-7840
Fax: (240) 490-7843
annem@tmservices.com
www.tmservices.com

Contact: Mobility Sales
Monday-Friday, 8:30 a.m.-5 p.m.

Services: We provide mobility products, lowered floor minivans, vehicle lifts, adaptive driving equipment, stair

lifts, overhead patient rail systems, vertical and inclined platform lifts and elevators. Sell-install-service.

Eligibility: General public

Cost: Private pay, Veterans Administration benefits, grants and DORS.

Whitesell Pharmacy & Home Medical Supplies

Pharmacy:

236 North Market Street
Frederick, MD 21701
(301) 662-4848
Fax: (301) 620-0668

Medical Supplies:

622 North Market Street
Frederick, MD 21701
(301) 663-6464
Fax: (301) 663-3207
www.whitesells.com

Contact: DME Staff or Office Manager
Monday-Friday, 8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-2 p.m.

Services: Frederick's oldest full service independent pharmacy. Offers a full range of services, including prescriptions, compounding, bubble packed medications, diabetic supplies and durable medical equipment. Medical equipment includes wheelchairs, rollators, diabetic shoes, compression hosiery, mastectomy, CPAP & Bi-PAP, incontinence supplies, urological supplies, certified fitters, rental options and more. Can bill major medical insurances. FREE LOCAL DELIVERY.

Eligibility: General public

Cost: Private pay, private insurance, Medicare and Medicaid

MENTAL HEALTH SERVICES



Brook Lane

P.O. Box 1945
Hagerstown, MD 21742
(301) 733-0330 or 1-800-342-2992
Fax: (301) 733-4038
curt.miller@brooklane.org
www.brooklane.org

Contact: Admissions Office (for services)
Public Relations (for updates and info)
Hospital: 24 hours a day, 7 days a week
Outpatient: Monday–Friday
8 a.m.–6 p.m.

Services: Provides a range of mental health services for all ages. Programs for seniors include Outpatient Treatment or Counseling, Short-term Hospitalization, and an Adult Partial Hospitalization Program.

Adult Partial Hospitalization Program: Provides intensive psychotherapeutic treatment in a less restrictive environ-

ment than hospitalization. Patients attend a structured therapeutic program during the day and return home at night. For those age 18 or older. Monday–Friday, 9 a.m.–3:30 p.m.

Eligibility: All ages

Cost: Set fees; will work with most insurances, Medicaid and Medicare.

Frederick County Health Department

Local Behavioral Health Authority

350 Montevue Lane
Frederick, MD 21702
(301) 600-1755
Fax: (301) 600-3214
BHS@FrederickCountyMD.gov
www.frederickcountymd.gov

Contact: Administrative Officer

MENTAL HEALTH SERVICES

Services: Behavioral Health Services (BHS) is the local behavioral health authority for Frederick County. Programs include AERS-Adult Evaluation and Review Services, Prevention services, Recovery Support services and harm reduction services. Assistance navigating or accessing the public behavioral health treatment system is also available. BHS also conducts complaint investigations of behavioral health treatment providers.

Eligibility: Frederick County residents are prioritized.

Cost: Fees vary; Medicare and Medicaid accepted.

Frederick County Health Department

Mental Health Services

350 Montevue Lane
Frederick, MD 21702
(301) 600-1755

Fax: (301) 600-3214

<http://health.frederickcountymd.gov>

Contact: Office

Monday and Wednesday, 8 a.m.–8 p.m.
Tuesday, Thursday and Friday, 8 a.m.–5 p.m.

Services: Provides mental health support to those 18 and older and their families. We have a highly qualified, experienced, multidisciplinary team who offer a variety of services for adults.



Preserving Your Assets for the Future

Today, with nursing homes costing approximately \$9,000 a month, you must plan ahead. As Elder Law Attorneys we can show you how to protect your assets from nursing homes, probate fees, and estate taxes. Even with a relative currently in a nursing home assets can still be protected.

*Estate Planning • Wills • Guardianships • Living Wills • Trusts
Estate Administration • Powers of Attorney • Medicaid Applications*


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SCOTT ALAN MORRISON, P.A.
Estate Planning & Strategic Asset Preservation

**For a more secure tomorrow,
call today for your free consultation
301-694-6262 or 866-220-5185.**

Visit us online at www.samlawoffice.com

MENTAL HEALTH SERVICES

We work with adults to alleviate symptoms of distress, acute and chronic, as well as try to resolve the issues contributing to the distress.

Eligibility: Frederick County residents with mental health concerns

Cost: Fees vary; Medicare and Medicaid accepted.

Mental Health Association of Frederick County

226 South Jefferson Street
Frederick, MD 21701
(301) 663-0011
Fax: (301) 663-5738
mha@fcmha.org
www.fcmha.org

Contact: Office
Monday–Friday, 8:30 a.m.–4:30 p.m.

Services: We build a strong foundation of emotional wellness for our whole community by:

- Preparing Resilient Children-kids with the mental and emotional strength to face life’s challenges
- Supporting Vulnerable Families-ensuring safe environments and supportive relationships for children in troubled situations
- Facing Crises Together-we stand ready to help individuals when suicidal thoughts, incidents of abuse and other life changing crises arise

Eligibility: General public

Cost: Some services free, other fees vary. Donations are welcome.

Mental Health Association of Frederick County

Counseling Services

226 South Jefferson Street
Frederick, MD 21701
(301) 663-6135
Fax: (301) 663-5738
mha@fcmha.org
www.fcmha.org

Contact: Clinical Director

Services: Professional outpatient therapy for individuals, couples, children, adolescents, families and groups.

Eligibility: Referrals may come from any source, including self-referral. Not limited to Frederick County residents.

Cost: Accepts Medicare, Medicaid and private pay on a sliding scale.

Mental Health Association of Frederick County

Telephone Reassurance Program

(301) 663-0011
Fax: (301) 695-4747
mha@fcmha.org
www.fcmha.org

Contact: Program Coordinator

Services: Provides daily outgoing calls to elderly and/or homebound individuals to verify their well-being and to offer emotional support.

Eligibility: Frederick County residents

MENTAL HEALTH SERVICES

who are elderly and/or homebound and are over 60 years of age

Cost: None

Mental Health Management Agency of Frederick County, Inc.

22 South Market Street, Suite 8
Frederick, MD 21701
(301) 682-6017
Fax: (301) 682-6019
jss@mhma.net

Contact: Director of Adult Services
Monday–Friday, 9 a.m.–5 p.m.

Services: Provides information and referrals to persons needing mental health services and works to increase public awareness and reduce stigma surrounding mental illness. Assesses Frederick County’s mental health service needs and addresses those needs through the expansion of existing services and the development of new ones. Monitors and evaluates currently funded programs and assists in resolving complaints and grievances relating to the provision of mental health services.

Eligibility: Persons in need of mental health services who have Medicaid, Medicare or who are uninsured.

Cost: None

Way Station, Inc.

230 West Patrick Street
P.O. Box 3826
Frederick, MD 21705

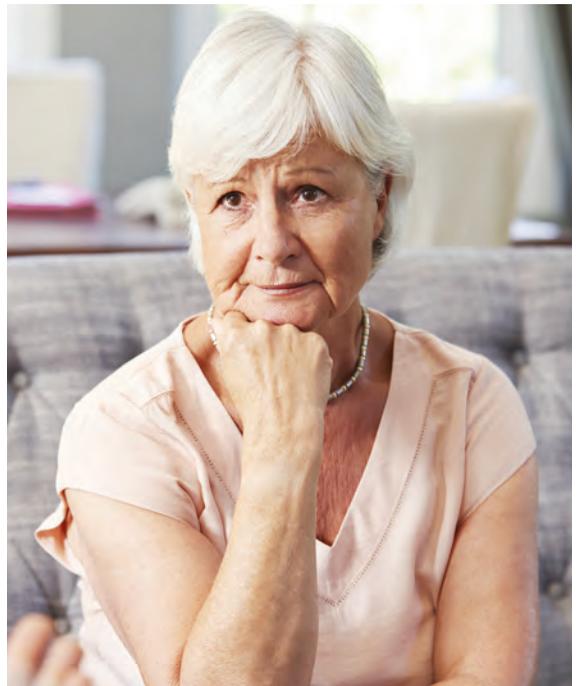
(301) 662-0099
Fax: (301) 698-9369
premsch@waystationinc.org
www.waystationinc.org

Contact: Enrollment Manager
Monday–Friday, 8:30 a.m.–4 p.m.

Services: A mental health organization that provides rehabilitation and treatment services for children, adolescents and adults, including persons with co-occurring disorders. Programs include: day programs, residential rehabilitation and supported housing, vocational support, mobile crisis treatment and residential crisis services. Way Station, Inc. offers specialized programs for seniors, individuals with developmental disabilities, substance abuse and veterans with service needs.

Eligibility: Call for program information.

Cost: Call for information.



NUTRITION SERVICES



Department of Social Services

Food Supplement Program

1888 North Market Street
Frederick, MD 21701
(301) 600-4575
Fax: (301) 600-2663

cept for prepared meals delivered by a non-profit meal service. Food supplement benefits are accessed through the Independence Card.

Eligibility: Specific financial and technical standards

Cost: None

Contact: Intake Unit
Monday–Friday, 8 a.m.–4:30 p.m.

Services: Benefits are issued on a monthly basis and may be used to buy foods for human consumption, including seeds and plants to produce food for the home. They may not be used to purchase alcoholic beverages, tobacco, non-food items or prepared foods for eating on the premises ex-

Frederick Community Action Agency (FCAA)

Frederick Soup Kitchen/Food Bank

100 South Market Street
Frederick, MD 21701
(301) 600-1506
Fax: (301) 662-9079
cbard@cityoffrederick.com
www.cityoffrederick.com/fcaa

NUTRITION SERVICES

Contact: Supervisor of Food & Nutrition Services

Services:

Frederick Soup Kitchen: Serves an evening meal seven nights a week, 365 days a year from 5:30 p.m.–6:30 p.m.

Frederick Food Bank: Provides a 3–5 day food supply for families in need. Monday 2 p.m.–4 p.m. and 7 p.m.–9 p.m., Tuesday 2 p.m.–4 p.m., Wednesday 7 p.m.–9 p.m., Thursday 2 p.m.–4p.m., Friday 2 p.m.–4p.m.

Summer Food Service Program: Provides a free lunchtime meal to children 18 years and younger and targets lower-income children who receive free or reduced-price meals during the school year. Served Monday–Friday from the last day of school to the first day of school.

Eligibility: Frederick County residents

Cost: None

Senior Services Division

Groceries for Seniors

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234
Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Director, Home and Community Connections
Monday–Friday, 8:30 a.m.–4 p.m.

Services: Generally offered on the first Friday of each month at the Frederick Senior Center drive-thru, Groceries

for Seniors is a monthly distribution of seasonal produce and other food items when available, to supplement the diets of eligible older adults living independently.

Eligibility: Individuals must be a senior, Frederick County resident and have an income under \$14,000 per year to participate.

Cost: No cost

Senior Services Division

Meals on Wheels

1440 Taney Avenue
Frederick, MD 21702
(301) 600-3524
Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: MOW Intake Specialist
Monday–Friday, 8:30 a.m.–4 p.m.

Services: A food service which provides two meals daily delivered by volunteers, Monday–Friday between 11 a.m.–1 p.m. Special diets may be available.

Eligibility: Homebound elderly, individuals with disability, or convalescing persons who are unable to shop or cook for themselves.

Cost: Voluntary contribution up to full cost of the meal for those 60+ and other eligible individuals. Full meal cost if under age 60. No one age 60+ is denied a meal due to inability to contribute.

Senior Services Division

Senior Dining Program

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234
Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Meal Manager or local Senior Center Supervisor

Reservations by 9 a.m., two days in advance. Meals served at mid-day.

Services: A well-balanced meal is prepared by a preferred vendor and served in a group setting at senior centers. Program currently serves Brunswick, Emmitsburg, Frederick and Urbana communities. Limited transportation may be available. Home Delivered Meals available for older adults meeting criteria.

Brunswick Senior Center

12 East "A" Street
Brunswick, MD 21716
(301) 834-8115

BrunswickSeniorCenter@FrederickCountyMD.gov

Emmitsburg Senior Center

300 South Seton Avenue
Emmitsburg, MD 21727
(301) 600-6350

EmmitsburgSeniorCenter@FrederickCountyMD.gov

Frederick Senior Center

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1048

FrederickSeniorCenter@FrederickCountyMD.gov

Urbana Senior Center

9020 Amelung Street
Frederick, MD 21704
(301) 600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

Eligibility: Individuals 60+ and their spouses of any age. Disabled adult child living with an eligible senior may also be eligible. Contact Center for additional details. Reservations due 2 business days in advance.

Cost: Voluntary contribution up to full cost of the meal for those 60+ and other eligible individuals. Full meal cost if under age 60. No one age 60+ may be denied a meal due to inability to contribute.

The Religious Coalition for Emergency Human Needs

FOOD BANKS

27 DeGrange Street
Frederick, MD 21701
(301) 631-2670

Services: Emergency food assistance.

Eligibility: Must apply at a local food bank and complete an intake application. Must be low-income and a resident of the area in which you are requesting food.

Cost: None

Locations: Please call for hours.

Brunswick

Brunswick City Annex
601 East Potomac Street
Brunswick, MD 21716
301-834-9178

NUTRITION SERVICES

Emmitsburg

Elias Lutheran Church
502 East Main Street
Emmitsburg, MD 21727
717-642-6963

Frederick

Frederick Community Action Agency
100 South Market Street
Frederick, MD 21701
301-600-1506

Jefferson

St. Paul's Lutheran Church
3866 Jefferson Pike
Jefferson, MD 21755
301-371-5721

Knoxville

Mt. Zion AME
202 Jefferson Pike
Knoxville, MD 21758
301-834-7221

Middletown

Old Municipal Building
301 West Main Street
Middletown, MD 21769
301-371-9429

Thurmont

10 Frederick Road
Thurmont, MD 21788
240-288-1865

Walkersville/Glade Valley

Town Hall
21 West Frederick Street
Walkersville, MD 21793
301-845-4229

Urbana

Please call for location.
240-529-4815

RECREATION/LEISURE

Middletown Valley People Helping People

(MVPHP)
31 West Main Street
P.O. Box 477
Middletown, MD 21769
(301) 371-3119
mvphpmd@gmail.com

Contact: Office

Services: Senior luncheons held monthly. Includes speakers and other informational opportunities. Valley Young At Heart exercise and yoga classes are also offered at AMVETS, 408 West Green Street, Middletown.

Transportation to medical appointments: call at least a week in advance for availability.

Eligibility: Residents of the Middletown Valley area age 50 and over

Cost: Luncheon-\$8 per person
Exercise-\$1 per class + \$1 for AMVETS per class
Fees can change based on expenses.

Senior Recreation Council

SRCFrederick@gmail.com
<https://srcfrederick.org/>

Services: Offers a variety of regular

programs and activities. Some are conducted throughout the entire year, others are seasonal. Activities are offered for the well-being of the body and the stimulation of the mind.

Programs include: basketball, biking, book clubs, duckpin bowling, bridge, chorus, exercise, easy and moderate hiking and softball.

Eligibility: Any Frederick County resident 50 years of age or older

Cost: \$10 annual registration fee

Senior Services Division

Senior Centers

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234
Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Office
Monday–Friday, 8:30 a.m.–4 p.m.

Services: Offers a variety of services, programs and activities to enhance the health, fitness, nutritional, educational and social needs of older adults. Days and hours vary. Limited transportation is available for lunch participants. Please contact the center supervisor for additional information.

Brunswick Senior Center

12 East "A" Street
Brunswick, MD 21716
(301) 834-8115
BrunswickSeniorCenter@FrederickCountyMD.gov

Emmitsburg Senior Center

300 South Seton Avenue
Emmitsburg, MD 21727
(301) 600-6350
EmmitsburgSeniorCenter@FrederickCountyMD.gov

Frederick Senior Center

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1048
FrederickSeniorCenter@FrederickCountyMD.gov

Urbana Senior Center

9020 Amelung Street
Frederick, MD 21704
(301) 600-7020
UrbanaSeniorCenter@FrederickCountyMD.gov

Eligibility: Varies. Adults 55 or older.

Cost: Varies. Some programs have fees or voluntary contributions included.

Thurmont Senior Center, Inc.

806 East Main Street
Thurmont, MD 21788
(301) 271-7911
Fax: (301) 271-7911

Thurmontseniorcenter@zoho.com

Contact: Coordinator or Board of Directors President
Monday-Friday, 9 a.m.-3 p.m.

Services: Daily lunch program, meal delivery to homebound within a six mile radius, transportation for non-driving seniors to locations in Thurmont including grocery stores, doctor's appointments, hairdresser, senior center, etc. Available at the center are crafts,

RECREATION/LEISURE

games, exercise programs three times weekly, bingo bi-monthly, educational programs, music and art programs and shared learning experiences with elementary age students. Events include dances, monthly birthday parties, annual picnic, Christmas party and volunteer breakfast

Eligibility: Age 55 or older

Cost: Fixed fee lunch is \$6; some activities require fee or are by donation.

Fax: (301) 663-5363
info@frederickymca.org
www.frederickymca.org

Contact: Office
Monday–Thursday, 5 a.m.–10 p.m.
Friday, 5 a.m.–9 p.m.
Saturday, 6:15 a.m.–7:30 p.m.
Sunday, 8 a.m.–6 p.m.

Services: Offers health and wellness opportunities for older adults. Programs include swimming, group exercise classes, wellness consultations and personal training. Perfect for rehab purposes and to increase mobility.

Eligibility: General public; all are welcome.

Cost: Call for information.

YMCA of Frederick County

1000 North Market Street
Frederick, MD 21701
(301) 663-5131

SENIOR CENTERS

Serving Frederick County's Active Adults



CENTER LOCATIONS:

- » Brunswick
- » Emmitsburg
- » Frederick
- » Urbana

Frederick County Senior Centers are 50+ community centers that serve the County's active adult population. Each of the four Centers offer a range of professionally instructed fitness, wellness and life enrichment programming on an ongoing basis, as well as access to resources and benefits to help individuals maintain wellness and independence.



VISIT A SENIOR CENTER TODAY! FOR MORE INFORMATION:

301.600.1234

www.FrederickCountyMD.gov/SeniorServices

RETIREMENT ASSOCIATIONS

AARP

Frederick Chapter 636, Inc.

(301) 845-8057

jandinterman89@comcast.net

Contact: Membership Chairperson

Meeting: 11 a.m.–2 p.m. on 3rd Thursday of the month; Lunch only (no meeting) in July and August. Meeting held at Dutch's Daughter Restaurant at 581 Himes Avenue, Frederick.

Services: Holds chapter-sponsored luncheons and events. Provides fellowship, education (information on healthcare, Social Security, Medicare, legislative issues affecting seniors and community services/activities). Advocates on local, state and national senior issues. Opportunities for community services.

Eligibility: Anyone 50 years or older, must be a member of National AARP.

Cost: Cost is \$12 for 3 year membership.



Frederick County Retired School Personnel Association

(301) 682-5601

www.fcrspa.org

Contact: President

Services: Provides information on legislative, educational and protective issues. Community service projects and social events are planned regularly.

Eligibility: Retired employees of Frederick County Public Schools receiving pensions from the Maryland Teachers Retirement and Pension system. Re-

tired school employees from other states who live in Frederick County may become associate members of the local group.

Cost: Fees for membership at the local and state levels.

National Active & Retired Federal Employees Association (NARFE)

Local Chapter 409, Inc.

4910 Hawker Road

Frederick, MD 21703-7440

(301) 874-8409 (also fax number)

RETIREMENT ASSOCIATIONS

Contact: Secretary

Meeting: Luncheon meeting held 3rd Friday each month, September through June at FSK American Legion, 1450 Taney Avenue, Frederick. Social hour 11 a.m.; Lunch Noon; Meeting 1 p.m.

Services: Active monitoring and reporting on federal and state legislation affecting retired and current Federal and District of Columbia civilian employees. Advocates to the U.S. Congress and state legislatures for protecting earned retirement benefits. Provides information and assistance regarding health insurance and other benefits through direct contact and through national magazines and chapter newsletters. Provides income tax

assistance to low-income tax payers (VITA).

Eligibility: Civil Service and District of Columbia annuitants, Federal or D.C. employees in the retirement system, former employees eligible for deferred annuity, plus spouses of current or retired employees and survivors of those eligible to join NARFE.

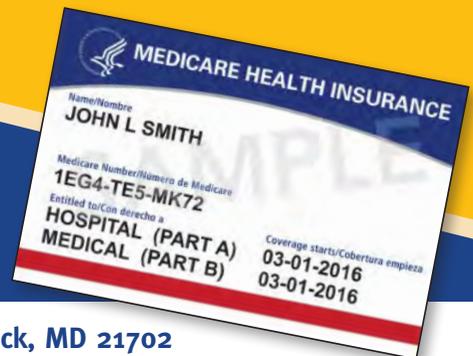
Cost: Combined National and Chapter membership dues are paid annually to NARFE National Headquarters. Life memberships are also available.

GOT MEDICARE?

Frederick County Senior Services Division
State Health Insurance Assistance Program

Let us help you make
informed decisions
regarding your healthcare.

Subsidy Program Assistance



FREDERICK COUNTY
Senior Services
DIVISION

1440 Taney Avenue | Frederick, MD 21702

301.600.1234

www.FrederickCountyMD.gov/SeniorServices



The SHIP program provides information to Medicare beneficiaries, family members, and caregivers to help protect themselves against fraudulent, wasteful, and abusive healthcare practices. For more information contact the Frederick County Senior Services Division at 301-600-1234, 1440 Taney Ave., Frederick, MD 21702



Para-Med Medical Transportation, Inc.

14803 Southlawn Lane, Suite P
Rockville, MD 20850
(301) 838-8700
Fax: (301) 838-8704
jafaromid@paramedusa.com
www.paramedusa.com

Contact: Director of Operations
Monday–Friday, 8 a.m.–5 p.m.
Appointment required for Sundays and holidays

Services: Ambulance and wheelchair services serves Washington D.C. metropolitan area residents with non-emergency stretcher, wheelchair, Gerri-chair and ambulatory transports.

Staffed by skilled First Responders, Advance and Basic Ambulette Technicians.

Eligibility: General public

Cost: Call for rates. Some trips to medical appointments covered by Medicaid. Some insurance may have partial coverage for medical appointments only.

Partners In Care Maryland (PIC)

22 South Market Street, Suite 15
Frederick, MD 21701
(301) 682-7433
PICFred@partnersincare.org
www.partnersincare.org

TRANSPORTATION

Contact: Site Coordinator
Monday–Friday, 8:30 a.m.–4:30 p.m.

Services: Through a network of volunteer support, we empower older adults to remain independent. We offer rides to medical appointments and other errands, as well as friendly visits and a variety of neighborly assistance programs. Members and their families give back through donations or participation in our service exchange program.

Eligibility: Frederick County residents, 50 years or older, able to manage personal affairs and living independently.

Cost: Donations greatly appreciated.

Second Chances Garage, Inc.

528 North Market Street
Frederick, MD 21701
(240) 724-1919
service@scgarage.org
<https://secondchancesgarage.org>

Contact: Office
Monday-Friday, 9 a.m.–5 p.m.

Services: Second Chances Garage, founded in 2010, is an IRS approved 501© (3) charity based in Frederick. Our Mission is to provide affordable, reliable transportation to economically vulnerable individuals and families. We fully realize that reliable transportation is a vital component for self-sufficiency, for stable employment and for the care of children. To that end, we accept donated vehicles of any condition or mileage, repair what we can and pass

them back into the Frederick County community.

Eligibility: Income guidelines based on household members.

Cost: Call for details.

TransIT Services of Frederick County

1040 Rocky Springs Road
Frederick, MD 21702
(301) 600-2065 (main number)
(301) 600-1725
(TransIT-plus scheduling)
Fax: (301) 600-3471
transit@frederickcountymd.gov
www.frederickcountymd.gov/transit

Contact: Receptionist
Monday–Friday, 8 a.m.–5 p.m.

Services:

Public Transit services–Nine connector routes and seven shuttle routes operate in Frederick City and County, serving medical facilities, shopping centers, the Senior Services Division/Frederick Senior Center, Frederick Community College and other locations. Buses are lift equipped.

TransIT-plus services–A demand-response, shared transportation service for senior citizens (age 60+) and persons with disabilities who reside in Frederick County.

Taxi Access Program (TAP) services–TransIT-plus participants who are registered with TransIT-plus and are active users (have taken at least three trips on TransIT-plus) for more than three months are eligible. TransIT-plus customers who are eligible for the TAP

TRANSPORTATION

program will be notified via mail by TransIT.

Eligibility: Public transit: general public. TransIT-plus: 60 years or older or disabled and individuals must be pre-registered to qualify. Reservations are accepted up to ten days in advance with at least two business days' advance notice.

Cost:

Public Transit:

One-way cash fare	\$1.50
One-day pass (mobile app only)	\$4.00
20-trip regular	\$25.00
10-trip regular	\$13.00
Monthly Pass	\$50.00

Seniors & disabled persons w/ reduced fare ID:

One-way cash fare	\$0.75
21-trip reduced	\$13.00
10-trip reduced	\$7.00
Monthly Pass	\$30.00

Students:

One-way cash fare	\$1.50
Student 10-trip ticket	\$10.00
Student Monthly Pass	\$30.00
Student Summer Freedom (June 1–August 31, ages 13-22)	\$15.00

TransIT-plus:

Medical trips	Cash fare	\$2.00
	Ticket	\$1.50
Non-medical trips	Cash fare	\$3.00
	Ticket	\$2.50
Multi-ride ticket		\$15.00

Tickets

Tickets are available for purchase at: TransIT's office, Senior Services Division/Frederick Senior Center (TransIT plus tickets and reduced fare senior tickets only), Frederick Community College bookstore (student tickets only) or

the Treasurer's Office. Tickets are also available through TransIT's mobile ticketing app TransIT ezFARE or via credit card by phone.

Trip Planning Assistance:

To plan your trip on connector and shuttle routes, use the Google trip-planning tool on TransIT's website by adding your trip's starting and ending points. You will then be provided with your local TransIT route, stop, schedule and fare information. For real time bus arrival, use Route Shout 2.0, TransIT's texting feature or call the TransIT office at (301) 600-2065 for assistance.



VETERANS SERVICES



Maryland Department of Veterans Affairs

Frederick County Courthouse/ Multi-Service Center

100 West Patrick Street, Room 2120
Frederick, MD 21701
(301) 600-2155 or 1-800-446-4926
Fax: (301) 631-8138
veterans.maryland.gov

Contact: Veterans Service Officer
Monday, Tuesday, Thursday, and
Friday, 8 a.m.–4 p.m.

Services: We provide assistance in obtaining benefits from the U.S. Department of Veterans Affairs, Department of Defense, State of Maryland and other programs for veterans and their families. We can assist veterans and their eligible dependents in acquiring benefits including disability compensation, pension, understanding aid and attendance or household benefits, survivor benefits and burial benefits.

Eligibility: We serve veterans and their families.

Cost: None

ServingTogether A Program of EveryMind

1-855-738-7176
peernavigator@every-mind.org
www.ServingTogetherProject.org

Contact: Veteran Peer Navigator
Monday-Friday, 9 a.m.-4:30 p.m.

Services: ServingTogether connects military, veterans and their families to resources they seek. Through our robust provider network, our Peer Navigators are able to connect clients to legal, housing, emergency service providers, employment, recreation, fitness, financial capabilities and more. ServingTogether is a one-stop shop for access to services for veterans in our community.

Eligibility: We serve active duty military, veterans and their families.

Cost: None



VOLUNTEER OPPORTUNITIES



Habitat for Humanity of Frederick County

117 East Church Street
Frederick, MD 21701
(301) 698-2449

Fax: (301) 698-1697

volunteer@frederickhabitat.org
www.frederickhabitat.org

Contact: Volunteer Coordinator
Monday-Friday, 8 a.m.-4 p.m.

Services: Volunteers needed for various programs:

Construction: Volunteers needed to help build, renovate and repair homes in Frederick County for our neighbors in need. No construction experience needed.

Construction Crew Leaders: Crew leaders require knowledge of construc-

tion or home repairs. Crew leaders provide instruction and leadership to other volunteers on the job sites, while assisting in moving each project to completion.

ReStore: Sells new and used quality building materials and furniture at a reduced cost to the public. Donations of housing fixtures, doors, windows and other housing materials are welcome. Volunteers needed for regular shifts to assist with pricing, stocking, receiving donations and customer service.

Location: 917 North East Street, Frederick, MD 21701, (301) 662-2988.
Hours: Monday, 11 a.m.–4 p.m., Tuesday–Saturday, 9 a.m.–5 p.m., Sunday: Closed

Eligibility: General public

Cost: No cost

VOLUNTEER OPPORTUNITIES

RSVP of Frederick County

1080 West Patrick Street, Suite 16
Frederick, MD 21702
(301) 694-3355
RSVP@aacfmd.org
www.aacfmd.org

Contact: RSVP Project Director
Monday-Friday, 9 a.m.-5:30 p.m.

Services: The Retired and Senior Volunteer Program (RSVP) is part of Senior Corps which provides adults 55 and older the opportunity to apply their life experience to meet critical community needs. RSVP of Frederick County, sponsored by AACF, matches volunteers with organizations that need help with ESL, citizenship, financial literacy, community outreach, health fairs, mentoring and more.

Eligibility: Adults age 55 and older

Cost: None

Senior Services Division

Volunteer Program

1440 Taney Avenue
Frederick, MD 21702
(301) 600-6008
Fax: (301) 600-3554

seniorservices@frederickcountymd.gov
www.frederickcountymd.gov/seniorservices

Contact: Volunteer Coordinator
Monday-Friday, 8:30 a.m.-4 p.m.

Services: Opportunity to meet new people, utilize existing skills or learn new ones, build a resume and provide a valuable service for older adults and adults with disabilities in your community. A variety of opportunities are available at Senior Services Division facilities and in the community.

Eligibility: General public

Cost: None

VOTING

Frederick County Board of Elections

340A Montevue Lane
Frederick, MD 21702
(301) 600-8683 (VOTE)
Fax: (301) 600-2344

electionboard@frederickcountymd.gov
www.frederickcountymd.gov/elections

Contact: Election Director
Monday-Friday, 7:30 a.m.-4 p.m.

Services: Includes voter registration, local candidate filings, precinct maps, election results, absentee voting, early

voting and redistricting information. Individuals may register to vote by visiting the office, calling to have a voter registration application mailed to them or visiting the office's website. Forms are also available through public assistance agencies: the Motor Vehicle Administration, County libraries, Frederick Community College, the County Courthouse and all U.S. Post Offices. The elections office should be notified in writing when a registered voter changes their name or party affiliation, moves to a new address in the County or has an address changed by the post office.



New registrations or changes may NOT be made in a 21-day period before each election. Voters may register at early voting and on Election Day. Registration will permit you to vote in all national, state, county and local elections. Contact the office or visit the website for information on absentee ballots.

Eligibility: U.S. citizenship; Maryland residency; at least 16 years of age (must

be 18 years old by the next general election); must not have been convicted of buying or selling votes; must not have been convicted of a felony or have served all court-ordered sentences of imprisonment. Voting registration is permanent as long as the individual remains a resident of Maryland; keep address current with the elections office.

Cost: None

WEATHERIZATION / HOME REPAIR

Frederick Community Action Agency (FCAA) Weatherization Assistance

100 South Market Street
Frederick, MD 21701
(301) 600-1506

Maryland Relay: 711
Fax: (301) 662-9079

www.cityoffrederick.com/fcaa
pmantello@cityoffrederick.com

Contact: Manager

Monday–Friday, 9 a.m.–5 p.m.

Services: Helps eligible persons save energy and money by installing attic insulation, caulking and weatherstripping in their homes and by furnace cleaning and tuning.

Eligibility: Frederick County residents who meet the financial eligibility requirements, whether they rent or own their homes.

Cost: No charge to eligible persons.
For further information, call the office.

AREA AGENCIES ON AGING IN MARYLAND



Alleghany County

**Human Resources Development
Commission, Inc.**

125 Virginia Avenue
Cumberland, MD 21502
(301) 777-5970

Anne Arundel County

Department of Aging and Disabilities

2666 Riva Road, Suite 400
Annapolis, MD 21401
(410) 222-4257

Baltimore City

Care Services

1001 East Fayette Street
Baltimore, MD 21202
(410) 396-4932 or (410) 396-2273

Baltimore County

Baltimore County Department of Aging

611 Central Avenue
Towson, MD 21204
(410) 887-2594

Calvert County

Calvert County Office on Aging

450 West Dares Beach Road
Prince Frederick, MD 20678
(410) 535-4606
(301) 855-1170 (D.C. area)

Caroline County

**Upper Shore Aging, Inc.
Caroline County Senior Center**

403 South Seventh Street, Suite 127
Denton, MD 21629
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AREA AGENCIES ON AGING IN MARYLAND

Carroll County

Bureau of Aging and Disabilities

125 Stoner Avenue
Westminster, MD 21157
(410) 386-3800

Cecil County

Senior Services and Community Transit

200 Chesapeake Boulevard, Suite 2550
Elkton, MD 21921
(410) 996-5295

Charles County

Department of Community Services

8190 Port Tobacco Road
Port Tobacco, MD 20677
(301) 934-9305

Dorchester County

Delmarva Community Services, Inc.

2450 Cambridge Beltway/P.O. Box 637
Cambridge, MD 21613
(410) 221-1900

Frederick County

Frederick County Senior Services Division

1440 Taney Avenue
Frederick, MD 21702
(301) 600-1234

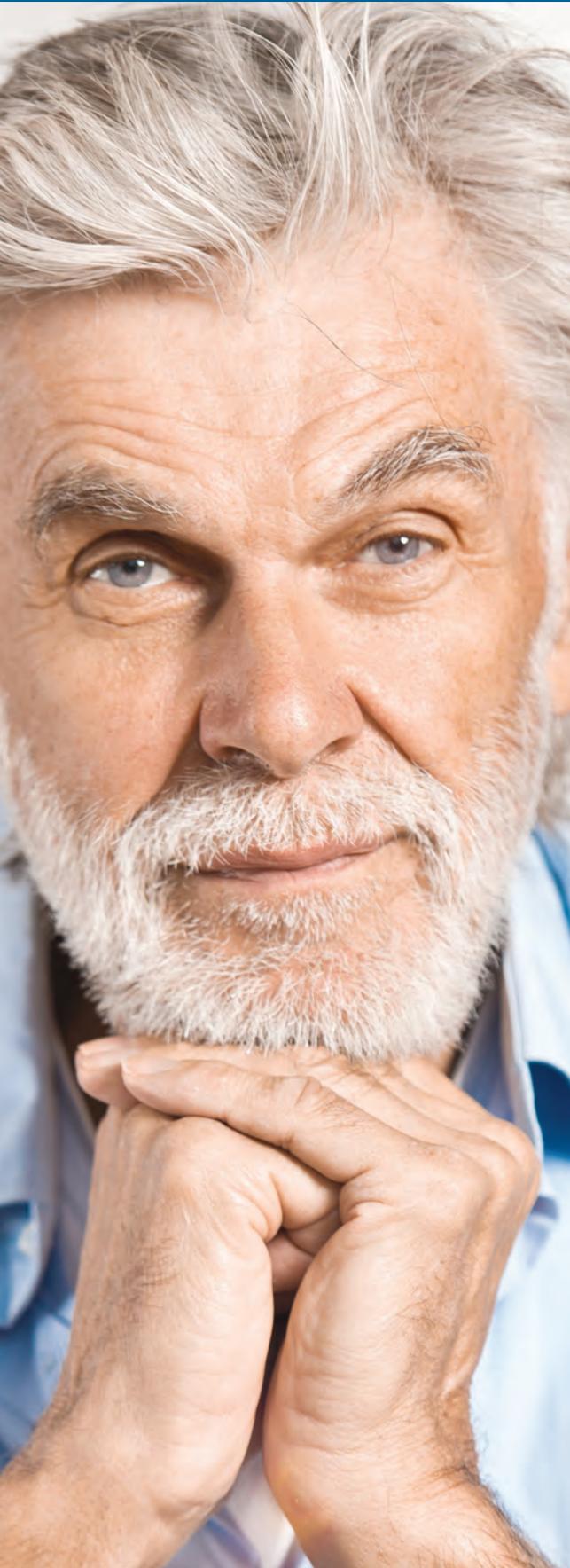
Garrett County

Garrett County Area Agency on Aging

104 East Center Street
Oakland, MD 21550
(301) 334-9431



AREA AGENCIES ON AGING IN MARYLAND



Harford County

Office on Aging

145 North Hickory Avenue
Bel Air, MD 21014
(410) 638-3025

Howard County

Office on Aging

6751 Columbia Gateway Drive, Suite 200
Columbia, MD 21046
(410) 313-6410

Kent County

Upper Shore Aging, Inc.

200 Schauber Road
Chestertown, MD 21620
(410) 778-6000

Montgomery County

Division of Aging and Disability Services

401 Hungerford Drive, 4th Floor
Rockville, MD 20850
(240) 777-3000

Prince George's County

Prince George's County Department of Family Aging Services Division

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

Queen Anne's County

Department of Community Services

104 Powell Street
Centreville, MD 21617
(410) 758-0848

AREA AGENCIES ON AGING IN MARYLAND

St. Mary's County

St. Mary's County Area Agency on Aging

41770 Baldrige Street/P.O. Box 653
Leonardtown, MD 20650
(301) 475-4200, ext. 1050

Somerset County

Commission on Aging-MAC, Inc.

11916 Somerset Avenue
Princess Anne, MD 21853
(410) 651-3400

Talbot County

Talbot County Senior Center

400 Brookletts Avenue
Easton, MD 21601
(410) 822-2869

Washington County

Washington County Commission on Aging, Inc.

535 East Franklin Street
Hagerstown, MD 21740
(301) 790-0275

Wicomico County

Salisbury Wicomico Senior Services-MAC, Inc.

909 Progress Circle, Suite 200
Salisbury, MD 21804
(410) 742-8569

Worcester County

Worcester County Commission on Aging-MAC, Inc.

4767 Snow Hill Road
Snow Hill, MD 21863
(410) 632-1277



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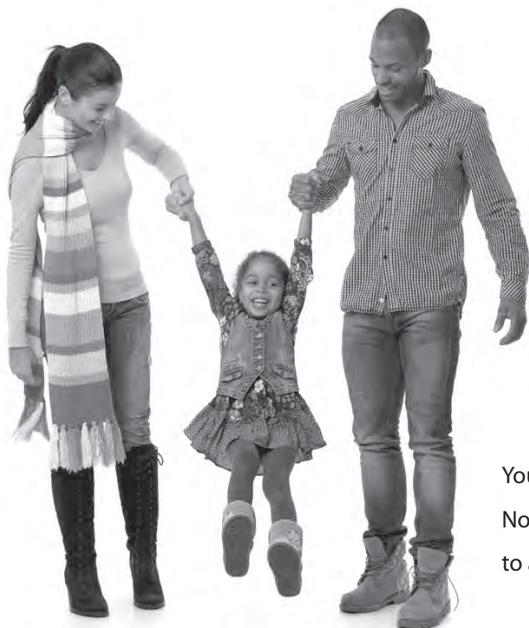
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