

# GAIL Resource Guide

Presented by Greenbelt Assistance in Living Program



Greenbelt Assistance in Living Program- Greenbelt CARES, 25 Crescent Road, Greenbelt , MD 20770  
301-345-6660, [www.greenbeltmd.gov/CARES](http://www.greenbeltmd.gov/CARES)



## **GREENBELT ASSISTANCE IN LIVING (GAIL) PROGRAM**

The goal of the Greenbelt Assistance in Living (GAIL) program is to provide information and support to enable seniors to remain in their homes. The Greenbelt Assistance in Living Program was established in 2001 and is available to senior citizens residing in the City of Greenbelt, Maryland and/or caregivers of a Greenbelt senior.

This program is staffed by a Community Resource Advocate who coordinates and provides information about, and referrals to, appropriate agencies and community resources for adult residents, caregivers or family members of the Greenbelt community; assists clients in making informed choices about their health and wellness options; serves as a liaison between the resident and service provider; evaluates the social services needs of each client; and provides support and training resources to caregivers.

The Community Resource Advocate develops and implements programs that relate to the specific needs of seniors. Please look for additional resource information in the Senior Resource of the Month column, featured in the *Greenbelt News Review*, or the GAIL Guide a quarterly resource newsletter available to GAIL participants and the City of Greenbelt website [www.greenbeltmd.gov](http://www.greenbeltmd.gov).

If you would like additional information about the Greenbelt Assistance in Living Program, please contact Christal Batey, Community Resource Advocate at 301-345-6660 ext. 2012 or email her at [cbatey@greenbeltmd.gov](mailto:cbatey@greenbeltmd.gov).

## **EMERGENCY PHONE NUMBERS**

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

## **GREENBELT CITY PHONE NUMBERS**

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

**Visit the City of Greenbelt on the web at**

**[www.greenbeltmd.gov](http://www.greenbeltmd.gov)**

## **Table of Contents**

Accessibility.....	7
Caregiver Resources.....	8
Chronic Illness Support.....	11
Comprehensive Services.....	15
Disability Support.....	17
Education.....	21
Employment.....	22
Energy Assistance.....	23
Financial Assistance.....	25
Hispanic and Latino Services.....	26
Home Care Services.....	27
Hospice and Palliative Care.....	29
Housing.....	30
Insurance.....	32
Legal Services.....	33
Long Term Care.....	35
Mental Health.....	37
Nutritional Resources.....	39
Physical Health.....	41

## **Table of Contents (con't)**

Recreation .....	44
Safety .....	46
Transportation.....	47
Veteran's Services.....	49
Volunteer Opportunities.....	50
Other.....	52

# Accessibility

## HOME MODIFICATION

### **Accessible Homes for Seniors Program**

*Maryland Department of Housing and Community Development*

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

**6420 Allentown Road, Camp Springs, MD 20748**

**301-265-8450, [www.mdhousing.org](http://www.mdhousing.org)**

### **Strategies for Independent Living, LLC**

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

**1007 Elm Avenue, Takoma Park, MD 20912**

**301-585-5738**

## MEDICAL EQUIPMENT

### **DHC Medical Supply**

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

**8855 Annapolis Road, Suite 100,**

**Lanham, Maryland 20706**

**301-918-1750, [www.dhcmedicalsupply.com](http://www.dhcmedicalsupply.com)**

## **Maryland Technology Assistance Program (MDTAP)**

*Maryland Department of Disabilities*

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

**1-800-832-4827, [www.mdod.maryland.gov](http://www.mdod.maryland.gov)**

## **Caregiver Resources**

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

### **ADULT DAY CARE**

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

#### **Crescent Ridge Adult Day Care**

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

**7001 Oxon Hill Rd., Oxon Hill, MD 20745**

**301- 567-2611**

#### **Golden Age Adult Day Care of Bowie Inc.**

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

**3112 Belair Drive, Bowie, MD 20715**

**(301) 262-3900**



## **Holy Cross Medical Adult Day Care**

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

**9805 Dameron Dr., Silver Spring, MD 20902**

**301-754-7150**

## **Insight Memory Care Center**

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

**3953 Pender Drive, Suite 100, Fairfax, VA 22030**

**703-204-4664**

## **Maryland Care**

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

**4703 Old Soper Rd. Suite 1, Camp Springs, MD 20746**

**240-716-3649, [www.marylandcare.us](http://www.marylandcare.us)**

## **Success is Yours Inc. Adult Day Care**

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

**15 Crescent Rd., Greenbelt, MD 20770**

**301-534-3153**

## **RESPITE CARE**

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

### **Respite Program**

Prince George's County Department of Social Services

A support program for family caregivers based on an application request and eligibility determination. Fees are on a sliding scale.

**Respite Administrator: 301-909-2091/2090**

## **OTHER SUPPORTIVE SERVICES**

### **Caregiver Support Group**

Provides support and resources to those who care for frail and at-risk adults. Meets on the second Wednesday of every month from 6:15-7:45pm

**Greenbelt Community Center**

**15 Crescent Rd.**

**Greenbelt, MD 20770**

**301-345-6660**



### **Caregiver Resource Center**

*Holy Cross Hospital*

A wealth of information and supportive services for caregivers.

**9805 Dameron Dr., Silver Spring, MD 20902**

**301-754-7152**

## **Family Caregiver Support Program**

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

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

**301-265-845**

## **Chronic Illness Support**

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

## **Older Adult Services**

*Prince George's County*

Various programs directed at supporting health concerns for adults.

**301-265-8450**

## **ALZHEIMER'S**

### **Alzheimer's Association**

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

**1-800-272-3900, [www.alz.org](http://www.alz.org)**

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

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

**1-800-438-4380, [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)**

### **Memory Support Group and Memory Café Program**

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

**25 Crescent Road, Greenbelt, MD 20770**

**240-542-2029**

## **ARTHRITIS SUPPORT**

### **Arthritis Foundation Mid-Atlantic Region**

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

**4720 Montgomery Lane, Suite 300**

**Bethesda, MD 20814**

**202-787-5323**

### **The Arthritis and Joint Institute**

*Prince George's Hospital Center*

Offers advanced imaging technology that enhances the repair and replacement of aging knees.

**301-618-2279**

## **CANCER SUPPORT**

### **American Cancer Society**

*Maryland Action Center*

A non-profit organization with a desire to end cancer through research, prevent cancer through health promotion initiatives and provide support to current sufferers of cancer and their families.

**202-661-5700, [www.acscan.org](http://www.acscan.org)**

## **Breast and Cervical Cancer Support Group Screenings**

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

**301-883-3525**

## **Cancer Care**

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

**1-800-813-4673, [www.cancercare.org](http://www.cancercare.org)**

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

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

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

**1701 McCormick Drive, Suite 120**

**Largo, Maryland 20774**

**301-883-3526**

## **Leukemia and Lymphoma Society**

*Maryland Chapter*

A non-profit organization with an interest in curing leukemia, lymphoma, Hodgkin's disease, and myeloma as well as improving the quality of life for both patients and families.

**100 Painters Mill Road Suite 800**

**Owings Mills, MD 21117**

**443-471-1600, [www.lls.org/Maryland](http://www.lls.org/Maryland)**



## **ZERO - The Project to End Prostate Cancer**

A non-profit organization grounded in finding a cure for prostate cancer as well as providing information and support to patients and their families.

**515 King Street, Suite 420, Alexandria, VA 22314**

**1-888-245-9455, [www.zerocancer.org](http://www.zerocancer.org)**

## **CARDIOVASCULAR ILLNESS SUPPORT**

### **American Heart Association**

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

**1-800-242-8721, [www.heart.org](http://www.heart.org)**

### **Mended Hearts, Inc.**

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

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

**[www.mendedhearts.org](http://www.mendedhearts.org)**

## **DIABETES SUPPORT**

### **American Diabetes Association**

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

**1-800-342-2383, [www.diabetes.org](http://www.diabetes.org)**

## **Diabetes Circle Support Group**

*Doctor's Community Hospital*

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

**Joslin Diabetes Center, 5<sup>th</sup> floor**

**8118 Good Luck Rd., Lanham, MD 20706**

**301-830-4366**

## **On the Road Outreach Program**

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

**1701 McCormick Drive, Suite 120**

**Largo, Maryland 20774**

**301-883-3545**

## **STROKE SUPPORT**

### **Stroke Support Group**

*Doctor's Community Hospital*

Empowering stroke survivors and caregivers. Meets on the second Wednesday of every month at 1:00pm in the Critical Care Conference Room on the 2<sup>nd</sup> floor of Doctor's Community Hospital.

**8118 Good Luck Rd., Lanham, MD 20706**

**301-552-8144**

## **Comprehensive Services**

### **Benefits Checkup**

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

**[www.benefitscheckup.org](http://www.benefitscheckup.org)**

## **Department of Social Services**

*Prince George's County*

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

**925 Brightseat Rd., Landover, MD 20785**

**301-909-7000**

## **Senior Care Program**

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

Assessment to receive services such as personal care, home chores, adult day care, financial assistance with medications, medical supplies, respite care, home delivered meals, transportation, and more. This program is for individuals with limited income and assets.

**6420 Allentown Rd., Camp Springs, MD 20748**

**301-265-8450**



## **Telephone Reassurance Program**

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

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

**6420 Allentown Rd., Camp Springs, MD 20748**

**301-265-8450**



# Disability Support

## **Division of Rehabilitative Services**

*Maryland State Department of Education*

Supports employment and economic independence for disabled individuals.

### **Metro Business Center**

**4451- Z Parliament Place, Lanham, MD 20706**

**301-306-3600, [www.dors.state.md.us](http://www.dors.state.md.us)**

## **Disability Determination Services**

*Maryland State Department of Education,  
Division of Rehabilitation Services*

Information regarding the processing of disability applications and requirements.

**410-308-4500, 1-800-492-4283**

**[www.dors.maryland.gov](http://www.dors.maryland.gov)**

## **Maryland Department of Disabilities**

Find information on housing, employment, education, physical and mental health benefits, technology assistance programs, and advocacy initiatives.

**217 E. Redwood St. #1300**

**Baltimore, MD 21202**

**410-767-3660 or 1-800-637-4113**

**[www.mdod.state.md.us](http://www.mdod.state.md.us)**



## **ADVOCACY**

## **Independence Now**

A resource and advocacy center that promotes independent living and equal access for people of all ages with all types of disabilities residing in Montgomery and Prince George's Counties.

**12301 Old Columbia Pike, Suite 101**

**Silver Spring, MD 20904**

**301-277-2839, [www.innow.org](http://www.innow.org)**

## **Maryland Disability Law Center**

A non-profit legal services organization under the state of Maryland with an interest in protecting and advocating for the rights of persons with disabilities.

**410-727-6352 ext. 0 or 1-800-233-7201**

**[www.mdlclaw.org](http://www.mdlclaw.org)**

## **DEAF AND HEARING IMPAIRED**

### **Family Service Foundation, Inc.**

A non-profit organization that provides mental health and substance abuse support with an expertise in deaf or hard of hearing clients.

**5301 76<sup>th</sup> Ave., Landover Hills, MD 20784**

**301-459-2121 or 240-241-7249 (video phone)**

**[www.fsinc.org/](http://www.fsinc.org/)**

### **Hearing Loss Association of America**

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

**7910 Woodmont Ave., Suite 1200**

**Bethesda, MD 20814**

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

**[www.hearingloss.org](http://www.hearingloss.org)**

## **Maryland Relay**

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

**1-800-735-2258, 1-800-201-7165 (voice)**

**[www.doit.maryland.gov/mdrelay](http://www.doit.maryland.gov/mdrelay)**

## **Maryland Accessible Telecommunications (MAT)**

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

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

**443-453-5970 (video phone)**

## **National Association of the Deaf**

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

**8630 Fenton Street, Suite 820**

**Silver Spring, MD 20910**

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

**[www.nad.org](http://www.nad.org)**

## **BLIND AND VISUALLY IMPAIRED**

### **Blind Industries and Services of Maryland**

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

**3345 Washington Blvd., Baltimore, MD 21227**

**410-737-2600 or 1-888-322-4567**

**[www.bism.org](http://www.bism.org)**

## **Columbia Lighthouse for the Blind and Visually Impaired**

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

**4404 Queensbury Rd. Suite 105**

**Riverdale, MD 20737**

**202-454-6400 [www.clb.org](http://www.clb.org)**



## **The Lion's Club**

Facilitates an eyeglass donation program for qualifying seniors.

**9470 Annapolis Rd. Suite 415**

**Lanham, MD 20706**

**[www.greenbelt.com/lions](http://www.greenbelt.com/lions)**

## **Maryland State Library for the Blind and Physically Handicapped**

Comprehensive library services to the eligible blind and physically handicapped residents of the State of Maryland.

Consumers have access to audio and braille books by mail.

**415 Park Avenue**

**Baltimore, Maryland 21201**

**410-230-2424**

**410-333-8679 TTY**

**1-800-964-9209, [www.lbph.lib.md.us](http://www.lbph.lib.md.us)**



## **Metropolitan Washington Ear**

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

**301-681-6636, [www.washear.org](http://www.washear.org)**

## **Office for Blindness and Vision Services**

*Maryland State Department of Education,  
Division of Rehabilitation Services*

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

**2301 Argonne Drive, Baltimore, MD 21218**

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

**[www.afb.org](http://www.afb.org)**

# Education

## **Prince George's Community College**

Community college and continuing education programs available throughout the year. Discounts for senior students 60+.

**Main Campus, 301 Largo Rd.,**

**Largo, MD 20774**

**301-546-7422, [www.pgcc.edu](http://www.pgcc.edu)**



**PRINCE GEORGE'S  
COMMUNITY COLLEGE**

**Hyattsville Campus, 6505 Belcrest Rd, Suite 200**

**Hyattsville, MD 20782**

**301-546-8000, [www.pgcc.edu](http://www.pgcc.edu)**



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

A reduced-cost educational program specific to seniors, age 60+. This program includes a variety of classes tailored to the interests of older adults.  
**301-546-0871, [www.pgcc.edu](http://www.pgcc.edu)**

# Employment

## **Maryland Workforce Exchange**

*Prince George's One-Stop Career Center*

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

**1801 McCormick Dr. , Largo, MD 20774**

**301-618-8400, [www.dllr.state.md.us/county/pg](http://www.dllr.state.md.us/county/pg)**



## **Senior Community Service Employment Program (SCSEP)**

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

**301-265-8450, [www.princegeorgescountymd.gov](http://www.princegeorgescountymd.gov)**

# Energy Assistance

## **Customer Investment Fund Enhanced Weatherization Program (CIF)**

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

**1-844-400-3423, [www.dhcd.state.md.us](http://www.dhcd.state.md.us)**

## **Electric Universal Service Program (EUSP)**

*Prince George's County*

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

**425 Brightseat Road, Landover, MD 20785**

**301-909-6300**

## **EmPOWER Maryland Low Income Energy Efficiency Programs (LIEEP)**

*Maryland Department of Housing and Community Development*

This program helps low income households with installation of energy conservation materials in their homes at no charge. These improvements will both reduce a household's energy use and lower the monthly utility bills and will also make occupants more comfortable and may improve the air quality and overall health of the family.

**7800 Harkins Road, Lanham, MD 20706**

**1-855-583-8976**

**[www.mdhousing.org/EmPOWER](http://www.mdhousing.org/EmPOWER)**

## **“Heat’s On- Water’s Off” Program**

*Maryland Department of Aging*

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

**301-265-8450**

## **Maryland Energy Assistance Program (MEAP)**

*Prince George’s County*

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

**425 Brightseat Rd., Landover, MD 20785**

**301-909-6300**

## **Utility Service Protection Program**

*Prince George’s County*

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

**425 Brightseat Road., Landover, MD 20785**

**301-909-6300**

## **Washington Area Fuel Fund (WAFF)**

*Salvation Army*

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

**4825 Edmonston Rd., Hyattsville, MD 20781**

**301-277-6103**



## **Weatherization Assistance Program (WAP)**

*Maryland Department of Housing and Community Development*

Home weatherization services provided to eligible individuals.

Services include weather stripping, caulking and plastic window covering to help make the home more energy efficient.

**7800 Harkins Road, Lanham, MD 20706**

**1-855-583-8976, [www.mdhousing.org](http://www.mdhousing.org)**

## **WSSC Water Fund**

*Salvation Army*

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

**4825 Edmonston Rd., Hyattsville, MD 20781**

**301-277-6103**

# **Financial Assistance**

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

## **Mission of Love**

Provides assistance in furniture, clothing and household items.

**6180 Old Central Ave., Capitol Heights, MD 20743**

**301-333-4440**

## **Salvation Army**

Provides limited financial and food assistance to qualified applicants.

**4825 Edmonston Road, Hyattsville, MD 20781**

**301-277-6103**

## **United Communities Against Poverty**

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

**1400 Doewood Lane, Capital Heights, MD 20731**

**301-322-5700, [www.ucappgc.org](http://www.ucappgc.org)**

# **Hispanic and Latino Services**

## **Adventist Community Services**

Provides ESOL classes as well as other support services.

**501 Sligo Ave., Silver Spring, MD 20910**

**301-585-6556**

## **Welcome Center**

**734 University Blvd., Silver Spring, MD 20903**

**240-491-5784**

## **CASA de Maryland**

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

## **Multi-Cultural Center**

**8151 115<sup>th</sup> Ave.**

**Hyattsville, MD 20783**

**301-431-4185**



## **Latino Outreach Legal Walk-In Clinic**

*Community Legal Services of Prince George's County*

Assists with various immigration and government forms. Open Mondays, Wednesdays, and Fridays- 9am-2pm. Appointments taken on a first come, first served basis.

**Prince George's County Multi Service Center**

**1401 University Blvd. East**

**Langley Park, MD 20783**

## **Home Care Services**

Various services are available for qualifying seniors who may need assistance with Activities of Daily Living (ADL's). This may include light housekeeping, food preparations, bathing, dressing, and shopping.

### **PROGRAMS**

#### **Senior Care Program**

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

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

**6420 Allentown Road, Camp Springs, MD 20748**

**301-324-2980**

#### **In Home Aide Services**

*Prince George's County Department of Social Services*

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

**301-909-2228**

## **AGENCIES**

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

### **Advanced Home Support**

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

### **Adventist Home Care Services**

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

### **At Home Care**

**15304 Spencerville Court, Burtonsville, MD 20866  
301-879-2700**

### **Family and Friends Health Care Inc.**

**9642 Marlboro Pike, Upper Marlboro, MD 20772  
301-627-0768, [www.familyandfriendshc.com](http://www.familyandfriendshc.com)**

### **Heart to Heart Senior Care Services**

**10716 Baltimore Ave., Beltsville, MD 20705  
301-937-7504  
[www.hearttoheartseniorcare.com](http://www.hearttoheartseniorcare.com)**

### **Potomac Home Support, Inc.**

Services include: homemakers/housekeepers, sitters/companions, live-ins, certified Home Care Aides, and Geriatric Care Assistants / transportation assistance.

**6001 Montrose Rd., Suite #1020, Rockville, MD 20852  
301-896-6990, [www.phhc.org](http://www.phhc.org)**

## **Right At Home Senior Care Providers**

**11821 Parklawn Drive, Suite 302**

**Rockville, MD 20852**

**301-738-2255, [www.rightathome.net](http://www.rightathome.net)**

## **Visiting Angels**

**9701 Apollo Drive, Suite 370, Largo, MD 20774**

**800-365-4189 or 301-583-8820**

**[www.visitingangelspg.com](http://www.visitingangelspg.com)**

## **VNA Home Health of Maryland**

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

**1-888-523-5000**

# **Hospice and Palliative Care**

Hospice is a resource helpful for individuals and families in assisting end-of-life care. Palliative care is a unique type of care that is directed at providing relief for patients with chronic illness. The list is not exclusive or exhaustive of area resources. The City of Greenbelt does not endorse any particular agency.

## **Capital Caring**

Provides hospice and palliative care through counseling, pain management and the integration of care plans and care navigation assistance.

**1801 McCormick Drive, Largo, MD 20774**

**301-883-0866 Local**

**800-869-2136 Toll Free**

## **Community Hospice of Maryland**

Provides hospice support services for patients and families.

**4041 Powder Mill Rd, Suite 600**

**Beltsville, MD 20705**

**301-560-6000**

## **Hospice of the Chesapeake**

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

**9500 Arena Dr., Suite 250, Largo, MD 20774**

**877-462-1101**

**[www.hospicechesapeake.org](http://www.hospicechesapeake.org)**

## **National Hospice and Palliative Care Organization**

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

**703-837-1500, [www.nhpco.org](http://www.nhpco.org)**

# **Housing**

## **SUBSIDIZED HOUSING**

### **Housing Authority of Prince George's County**

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

**9200 Basil Court, Suite 107, Largo, MD 20774**

**301-883-5501**

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

**Green Ridge House**

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

**Avondale Manor**

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

**Chillum Oaks**

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

**Friendship Arms**

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

**Manor Apartments**

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

**EVICTION/FORECLOSURE ASSISTANCE**

**Eviction Prevention Program**

*Prince George's County Department of Social Services*  
**301-909-6362**

**Homelessness Prevention**

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

## **Maryland Homeowners Preserving Equity (HOPE) Hotline**

Foreclosure Avoidance Counseling Program

Provides counseling, mediation and other support services for homeowners.

**877-462-7555, [www.mdhope.dhcd.maryland.gov](http://www.mdhope.dhcd.maryland.gov)**

## **EMERGENCY HOUSING**

### **Emergency Shelter Hotline**

Prince George's County Department of Social Services

24-hour information and referral hotline.

**301-864-7095 or 1-888-731-0999**

### **Family Crisis Center of Prince George's County**

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

**3601 Taylor Street, Brentwood, MD 20722**

**301-779-2100 Administrative Office**

**301-731-1203 Hotline**

## **Insurance**

### **MEDICARE**

Insurance for disabled adults and seniors.

#### **Medicare**

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

**[www.medicare.gov](http://www.medicare.gov)**



### **Maryland Insurance Administration**

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

**410-468-2244, [www.mdinsurance.state.md.us](http://www.mdinsurance.state.md.us)**



## **Senior Health Insurance Program (SHIP)**

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

Medicare counseling either by telephone or in person.

**6420 Allentown Road, Camp Springs, MD 20748**

**301-265-8471, [www.aging.mymaryland.gov](http://www.aging.mymaryland.gov)**

## **MEDICAID**

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

### **Older Adult Medicaid Waiver Program**

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

**6420 Allentown Road, Camp Springs, MD 20748**

**[www.aging.maryland.gov/medicaid\\_waiver.html](http://www.aging.maryland.gov/medicaid_waiver.html)**

**301-265-8450 or 866-417-3480**

### **Medical Assistance Program (Medicaid)**

Department of Health and Mental Hygiene

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

**[www.mmcp.dhmh.maryland.gov](http://www.mmcp.dhmh.maryland.gov)**

## **Legal Services**

### **AARP Legal Services Network**

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

**1-866-330-0753**

## **Catholic Charities Legal Network**

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

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

**924 G Street NW, Washington, DC 20004**

**202-350-4305**



## **Community Legal Services of Prince George's County**

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

**240-391-6370 or 240-391-6395**

**[www.clspgc.org](http://www.clspgc.org)**

## **Maryland Legal Aid**

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

**6811 Kenilworth Ave., Suite 500, Riverdale, MD 20737**

**301-560-2101 or 888-215-5316**

**[www.mdlab.org](http://www.mdlab.org)**

## **Prince George's County Bar Association**

### **Lawyer Referral Service**

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

**301-952-1440, [www.pgcba.com](http://www.pgcba.com)**

## **Register of Wills**

*Prince George's County*

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

**14735 Main St., Rm. D4001**

**Upper Marlboro, MD 20773 (Courthouse)**

**301-952-3250**

# **Long Term Care**

## **PROGRAMS AND OUTREACH EFFORTS**

### **Assisted Living Unit**

*Maryland Department of Health and Mental Hygiene*

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

**410-402-8217 or 1-877-402-8221**

### **Maryland Access Point (MAP)**

*Prince George's County Department of Family Services*

*Aging Services Division*

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

**6420 Allentown Road, Camp Springs, MD 20748**

**301- 265-8450**

### **Project Home**

*Prince George's County Department of Social Services*

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

**805 Brightseat Road, Landover, MD 20785**

**301-909-6000**

## **Senior Assisted Living Subsidy Program**

*Prince George's County Department of Family Services*

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

**6420 Allentown Road, Camp Springs, MD 20748**

**301-265-8450**

## **ASSISTED LIVING FACILITIES**

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

### **Arbor Terrace Senior Living**

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

**9885 Greenbelt Road, Lanham, MD 20706**

**301-241-8071, [www.theresidenceongreenbelt.com](http://www.theresidenceongreenbelt.com)**

### **Collington Continuing Care Retirement Community**

*A Kendal Affiliate*

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

**10450 Lottsford Road, Mitchellville, MD 20721**

**301-925-9610 or 1-888-257-9468**

**[www.collington.kendal.org](http://www.collington.kendal.org)**

## **Hillhaven Assisted Living Nursing and Rehabilitation Center**

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

**3210 Powder Mill Road, Adelphi, MD 20783**  
**301-937-3939, [www.hillhaven.com](http://www.hillhaven.com)**

## **Independence Court**

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

**5821 Queens Chapel Road, Hyattsville, MD 20782**  
**301-699-7900, [www.independencecourt.com](http://www.independencecourt.com)**

## **Malta House**

*Victory Housing*

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

**4916-18 LaSalle Road, Hyattsville, MD 20782**  
**301-699-8600, [www.victoryhousing.org](http://www.victoryhousing.org)**

# **Mental Health**

## **Community Crisis Services, Inc.**

Provides a crisis hotline and referral services.

**301-864-7130 Crisis Hotline**  
**1-800-273-TALK (8255) National Suicide Hotline**  
**[www.communitycrisis.org](http://www.communitycrisis.org)**

## **Community Mental Health Unit**

*Maryland Department of Health and Mental Hygiene*

Provides information regarding comprehensive mental health concerns over complaints, regulations, alerts and more.

**410-402-8198 or 1-877-402-8221**

## **Greenbelt CARES**

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

**25 Crescent Road, Greenbelt, MD 20770**  
**301-345-6660**

## **Outpatient Mental Health Clinic (OMHC)**

*Vesta, Inc.*

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

**9301 Annapolis Road, Lanham, MD 20706**  
**240-296-6300**

**8737 Colesville Road, Suite 700**  
**Silver Spring, MD 20910**  
**240-296-5858**

## **People Encouraging People**

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

**337 Brightseat Road, Suite 201**  
**Hyattsville, Maryland 20785**  
**301-429-8950, [www.peponline.org](http://www.peponline.org)**

## **QCI Behavioral Health**

Provides mental health care to individuals, families, children, adolescents, teenagers and adults with persistent and chronic mental illness.

**9475 Lottsford Road, Suite 250, Largo, MD 20774**  
**301-636-6504, [www.qcihealth.com](http://www.qcihealth.com)**

## **Sheltercare Plus**

*Volunteers of America, Chesapeake Chapter*

Provides housing, rental assistance and psychiatric rehabilitation services to mentally ill, homeless adults and their families.

**4611 Assembly Drive, Suite D, Lanham, MD 20706**

**301-306-0904**

## **Nutritional Resources**

### **Senior Nutrition Program**

Serves hot lunches at 12:00pm Monday through Friday.

Senior citizens (ages 60+) must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered.

Requested meal donation is \$3.

### **Greenbelt Community Center**

**15 Crescent Rd., Greenbelt, MD 20770**

**301-397-2208 x4215**

## **FOOD PANTRIES**

### **Capital Area Food Bank**

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

**[www.capitalareafoodbank.org/get-help/](http://www.capitalareafoodbank.org/get-help/)**

### **Salvation Army**

Emergency food pantry.

Monday-Friday 8:30am-4:30pm

**4825 Edmonston Road, Hyattsville, MD 20781**

**301-277-6103**

### **St. Hugh's Food Pantry**

For Greenbelt residents. Please call ahead.

**135 Crescent Road, Greenbelt, MD 20770**

**301-474-4322**

### **United Communities Against Poverty**

Food pantry for those determined to be in financial need. By appointment only, Mondays and Wednesdays from 9:30am-12pm.

**1400 Doewood Lane, Capital Heights, MD 20743**

**301-322-5700 x5**

## **HOME DELIVERED FOOD**

### **Meals on Wheels**

Home delivered meals for qualifying seniors, sponsored by Meals on Wheels Association of America. There is a moderate cost associated with this service.

**9601 Rhode Island Ave., College Park, MD 20740**

**301-474-1002**

## **SUBSIDIZED FOOD OPTIONS**

### **Food Supplement (Food Stamps Program)**

*Prince George's County Department of Social Services*

You may be able to receive a food supplement if you: work for low wages, are unemployed or work part-time, receive public assistance payments, are elderly or disabled and live on a small income or are homeless.

**Mondays and Fridays from 1-5pm**

**25 Crescent Rd., Greenbelt, MD 20770**

**301-345-6660 x2031**



## **SHARE Food Network**

*Catholic Charities Archdiocese of Washington*

Monthly value packages cost just \$20 and include \$40-\$50 worth of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items and 8-9 pounds of fresh produce. Call or access the website to determine the closest location.

**301-864-3115, [www.catholiccharitiesdc.org/SHARE](http://www.catholiccharitiesdc.org/SHARE)**

## **Physical Health**

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

### **Doctors Community Hospital**

**8118 Good Luck Road, Lanham, MD 20706**

**301-552-8118**

### **Holy Cross Hospital**

**1500 Forest Glen Road, Silver Spring, MD 20910**

**301-754-7000**

### **Prince George's Hospital Center**

**3001 Hospital Drive, Cheverly, Maryland 20785**

**301-618-2000**

### **Washington Adventist Hospital**

**7600 Carroll Ave., Takoma Park, MD 20912**

**301-891-7600**

### **Washington Hospital Center**

**110 Irving St. NW, Washington, DC 20010**

**202-877-7000**

## **HEALTH CLINICS/ HOME PHYSICIAN CARE**

### **Community Clinic, Inc.**

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

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

**8630 Fenton Street, Suite 1200  
Silver Spring, MD 20910  
301- 585-1250**

### **Greater Baden Medical Services**

Reduced cost medical care clinic. Fees can be assessed on a sliding scale based on financial need.

**4320 Ammendale Road, Beltsville, MD 20705  
301-888-2233, [www.gbms.org](http://www.gbms.org)**

### **Home Physicians Management**

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

**887-663-1333 or 410-636-3060  
[www.alegiscare.com](http://www.alegiscare.com)**

### **Rachel H. Pemberton Senior Health Center**

Provides primary and continuing comprehensive medical and nursing services.

**3601 Taylor St., Suite 108, Brentwood, MD 20722  
301-927-4987**

## REHABILITATION CENTERS

### **Crescent Cities Center**

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

**4409 East West Highway, Riverdale, MD 20737**

**301-699-2000, [www.geneshicc.com/CrescentCities](http://www.geneshicc.com/CrescentCities)**

### **Hillhaven Assisted Living Nursing and Rehabilitation Center**

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

**3210 Powder Mill Road, Adelphi, MD 20783**

**301-937-3939, [www.hillhaven.com](http://www.hillhaven.com)**

## DENTAL

Low cost options for dental needs.

### **Affordable Dentures**

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

**1-800-DENTURES (336-8873)**

**[www.affordabledentures.com](http://www.affordabledentures.com)**

### **Donated Dental Services**

*Maryland Foundation of Dentistry for the Handicapped*

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

**6410 Dobbin Road, Suite F, Columbia, Maryland 21045**

**410-964-1944**

**[www.msda.com/files/md-foundation-for-handicapped.pdf](http://www.msda.com/files/md-foundation-for-handicapped.pdf)**

### **Howard University Dental Clinic**

Fee for service and insurance based dental care.

Closes from mid- July to mid-August.

**600 W Street, NW, Washington, DC 20059**

**202-806-0008 Appointments**

### **University of Maryland School of Dentistry**

Offers a variety of dental treatments, including check-ups, cleanings, fillings, root canal therapy, crowns and extractions.

**650 West Baltimore Street, Baltimore, Maryland 21201**

**410-706-7101, [www.dental.umaryland.edu](http://www.dental.umaryland.edu)**

### **Greater Baden Medical Services at BAPS**

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

**7450 Albert Rd. 1<sup>st</sup> floor, Brandywine, MD 20613**

**301-836-9645 or 301-888-2233, [www.gbms.org](http://www.gbms.org)**

## **Recreation**

### **Greenbelt Aquatic and Fitness Center**

**101 Centerway, Greenbelt, MD 20770**

**301-397-2204, [www.greenbeltmd.gov/GAFC](http://www.greenbeltmd.gov/GAFC)**

### **Greenbelt Community Center**

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

**15 Crescent Road, Greenbelt, MD 20770**

**301-397-2208**

### **Golden Age Club**

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

**301-474-7087**

### **Maryland National Capital Park and Planning Commission**

Information for a variety of senior activities in the area.

**301-699-2255, [www.mncppc.org](http://www.mncppc.org)**

### **Prince George's Plaza Community Center**

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

**6600 Adelphi Road, Hyattsville, MD 20782**

**301-864-1611**

### **Prince George's Sports and Learning Complex**

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

**8001 Sheriff Road, Landover, MD 20785**

**301-583-2400 or 301-583-2483**

## **LIBRARIES**

### **Greenbelt Library**

**11 Crescent Road, Greenbelt, MD 20770**

**301-345-5800**

## **Library Service for Homebound**

*Prince George's County Memorial Library System*

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

**301-699-3500 x6164**

## **Maryland State Library for the Blind and Physically Handicapped**

Home delivered audio and Braille books.

**410-230-2424 Local, 1-800-964-9209 Toll Free**

# **Safety**

## **Adult Protective Services**

*Prince George's County Department of Social Services*

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

**301-909-2228**

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

## **Greenbelt Police Department and Rescue Squad**

**550 Crescent Road, Greenbelt, MD 20770**

**301-474-7200 Non-Emergency**

**301-474-5454 Emergency**

**301-474-6435 TDD**

## **Greenbelt Volunteer Fire Department**

**125 Crescent Road, Greenbelt, MD 20770**

**301-345-7000**

## **Long-Term Care Ombudsman Program**

*Prince George's County Department of Family Services*

*Aging Services Division*

Advocates for residents of nursing homes, board and care homes, assisted living facilities and similar adult care facilities. They work to resolve problems of individual residents and to bring about changes at the local, state and national levels that will improve residents' care and quality of life.

**6420 Allentown Road, Camps Springs, MD 20748**

**301-265-8450**

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

## **Transportation**

Transportation for seniors and adults with disabilities.

### **MEDICAL TRANSPORTATION**

#### **Senior Transportation Services (STS) Medical Program**

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

**301-499-8603 or 240-855-6355**

**[www.seniortransportationservice.com](http://www.seniortransportationservice.com)**

### **TRANSPORTATION FOR DISABLED INDIVIDUALS**

#### **MetroAccess**

Door to door public transportation for disabled individuals/disabled seniors who cannot use regular public transportation.

Paperwork must be completed and photo ID obtained before being eligible for this service.

**301-562-5360, [www.wmata.com/accessibility/metroaccess service/](http://www.wmata.com/accessibility/metroaccess_service/)**

## **BUS TRANSPORTATION**

### **Greenbelt Connection**

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

**301-474-4100**

### **Prince George's County Call-A-Bus**

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

**301-499-8603 or 1-800-735-2258 TTY**

### **"The Bus" — Prince George's County**

A County bus service meeting local transportation needs by providing 28 routes, covering over 10,000 miles. "The Bus" operates Monday through Friday. Seniors and disabled are free of charge.

**301-324-2877**

## **CAB TRANSPORTATION**

### **Mesfin Taxi Service**

**301-602-3317**

### **Prince George's County Call-A-Cab**

A program facilitated by 50% discount coupons utilized for seniors. Purchase a \$20 coupon book for \$10 and use the coupons to pay for your fare.

**301-883-5656**



# Veteran's Services

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

## **Department of Veterans Affairs**

A comprehensive services resource for veterans.

**1-800-827-1000 [www.va.gov](http://www.va.gov)**

## **MEDICAL**

### **Community Based Outpatient Clinic**

Outpatient clinic for veterans.

**5801 Allentown Road, Camp Springs, MD 20746**

**301- 423-3700**

### **Washington DC Veterans Affairs Medical Center**

Medical, surgical, rehabilitative, neurological and psychiatric care.

**50 Irving Street, NW, Washington, DC 20422**

**202-745-8000, [www.washingtondc.va.gov](http://www.washingtondc.va.gov)**

## **SUPPORT SERVICES**

### **Blinded Veterans Association**

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

**125 N. West Street, 3rd Floor, Alexandria, VA 22314**

**202-371-8880, [www.bva.org](http://www.bva.org)**

### **Paralyzed Veterans of America**

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

**801 18th Street, NW, Washington, DC 20006**

**1-800-424-8200, [www.pva.org](http://www.pva.org)**

## **Veteran Crisis Line**

*US Department of Veterans Affairs*

For crisis concerns either for yourself or a loved one.

**1-800-273-TALK (8255)**

## **Veterans Support Foundation**

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

**8719 Colesville Rd, Suite 100**

**Silver Spring, MD20910**

**1-800-882-1316 ext. 126, [www.vsf-usa.org](http://www.vsf-usa.org)**

## **Vietnam Veterans of America**

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

**Chapter 641 - Silver Spring, MD, 20910**

**202-244-1326, [www.vva.org](http://www.vva.org)**

## **Wounded Warrior Project**

A comprehensive services and advocacy resource for injured service members.

**1120 G Street, NW, Suite 700**

**Washington, DC 20005**

**202-558-4302 or 1-877-TEAM-WWP (832-6997)**

**[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)**

# **Volunteer Opportunities**

## **Anacostia Watershed Society**

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

**4302 Baltimore Avenue, Bladensburg, MD 20710**

**301-699-6204, [www.anacostiaws.org](http://www.anacostiaws.org)**

## **City of Greenbelt**

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

**[www.greenbeltmd.gov](http://www.greenbeltmd.gov)**

## **Greenbelt Intergenerational Volunteer**

### **Exchange Services (GIVES)**

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

### **Greenbelt Community Center**

**15 Crescent Road, Greenbelt, MD 20770**

**301-507-6580**

## **Meals on Wheels**

Volunteers assist in this home delivered meals program by preparing and/or delivering food, helping out with administrative work, supporting local fundraising events, or calling seniors to check in on their safety.

**9601 Rhode Island Ave., College Park, MD 20740**

**301-474-1002**

## **Prince George's Arts and Humanities Council**

A local non-profit that coordinates financial support and advocacy for the arts. Volunteers assist with administrative tasks, festivals and other activities.

**6525 Belcrest Road, Suite 132**

**Hyattsville, MD 20782**

**301-277-1402**

## **Prince George's County Memorial Library**

### **Volunteer Program**

**11 Crescent Road, Greenbelt, MD 20770**

**301-345-5800**

## **Retired Senior and Volunteers (RSVP) Program**

*Prince George's County Department of Family Services*

*Aging Services Division*

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

**6420 Allentown Road, Camp Springs, MD 20748**

**301-265-8450**

## **Voter Registration**

Prince George's County Board of Elections

**301-430-8020**

## **Other Resources**

### **AARP**

**1-888-687-2277**

### **Animal Control**

Greenbelt Animal Control Officers are on duty:

Monday-Friday 8 a.m. – 4 p.m.

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

Sunday – 8 a.m.-12 p.m.

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

## **Board of Elections Prince George's County**

**301-430-8020**

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

**301-265-8401**

**Department of Social Services Prince George's County**

**301-209-5000**

**Health Department Prince George's County**

**301-883-7879**

**Elder Care Locator Services**

**1-800-677-1116**

**Maryland Department of Aging**

**410-767-1100 Local or 1-800-243-3425 Toll Free**

**Maryland Medical Assistance and Beneficiary Services**

Medicaid and pharmacy access hotline.

**410-767-5800**

**Maryland Motor Vehicle Administration (MVA)**

**1-800-950-1682**

**Social Security Administration**

**1-800-772-1213**

**Vital Records Office**

Prince George's County Health Department

**Largo West Building, 425 Brightseat Road, Suite 101**

**Landover, MD 20785**

**301-324-2940**

**Washington Suburban Sanitary Commission (WSSC)**

**1-800-828-6439 (Toll Free)**

**301-206-4002 (Emergency)**

---

# NOTES

---



---

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**This resource guide was compiled by Cynthia Lynkew,  
Masters of Social Work Intern from the  
University of New England. – 2/9/2016**