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.

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.
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
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Accessibility

HOME MODIFICATION

Accessible Homes for Seniors Program
Maryland Department of Housing and Community Development
A program for income qualifying seniors to provide accessibility related improvements in homes such as installation of grab bars, widening of doorways, and installment of ramps. Improvements are financed and deferred through a zero interest loan for a term of 30 years.
6420 Allentown Road, Camp Springs, MD 20748
301-265-8450, www.mdhousing.org

Strategies for Independent Living, LLC
Modifications for indoor and outdoor living spaces for adults with disabilities and seniors who seek to age in place.
1007 Elm Avenue, Takoma Park, MD 20912
301-585-5738

MEDICAL EQUIPMENT

DHC Medical Supply
Hospital beds, electric wheelchairs, chair lifts, specialty mattresses, shower assistance and other medical products.
8855 Annapolis Road, Suite 100,
Lanham, Maryland 20706
301-918-1750, www.dhcmedicalsupply.com
Maryland Technology Assistance Program (MDTAP)
Maryland Department of Disabilities
An equipment exchange and short-term loan program for disabled adults and seniors.
1-800-832-4827, www.mdod.maryland.gov

Caregiver Resources

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

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

Crescent Ridge Adult Day Care
Services include: nursing/medical care, health education, medication management, rehabilitative care, recreational therapy, family education and support services, information referral, community integration, nutrition services and transportation.
7001 Oxon Hill Rd., Oxon Hill, MD 20745
301- 567-2611

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

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**

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**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**

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**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**

**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**
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

ARTHRITE 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
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

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
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

CARDIOVASCULAR ILLNESS SUPPORT

American Heart Association
A non-profit organization with a desire to educate the public concerning heart related issues through health promotion initiatives with a focus on both treatment and prevention support.
1-800-242-8721, www.heart.org

Mended Hearts, Inc.
A non-profit organization with a desire to serve patients and family members afflicted with heart disease. The organization provides support in hospitals, online, and over the phone.
1-888-HEART99 (1-888-432-7899)
www.mendedhearts.org

DIABETES SUPPORT

American Diabetes Association
A non-profit with a desire to both end diabetes through prevention education initiatives and provide support to current sufferers of diabetes and their families.
1-800-342-2383, www.diabetes.org
**Diabetes Circle Support Group**  
*Doctor’s Community Hospital*  
Meets once a month from 6pm-7:30pm. Please call for more information.  
**Joslin Diabetes Center, 5th floor**  
8118 Good Luck Rd., Lanham, MD 20706  
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 2nd 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

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

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

ADVOCACY
Independence Now
A resource and advocacy center that promotes 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

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

DEAF AND HEARING IMPAIRED

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

Hearing Loss Association of America
A non-profit organization with a focus on communication access, public policy, research, public awareness and service delivery related to hearing loss.
7910 Woodmont Ave., Suite 1200
Bethesda, MD 20814
301-657-2248 or 301-657-2249 (voice)
www.hearingloss.org
Maryland Relay
Telecommunications Relay Services (TRS) which allows telephone communication with individuals with speech or hearing loss.
1-800-735-2258, 1-800-201-7165 (voice)
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

BLIND AND VISUALLY IMPAIRED

Blind Industries and Services of Maryland
A non-profit organization which offers comprehensive rehabilitation programs, diverse employment opportunities and services for blind and low vision people of all ages.
3345 Washington Blvd., Baltimore, MD 21227
410-737-2600 or 1-888-322-4567
www.bism.org
Columbia Lighthouse for the Blind and Visually Impaired
Provides programs and services to people of all ages who are blind or visually impaired, regardless of their ability to pay. Programs and services include adaptive technology, professional and career services training, low vision services, rehabilitation, counseling, children’s services, independent living and older adult programs.
4404 Queensbury Rd. Suite 105
Riverdale, MD 20737
202-454-6400  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

Maryland State Library for the Blind and Physically Handicapped
Comprehensive library services to the eligible blind and physically handicapped residents of the State of Maryland. Consumers have access to audio and braille books by mail.
415 Park Avenue
Baltimore, Maryland 21201
410-230-2424
410-333-8679 TTY
1-800-964-9209, www.lbph.lib.md.us
**Metropolitan Washington Ear**
Free services for blind, visually impaired and physically disabled people who cannot effectively read print. 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)

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**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)

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

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

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.
Energy Assistance

Customer Investment Fund Enhanced Weatherization Program (CIF)
Maryland Department of Housing and Community Development
CIF Enhanced Weatherization Program is designed to help low income Marylanders, in the Baltimore Gas and Electric (BG&E) utility service region address and correct health and safety hazards within the home to allow energy efficiency upgrades to be installed.
1-844-400-3423, www.dhcd.state.md.us

Electric Universal Service Program (EUSP)
Prince George’s County
Provides assistance with electric bills for low income, qualifying residents. Funds are available beginning July 1.
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
“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, caulkking 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

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

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 115th 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

Heart to Heart Senior Care Services
10716 Baltimore Ave., Beltsville, MD 20705
301-937-7504
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
Right At Home Senior Care Providers
11821 Parklawn Drive, Suite 302
Rockville, MD 20852
301-738-2255, www.rightathome.net

Visiting Angels
9701 Apollo Drive, Suite 370, Largo, MD 20774
800-365-4189 or 301-583-8820
www.visitingangelspg.com

VNA Home Health of Maryland
Provides skilled nursing, wound care, physical therapy, occupational therapy, speech therapy, home health aides and nutrition education.
1-888-523-5000

Hospice 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

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

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.

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

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
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

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

Older Adult Medicaid Waiver Program
Prince George's County Department of Family Services Aging Services Division
6420 Allentown Road, Camp Springs, MD 20748
www.aging.maryland.gov/medicaid_waiver.html
301-265-8450 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

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

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

Prince George’s County Bar Association
Lawyer Referral Service
The Lawyer Referral Service (LRS) is a program operated by the Prince George’s County Bar Association designed to assist the public in locating lawyers for specific types of legal matters.
301-952-1440, www.pgcba.com
Register of Wills
Prince George's County
Appoints personal representatives to administer decedents' estates as well as assists and advises public of will preparation process and forms.
14735 Main St., Rm. D4001
Upper Marlboro, MD 20773 (Courthouse)
301-952-3250

Long Term Care

PROGRAMS AND OUTREACH EFFORTS

Assisted Living Unit
Maryland Department of Health and Mental Hygiene
Provides information regarding assisted living concerns including: alerts, regulations, complaint filings and consumer information.
410-402-8217 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

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
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

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

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

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

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

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
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/

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)**

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**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

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

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

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

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

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
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

Greater Baden Medical Services at BAPS
Reduced cost dental clinic. Fees are assessed on a sliding scale.
7450 Albert Rd. 1st floor, Brandywine, MD 20613
301-836-9645 or 301-888-2233, www.gbms.org

Recreation

Greenbelt Aquatic and Fitness Center
101 Centerway, Greenbelt, MD 20770
301-397-2204, 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

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

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.
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

**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

**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

**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
**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, MD 20910  
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

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

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**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

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