

2026

PRINCE GEORGE'S COUNTY

# Senior Resource Guide



**PGSPN** PRINCE GEORGE'S  
Senior Provider Network

COMMUNITY / RESOURCES / COLLABORATION / EDUCATION



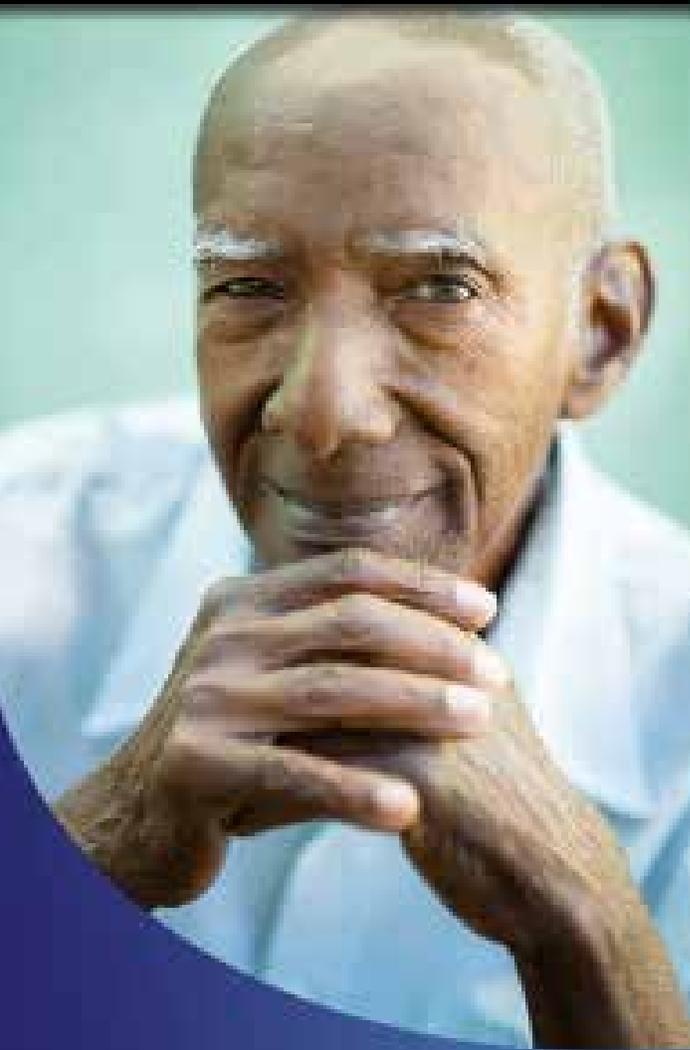


# Prince George's County Department of Family Services Aging and Disability Resource Center

6420 Allentown Road | Camp Springs, MD 20748



301-265-8450 | Maryland Relay 711 | [FamilyServices.mypgc.us](http://FamilyServices.mypgc.us)



The Prince George's County Aging and Disability Resource Center (ADRC) assists older adults, individuals with disabilities and family members with navigating long-term care services and support systems.

The ADRC also provides information, assistance, referrals, and options counseling to empower people to make informed decisions about accessing public and private programs that enhance their quality of life.



# *Message from PGSPN President*

## Welcome to the 2026 Prince George's County Senior Resource Guide!



The Prince George's Senior Provider Network (PGSPN) is delighted to introduce the 2026 Senior Resource Guide. This publication represents the ongoing partnership between PGSPN and the Prince George's County Department of Family Services Aging and Disabilities Services Division.

As a 501(c)(3) nonprofit organization, PGSPN is dedicated to enhancing the lives of seniors and their caregivers throughout Prince George's County.

PGSPN is composed of local professional businesses that collaborate to support seniors in the community. Our mission centers on partnering with community agencies, business leaders, non-profits, and local government offices to connect older adults and their families with a comprehensive network of service providers. Through these collaborative efforts, PGSPN strives to improve the quality of life and care for seniors by offering education and valuable resources.

The network meets regularly to share insights, address issues affecting seniors, and participate in impactful annual service projects. PGSPN is proud to support Prince George's County seniors, their families, and caregivers through a variety of initiatives, including:

- Producing and distributing the Prince George's Senior Resource Guide, a comprehensive directory for seniors.
- Organizing a Speakers Bureau, which provides free educational sessions on topics important to seniors for senior groups, senior center patrons, and community organizations.
- Sponsoring community events designed to promote senior well-being and engagement.
- Supplying essential incontinence products to seniors in need.
- Serving as an important information resource for public agencies regarding the needs of seniors.
- Hosting an annual Caregiver's Retreat, which is devoted to supporting family caregivers.
- Providing assistance to seniors through special projects that address their unique needs.

We invite you to attend our monthly membership meetings, held on the third Thursday of every month. For additional information, please visit [pgspn.org](http://pgspn.org).

Sincerely,

*Karen H. Sylvester*

Karen H. Sylvester  
President

**PGSPN**  
PRINCE GEORGE'S  
Senior Provider Network



Aisha N. Braveboy  
County Executive

THE PRINCE GEORGE'S COUNTY GOVERNMENT  
OFFICE OF THE COUNTY EXECUTIVE



Aisha N. Braveboy  
County Executive

Greetings:

It is my pleasure to present the 2026 Prince George's County Senior Resource Guide. The wealth of resources in the senior's guide reflects our continued commitment to ensuring that older adults, individuals with disabilities, caregivers, and families have ready access to a wide range of support services and resources they need to live with independence, connection, and dignity.

As County Executive, I am especially proud to highlight the Senior Affairs Division, created when I took office to support seniors in every way possible and to help them navigate services and receive coordinated support. This new division is already connecting residents with vital resources, such as, transportation, rental support, home repair programs, counseling for Medicare and Medicaid options, and food assistance when needed. Additionally, the Senior Affairs Division works closely with County agencies and nonprofit partners to streamline services throughout the community.

Produced in partnership with the Department of Family Services, Aging and Disabilities Resource Center (ADRC), and the Prince George's County Provider Network (PGSPN), the 2026 guide provides a comprehensive listing of local programs, agencies, businesses, and organizations dedicated to serving senior residents. We will continue to work to build the most comprehensive list of resources possible to strengthen our collective commitment to meeting the needs of the more than 170,000 seniors who call Prince George's County home.

I extend my appreciation to the PGSPN for their leadership and collaboration, and to everyone who contributes to making Prince George's County a place where seniors thrive.

Thank you for taking the time to explore this guide. May it serve as a valuable tool for you and your loved ones throughout the year.

Sincerely,

Aisha N. Braveboy  
County Executive

## A MESSAGE FROM

# *The Area Agency on Aging*

Dear Friends, Colleagues, and Members of Our Community,

I am truly excited to write this letter in support of the 2026 Senior Resource Guide, a vital roadmap for aging services in Prince George's County that reflects our shared commitment to thriving, inclusive communities of all ages.

As the Prince George's County Department of Family Services, Aging and Disabilities Services Division, which also serves as our local Area Agency on Aging, we take great pride in partnering with the Prince George's Senior Provider Network (PGSPN) to bring you this guide. This publication is more than a list of services; it is a powerful tool designed to inform, empower, and connect older adults, caregivers, and families with the resources they need to live with dignity, independence, and purpose.

The demographic landscape of our count continues to evolve. According to the most recent U.S. Census Bureau estimates, Prince George's County has a population of approximately 947,430 residents, and nearly 22.7 % of them are 65 years of age or older. That equates over 215,160 older adults who contribute to the vibrancy of our communities and who increasingly rely on supportive services to age in place with confidence and comfort.

Our mission at the Area Agency on Aging is rooted in ensuring that older adults, caregivers and families have access to the information and services they need when they need them. Through this guide, we strive to offer clear pathways to critical supports that allow older adults to remain in their homes and communities, where memories are made, relationships flourish, and quality of life is sustained.

The Senior Resource Guide includes a wealth of information from County agencies, non-profit partners, and local businesses across such areas as: Housing & Home Support Services, Transportation Options, Health and Wellness Resources, Recreation and Social Engagement, and Caregiver Support and Long-Term Care Planning.

In addition, you will find a helpful section on key terms, demystifying language associated with aging services so you can make informed decisions with clarity and confidence.

We understand that navigating the aging journey, whether for yourself or a loved one, can feel overwhelming at times. Please know that your county government stands ready to support you every step of the way. It is an honor and privilege to serve you, and we encourage you to keep this guide close at hand as a trusted reference.

We are here to serve you and look forward to answering your call.

Lisa D. Bryant, Director  
Area Agency on Aging



## A MESSAGE FROM

# *Crescent Cities Charities, Inc.*

On behalf of the Board of Directors of Crescent Cities Charities, Inc., we are pleased and honored to sponsor the 2026 Prince George's County Senior Resource Guide.

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

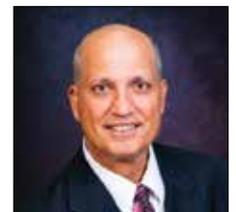
Since 1993, the mission of Crescent Cities Charities has been to provide educational assistance to promising students with financial need and to provide grants and programs to worthy charities and community organizations in Prince George's County and surrounding region.

For twenty years, Crescent Cities Charities owned and operated Crescent Cities Center, which is a 150-bed skilled nursing facility in Riverdale Park. We recently sold the facility and are now using those funds to support grant distributions to hundreds of worthy non-profit groups in our area totaling over \$5 Million Dollars since May, 2019. Additionally, we have provided over \$1.7 Million Dollars in scholarships to 492 graduating high school seniors in the Prince George's County area.

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

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

Steven G. Novak, President  
Crescent Cities Charities  
[cccharities.org](http://cccharities.org)



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# Important Telephone Numbers

AGENCY	PHONE NUMBER
AARP.....	888-687-2277
Alzheimer’s Association.....	800-272-3900
Columbia Lighthouse for the Blind.....	301-589-0894
Developmental Disabilities Administration .....	301-362-5100
Elder Care Locator.....	800-677-1116
Equal Rights Center .....	202-234-3062
MD Department of Education, Division of Rehabilitation Services .....	410-554-9442
.....	888-554-0334
Maryland Legal Aid .....	301-560-2100
Maryland Relay.....	711
Maryland Department of Veterans Affairs .....	301-248-0463
Medicaid Recipient Relations .....	410-767-5800
Prince George’s County Click .....	PGC311
Prince George’s County Crisis Response System .....	301-429-2185
Prince George’s County, Dept. of Family Services, Aging and Disabilities Services Division.....	301-265-8450
Children, Youth and Families Division .....	301-265-8446
Domestic Violence and Human Trafficking Division .....	301-265-8423
Office of Veterans Affairs .....	301-780-8260
.....	301-952-3904
Prince George’s County, Health Department .....	301-883-7879
Adult Evaluation and Review Services .....	301-856-4730
Behavioral Health Services .....	301-856-9500
Prince George’s County, Department of Housing and Community Development .....	301-883-5501
Prince George’s County Memorial Library System .....	301-699-3500
Employ Prince George’s.....	301-618-8400
Prince George’s County, Department of Social Services, Adult Protective Services .....	301-909-2450
Eviction Prevention Program .....	301-909-6362
MD Energy Assistance Program.....	301-909-6300
Respite Care .....	301-909-2091
Prince George’s County Senior Health Center .....	301-927-4987
Prince George’s County Register of Wills .....	301-952-3250
Prince George’s County Veterans Center.....	301-856-7173
Social Security Administration .....	800-772-1213

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## Looking for a speaker?

The Prince George's Senior Provider Network (PGSPN) offers a FREE Speakers Bureau!

Check out the wide array of topics and speakers!  
[pgspn.org](http://pgspn.org)

# Definitions

## Area Agency on Aging (AAA)

A local (city or county) agency, or non-profit funded under the federal Older Americans Act, that serves as a one stop shop to provide information, assistance and resources for persons 60 years of age or older and their caregivers. The network of AAA offices consists of more than 600 approved agencies. In Prince George's County, the Department of Family Services, Aging and Disabilities Services Division serves as the local AAA.

## Aging and Disability Resource Center (ADRC)

Aging and Disability Resource Centers (ADRCs) serve as single points of entry into the long-term services and supports (LTSS) system for older adults, people with disabilities, caregivers, veterans and families. Some states refer to ADRCs as "access points" or "no wrong door" systems.

## Adult Medical Day Care

Adult Day Care Programs are designed to offer a safe environment for functionally impaired older adults who are unable to remain home alone. They can be a welcome respite for families and spouses caring for a loved one. Adult Day programs provide clients with structured activity and, when needed, assistance with activities of daily living (ADLs). There are 2 types of adult day programs: 1) Adult Day Care (ADC), which offers personal care services, and 2) Adult Day Health (ADH), which offers personal care as well as skilled nursing and rehab services. Some day programs are designed specifically for persons needing memory care and support. Transportation is an option at most centers.

## Assistive Technology/Devices

An assistive technology device is "any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities."

## Caregiver Support

If you provide support and assistance with various activities to a family member, friend, or neighbor then you are a caregiver. A caregiver may provide emotional or financial support, as well as hands-on help with different tasks. Caregivers can use the formal and informal supports that are available. Caregiving may also be done from long distance. Caregiving can be individuals who are unpaid or paid.

## Durable Medical Supplies

Medical supply companies provide durable medical equipment (DME) that your doctor prescribes for use in your home. Only your doctor can prescribe medical equipment for you. Durable Medical Supplies meet these criteria:

- Durable – long lasting
- Used for a medical reason
- Not usually useful to someone who is not sick or injured
- Used in your home

Examples of DME are items such as blood sugar monitor, test strips, braces (arm, leg, back and neck), canes, commode chairs, home oxygen equipment and supplies, hospital beds, wheelchairs, infusion pumps, etc. Medicare Part B usually covers durable medical equipment prescribed by your doctor.

## Financial Services/Insurance

There are a wide variety of insurance programs which range from health, life, home, and Long-Term Care. The local Area Agency on Aging provides counselors to assist with some forms of insurance that relate to Medicare and/or Medicaid. Consumers need to weigh options and compare plans to ensure coverage that best fits the individual's needs.

## Housing Options

### • Assisted Living Facility (ALF)

Assisted Living facilities provide services to residents who need assistance with personal care, medication management, and/or home management but do not require skilled health care. Assisted living facilities can be a small home in a community with as little as two to three residents or larger facilities with private apartments.

# Definitions

- **Continuing Care Retirement Community (CCRC)**

CCRCs provide 3 levels of accommodations: independent living, personal care/assisted living, and skilled nursing/rehab on the same campus. Services vary by level of accommodation. Most CCRCs require new residents to pay a one-time entrance fee prior to admission. Entrance fee refund policies vary. All CCRCs require payment of monthly or daily service fees.

- **Independent Living**

Independent or Retirement Living Communities are most appropriate for those who can manage their health care needs on their own or with assistance from family or private caregivers in an apartment type setting. Independent Living does not offer health care services or assistance, but may offer a monthly meal plan, housekeeping, social activities, and transportation.

- **Subsidized Housing**

HUD's Section 202 Supportive Housing for the elderly provides rental housing for low-income tenants who are at least 62 years old with household incomes no greater than 50 percent of the area's average.

## **Geriatric Care Management**

A geriatric care manager is a professional who specializes in assisting older adults, disabled individuals, and their families with all of their care needs, as well as connecting them with a wide network of services, benefits, programs and facilities in the community. They also serve as an advocate for their client's health, safety and quality of life.

## **Hospice Services**

Hospice care provides end-of-life care to patients with a terminal illness and a life expectancy of less than 6 months. Because most people prefer to stay at home, services are usually provided in the home setting as opposed to an in-patient facility. Services are provided by an inter-disciplinary clinical team including nurses, certified nursing assistants (CNAs), social workers, volunteers, bereavement counselors, chaplains, and medical directors.

## **Home Care (Non-medical)**

Home health care can provide companion care, and personal care to an individual in their home. Services may include light housekeeping, hygiene assistance, medication reminders, meal preparation, shopping, and escort services. Fees vary for this service, usually private-pay and typically are not covered by insurance.

## **Home Health Care (Skilled)**

Doctor's orders are needed to begin skilled care. Services are provided to patients in their homes, typically for up to 60 days, and often following a hospital discharge. Skilled nursing is provided by RNs and LPNs, and rehabilitation services (such as physical therapy and speech therapy) are provided by licensed therapists. Home Health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). Covered by most insurances.

## **Legal Services/Elder Law/Estate Planning**

Elder Law Attorneys are dedicated to helping seniors and their families with legal matters. They can provide guidance and assistance with creating important documents such as the durable medical power of attorney, health care power of attorney, financial power of attorney, a living will, a trust, and a last will and testament. In the event a situation arises and none of these documents is in place an elder law attorney can help the family navigate the legal proceeding necessary to acquire legal authority, known as guardianship. Additionally, when a loved one passes away, an elder law attorney can assist the family with the probate process.

## **Long Term Care**

Long term care is the medical and social care given to people who have severe chronic impairments. It may include care in the home by family members, voluntary or employed assistance such as a home care agency, or in an institution such as a nursing home.

## Medicaid

A joint federal and state program that helps with medical costs for some people with limited income and resources. Medicaid programs vary from state to state, but most health care costs are covered if you qualify for both Medicare and Medicaid.

## Medicare

Medicare is the federal health insurance program for:

- People who are 65 or older who have paid into Social Security.
- Certain younger people with disabilities.
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD)

## Options Counseling

A person-centered service for older individuals, persons with disabilities, and/or their caregivers. It is an interactive decision-support process whereby consumers, family members and/or significant others are supported in their discussions to determine appropriate long-term care choices that best meet their needs, preferences, values and individual circumstances.

## Skilled Nursing and Rehabilitation Facilities

A skilled nursing and rehabilitation facility or nursing home provides 24-hour nursing supervision for those who medically need it. Skilled nursing facilities ensure medical, psychological, or social needs are met. These facilities offer a full range of care including rehabilitation, and specialized nutritional, social service and activity programs. Skilled Nursing Facilities can be very helpful in gaining necessary rehabilitation and providing for a person's needs for both long and short term situations.

## Real Estate Services

Real estate agents work with property buyers or sellers and help them navigate the complex nature of the property market. Agents talk with clients to find out what kind of property they want and what they are willing to sell or pay, and any specific amenities they are seeking. They work with a real estate broker to find properties that suit their client's needs.

## Senior Centers/Recreation/Leisure

Today's seniors are very active with a wide range of interests, abilities, and resources. Senior centers have and continue to evolve to meet the changing and growing diverse needs. Senior centers offer a variety of classes, trips, special events, educational workshops, activities and senior resources. Senior centers frequently are community focal points providing a place where older adults come together for services and activities and connect with each other and the community.

## Senior Move Transition Specialist/ Professional Organizers

Sometimes the desire to downsize and/or move is high but the task of doing so is overwhelming. Professional organizers and senior move transition specialists provide expertise related to organizing, senior move management, transition and relocation issues affecting older adults.

## Senior Villages

Villages bring together volunteer-based services and supports to help seniors live in their homes as active, valued members of the community for as long as they would like. Across the country, the village movement is represented by community-based, peer-run, member-driven organizations (Villages) offering members a wide variety of practical services, arranging for social activities, and providing information about useful resources. Villages structures and services reflect the unique needs of their communities, embrace a not for profit ethic and can be all volunteer, staffed or a combination of models. Village operations are often sustained by a blend of membership fees, donor support and grant funding.

For information on joining a village in your Prince George's County community please call:

- Hyattsville Aging in Place, 301-887-3101
- Cheverly Village, 240-770-1033

If you are interested in forming a village in your community or interested in attending an Aging in Place Prince George's County - Village Working Group meeting, please call 240-542-2012.

# Members Directory

This Directory is a listing of PGSPN members. For additional resources, please call the Aging and Disabilities Resource Center at 301-265-8450.

## ADULT DAY CARE CENTERS



### Fenwick Landing Senior Care Community

301-638-4100

11665 Doolittle Drive

Waldorf, MD 20602

klakin@seniornetwork.org

fenwicklandingseniorcare.com

Since the unfortunate closure of the Crescent Ridge Adult Day Health Center in Oxon Hill, our sister facility in Waldorf, Fenwick Landing, has expanded its catchment area and now provides services to families in southern Prince George's County. Our mission is simple. To provide daytime care in a highly stimulating, safe, and nurturing environment that supports family caregivers. Our nurses monitor health issues, administer medication, and provide any necessary medical treatments. Our nursing assistants offer support with personal care needs, including toileting and feeding assistance. Our recreation team keeps our participants active and stimulated. Our drivers provide round-trip transportation to and from home.

SILVER

## AGING LIFE CARE MANAGEMENT

Aging Well Eldercare

301-593-5285

care-manager.com



### Ann Craynon ElderCare Solutions

301-218-0958

3540 Crain Hwy #241, Bowie, MD 20716

aceldercaresolutions.com

ann@aceldercaresolutions.com

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

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**Pickett Fences Senior Services, Inc.**

301-358-2066  
 9701 Apollo Drive, Suite 301  
 Largo, MD 20774  
 pickettfences.org  
 spbellamy@pickettfences.org

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

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Reassurance4U Companion/Concierge Service	301-580-8844	reassurance4u.com
Seabury Resources for Aging Care Management	202-364-0020	cminfo@seaburyresources.org

## AGING IN PLACE SERVICES



**Assisting Hands Greenbelt**

202-455-3764  
 6301 Ivy Lane, Suite 140  
 Greenbelt, MD 20770  
 assistinghands.com/greenbelt  
 sdahunsi@assistinghands.com  
 Contact: Simi Dahunsi

We provide in-home support services that help individuals overcome barriers to daily living, including meal preparation, grocery assistance, and companionship—so they can remain safe, nourished, and independent at home.

GOLD



**Functional Therapy Solutions**

301-641-7035  
 10000 Running Sand Knoll  
 Laurel, MD 20723  
 homes2eval.com  
 homes2eval@gmail.com  
 Contact: Eldorna Samuel

Functional Therapy Solutions will provide practical solutions to meet your unique needs so that you can remain in your home. Solutions like installing of ramps, raised toilet seats or GPS trackers for wanderers, are all part of our Occupational Therapy assessment recommendations. We work with case managers, insurance companies, Medicaid Waiver providers and others to ensure your home is barrier-free, functional and handicap accessible. Our goal is for you to be as comfortable and independent as possible while remaining in your own home.

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**Just A Call Away (JACA)**

240-604-0936

jaca-concierge.com

deb.shack@jaca-concierge.com

Contact: Deborah Shackelford

Just A Call Away is your trusted partner in enhancing senior independence and peace of mind. With one call, connect to a dedicated concierge who will assist with daily needs, allowing you to enjoy life at home and in the community. We serve seniors in Prince George's, Montgomery, Charles Counties, and surrounding areas, with virtual support available statewide. At Just A Call Away, we offer true support, helping you stay independent and connected.

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**Senior Community Care of MD PACE**

301-673-3335

831 Brightseat Road

Hyattsville, MD 20785

seniorcommunitycaremd.org

edavies@voa.org

Contact: Elizabeth Davies

The Program of All-Inclusive Care for the Elderly (PACE) is centered on the belief that the well-being of seniors with chronic care needs and their families is better served in the community. Senior Community Care of MD provides healthcare and supportive services, including but not limited to adult day care, transportation, prescription assistance, medication management, physical and occupational therapy, nutrition services, and social services, enabling older adults to sustain their independence and continue living in their homes whenever possible.

GOLD

**ASSISTED LIVING****Abundance Care****Residential Assisted Living**

703-861-0982

1210 S Glebe Road

Arlington, VA 22204

abundance-care.com

valerie@abundance-care.com

Contact: Valerie Lucas

Our mission is to create and provide a loving home environment where we would be proud to have our mom and dad live. Our home becomes your home, and we invite our residents to be a part of our family. Our main priority is the care and safety of our residents. We provide 24-hour care, including "awake staff" at night, with a carefully selected and highly trained team of English-speaking caregivers certified by the State of Maryland. Our assisted living homes are convenient for families in the DMV area. We encourage our residents to have visitors, and we have a "no appointment needed" policy for visitors between 7 am and 7 pm. Let us know in advance. You are welcome to join us for a meal or an activity.

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Attentive Healthcare Assisted Living

240-486-2779

healthcareattentive.com



**Bethel Assisted Living**  
 240-381-0702  
 1416 Kings Manor Drive  
 Bowie, MD 20721  
 bethelassistedlivinghome@gmail.com  
 Contact: Jacqueline Moki

Bethel Assisted Living Homes, I, II and III are nurse owned and operated. We provide customized care based on the residents' needs and level of care. Our facilities provide care with compassion for levels 1, 2 and 3. Bethel homes are located in Glenn Dale and Bowie, Maryland. Our facilities are clean and well decorated. Our mission statement is "keeping our seniors safe and active."

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**Charter Senior Living of Bowie**  
 301-200-0712  
 7600 Laurel Bowie Rd., Bowie, MD 20715  
 charterbowie.com  
 marketing@charterbowie.com  
 Contact: Brittany Lott

"Charter Senior Living of Bowie is an elegantly furnished senior living community featuring Assisted Living and Memory Care, as well as Short-Term Stays for both Respite Care and Rehabilitation services. We offer inspiring and supportive lifestyles that meet the changing needs of you or your loved ones. At Charter, our experienced team members provide specialized care for residents and treat them like family. Our skilled staff is here 24/7 to assist residents with the activities of daily living in a caring and compassionate way."

GOLD



**Glory B Assisted Living Senior Care**  
 240-244-9743  
 7804 Drum Point Lane, Clinton, MD 20735  
 glorybseniorliving.com  
 information@glorybseniorliving.com  
 Contact: Anitra Allen

Glory B is a home-based assisted living program in the heart of Clinton, Maryland, offering a sanctuary of care and compassion designed for aging adults in need of love and support. Glory B offers a family-oriented setting with caring and highly trained staff who desire to see residents thrive. Glory B residents participate in various fitness activities, community outings, and music therapy sessions. Contact us for a tour today!

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Harmony at Enterprise

240-278-2433

harmonyseniorliving.com



**House of Serenity Assisted Living**  
 13711 Martin Road, Brandywine, MD 20613  
 houseofserenityassistedliving.com  
 kerseyv@yahoo.com  
 Contact: Vickie Kersey

Four-bed level 3 assisted living facility.

SILVER



### Malta House Assisted Living

4916 LaSalle Road, Hyattsville, MD 20782

victoryhousing.org

mmesfun@victoryhousing.org

Contact: Million Mesfun

Malta House Assisted Living is a warm, family-oriented senior living community dedicated to providing high-quality, person-centered care in a safe, supportive, and home-like environment. Located in the heart of Maryland, Malta House serves older adults who require assistance with daily living while promoting dignity, independence, and overall well-being.

SILVER



### Springtime Home Assisted Living

301-661-7268

804 Cypress Point Cir.

Mitchellville, MD 20721

springtimehome.com

springtimeHome@gmail.com

Contact: Danalee Robb, MSNBL, RN

Springtime Home specializes in providing excellent quality assisted living and retirement care to make the transitions as smooth as possible... it's where the heart is! We offer 6 homes which all are Level III providers. Springtime Home knows that independence and good health are gifts we all cherish. However, life takes us through changes. With a little help from our caring team, you can maintain control of your life and health, exercise your independence and preserve your dignity.

SILVER

Tribute at Melford

443-454-6170

[atlasseniorliving.com/tribute-at-melford/](http://atlasseniorliving.com/tribute-at-melford/)



### Warm Touch Homecare & Assisted Living

301-395-3541

9216 Rolling View Drive

Lanham, MD 20706

warmtouchhomecare.weebly.com

warmtouchhomecare@gmail.com

Contact: Leonie Nwaogwugwu

At Warm Touch Homecare & Assisted Living, we offer quality care with a touch that feels like home. We take pride in our ability to provide a calming atmosphere for our residents. From dietician-curated meals to dedicated staff available 24/7, we strive to make our residence a place of comfort. We are dedicated to giving our residents and their loved ones, total peace of mind. So choose Warm Touch where comfort is our commitment.

SILVER

## COUNSELING/EDUCATION/CONSULTING

Senior Medicare Patrol

301-919-9734

[seniormedicarepatrol.com](http://seniormedicarepatrol.com)

## FINANCIAL SERVICES/INSURANCE

Aflac

301-802-6906

aflac.com

**Gottlieb Insurance Advisory**

301-332-4337

11016 Haislip Court, Potomac, MD 20854

gottliebinsuranceadvisory.net

themarkgottlieb@gmail.com

Contact: Mark Gottlieb

We offer a range of insurance products which offer financial protection and important benefits for seniors, including but not limited to Medicare products; Long Term Care funding options; life insurance; and annuities. We also offer health insurance and other products for persons of all ages, including subsidized plan offered through MHBE.

SILVER

**Grace Benefits Group LLC**

301-452-9175

7003 Glenn Dale Road, Unit 655

Glenn Dale, MD 20769

gracebenefitsgroup@gmail.com

planenroll.com/?purl=Valerie-Nixon

Contact: Valerie Nixon

Grace Benefits Group LLC offers comprehensive insurance solutions tailored to your healthcare needs—including Medicare Advantage, Supplements, Life and Final Expense, Short-Term Care, Hospital Indemnity, Annuities, Dental, Vision, Hearing, Cancer, Heart Attack and Stroke protection, and more—for you and your family. Good Health is your Wealth! Call today for a no-cost obligation—Ask me about gifting!

GOLD

**Financial Savant Tax & Business Service**

301-459-3796

6606 Woodstream Dr., B-100

Seabrook, MD 20706

jehfinancial.net

jim@savanttaxhenderson.com

Contact: James E. Henderson, RFC

We systematically address the following wealth management issues: investment and tax management; cash flow and debt management; family insurance management, including life, health, supplemental, disability, long-term care, Medicare, and annuities; and planning issues involving retirement income, college tuition, legacy and estate, and special needs. We specialize in small business benefits consulting. We thoroughly analyze individual circumstances and customize our advice to meet specific needs and help make client dreams come true.

GOLD

Primerica

301-254-6702

primerica.com/jh\_pickettsr

## HOME CARE NON-MEDICAL

**A Homemade Plan**

Office: 888-610-2643

Fax: 443-853-2040

ahomemadeplan.com

Contact: Tyler Stott, Managing Partner

A Homemade Plan is a locally owned and operated home care agency that assists with daily activities that promote safety and independence in the home. We offer both live-in and hourly home care services. Serving Prince George's County and surrounding areas.

SILVER

A Personal Touch Care

888-388-8152

apersonaltouchcare.com

**Always Reliable Homecare LLC**

301-238-7478

1300 Caraway Court, Suite 200, RM 111

Largo, MD 20774

alwaysreliablehomecare.net

info@alwaysreliablehomecare.com

Contact: Yvonne Nichols

At Always Reliable Homecare Agency, our mission is to provide exceptional home care services that prioritize the well-being, dignity, and comfort of our clients. We offer a range of services including bathing, grooming, and dressing; mobility assistance; transferring and positioning; toileting and incontinence care; feeding and adherence to special diets; oral hygiene; and incontinence care. Additionally, we provide companionship and homemaking services to enhance the quality of life for our clients.

SILVER

**Ann Caregivers**

240-521-9555

16701 Melford Blvd., Suite 400

Bowie, MD 20715

anncaregiversllc.com

anncaregiversllc@gmail.com

Contact: Yvonne Oudit

We are an in-home care RSA-licensed provider. We come to your home to assist, care, and support you or your loved ones with their activities of daily living and limited mobility, helping them to regain their strength and independence with dignity, respect, kindness, compassion, and care. We assist and care for those who are or may be at the onset of dementia or other health challenges, bedbound, or who may have mobility challenges or need companionship. Our services are as follows but are not limited to hot meals are prepared and served and fed, clean up of kitchen, dishes, baths, dressed in cleaned clothing, toileting care, wheelchair transferring, laundry, making beds, reading, playing games, assist with activities, light housekeeping, incontinence care, accompanying to medical appointments, companionship care, hospital sitter to name a few.

SILVER

Capital City Nurses

202-907-6949

capitalcitynurses.com

**ClinCare Nursing Services LLC**

301-247-6320  
 3400 Inverwood Lane, Bowie, MD 20721  
 clinhealthnursing.com  
 clincare@clinhealthnursing.com  
 Contact: Dian Budram

ComForCare is a non-medical home care agency. We are committed to ensuring that everyone we meet gets the attention and care they need and deserve to attain and maintain the highest level of independence, dignity and quality of life. This is done by ensuring we listen to the client and family to really understand their needs and put them at ease regarding our ability to address those needs. Simply put we are passionate about serving. We are here for you!

**ComforCare**

240-764-5844  
 9420 Annapolis Road, Suite 216  
 Lanham, MD 20706  
 comforcare.com  
 marmour@comforcare.com  
 Contact: Michelle Armour

ClinCare Nursing Services is a Residential Service Agency dedicated to providing compassionate and confidential nursing care tailored to each client's unique needs. Our skilled services, delivered by Registered Nurses and Licensed Practical Nurses, include wound care, IV therapy, medication management, and post-surgical care. Non-skilled care is provided by Certified Nursing Assistants, assisting with daily activities like bathing, grooming, and meal preparation. Our goal is to ensure a positive patient experience from start to finish.

**Comfort Keepers**

703-594-8503  
 10351 Southern Maryland Blvd., Suite 201  
 Dunkirk, MD 20754  
 comfortkeepers.com  
 winstonchapman@comfortkeepers.com  
 Contact: Winston Chapman

We provide create in-home care services in Dunkirk, Bowie, Waldorf, Owings, Upper Marlboro, and surrounding areas of Maryland. At Comfort Keepers Home Care we work closely with seniors and their families to provide custom care that helps seniors thrive and achieve greater well-being. We offer various services, including in-home care, respite care, veterans home care, Alzheimer's and dementia care, and more. With our skilled caregivers in your loved one's home, you can rest assured knowing they're receiving the best care possible.

**Compassionate Care at Home L.L.C**

202-578-5904  
 18105 Central Avenue  
 Upper Marlboro, MD 20774  
 compassionatecareat.com  
 info@compassionatecareat.com  
 Contact: Keneisha Levy

Compassionate Care at Home is a home care agency dedicated to assisting with daily activities in the comfort of your own home. Our service includes Personal care, Companionship, light housekeeping, Private duty care, Medication reminder, and Respite Care.

**Family Choice Healthcare**

888-358-1341 ext. 108  
 4601 Forbes Blvd., Suite 320  
 Lanham, MD 20706  
 familychoicehealthcare.com  
 ktaylor@familychoicehealthcare.com  
 Contact: Kym Taylor

For over 20 years, Family Choice Healthcare has delivered quality in-home care. We provide companion care, assist with routine daily activities and accompany your loved one to doctor's appointments and physical/occupational therapies. Family Choice Healthcare offers a level of care that brings balance and peace to both clients and caregivers. Our staff is trained to deal with demanding behaviors associated with Dementia/Alzheimer's.

SILVER

First Option Health Services

301-358-6458

firstoptionllc.net

**FirstLight Home Care of Bowie**

301-778-1988  
 1401 Mercantile Lane; Suite 200-CC  
 Upper Marlboro, Maryland 20774  
 bowie.firstlighthomecare.com  
 rpeake@firstlighthomecare.com

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

SILVER

Griswold Home Care

301-899-3200

griswoldhomecare.com/prince-george-county

Home Instead

202-907-6949

homeinstead.com

**Interim Healthcare of PG County**

240-510-1357  
 3032 Mitchellville Road, Suite 102  
 Bowie, MD 20716  
 kadeleke@interimhealthcare.com  
 pgcountymd.interimhealthcare.com  
 Contact: Kady Adeleke

Interim Healthcare of PG County is a family-owned home health care agency serving upper Prince George's County. We provide exceptional home care services through our certified nursing assistants, home health aides, registered nurses, and companions. Our trained professionals offer personalized in-home and non-medical support services tailored to your needs. Every day, we strive to improve lives and support families in difficult times. You can rely on us for compassionate care.

SILVER

Platinum Seniors Care

301-476-1621

psc-healthcare.com



**Sarah's Peace And Love**  
HOME HEALTHCARE

**Sarah's Peace and  
Love Home Healthcare**

240-716-4250

Fax: 240-823-6773

8101 Sandy Spring Road, Suite 300-W16  
Laurel, MD 20707

peaceandlovehhc.com

sipeaceandlove@hotmail.com

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

GOLD

Senior Helpers of Laurel

240-688-4431

seniorhelpers.com/md/laurel



**Senior Helpers of PG County**

301-778-0401

12164 Central Avenue, Unit 219  
Mitchellville, MD 20721

seniorhelpers.com/md/pg-county

tclay@seniorhelpers.com

Contact: Tamara Clay

Founded in 2002, our home care company specializes in compassionate support for individuals and families, focusing on Alzheimer's and dementia care. We provide personalized assistance, companion care to reduce loneliness, and surgery support for smoother recoveries. Our trained team offers personal care, including grooming, bathing, mobility support, and medication reminders. Our mission is to empower individuals to live independently and with dignity in their homes.

SILVER



**Senior Helpers Southern Maryland**

240-696-2300

9375 Chesapeake St., Suite 103  
La Plata, MD 20646

seniorhelpers.com/md/southern-md

getgreatcare@seniorhelpers.com

Contact: James Bodas-Turner

Senior Helpers is a leading provider of in-home senior care services, offering a wide range of personalized care options to help seniors age comfortably in their own homes. Our services include Alzheimer's & Dementia Care, Personal Care, Companion Care, Respite Care, Chronic Disease Care, End-of-Life Support, and Return Home Care. Senior Helpers aims to enhance the quality of life for seniors and provide peace of mind for their families by delivering dependable and affordable care.

SILVER



**Serving You Homecare**

410-980-3145

1401 Mercantile Ln., Suite 200B  
Upper Marlboro, MD 20774

servingyouhomecare.com

info@servingyouhomecare.com

Contact: Jacque Husted

Serving You Homecare is dedicated to providing compassionate, personalized care for adults and seniors in their homes. Our mission is to enhance clients' quality of life through tailored solutions, including personal care, companionship, medication management, and specialized support for chronic illnesses or disabilities. Our certified caregivers prioritize safety and independence, creating customized care plans in collaboration with clients and their families. With a focus on trust and transparent communication, we aim to be the top choice for home care services, whether for a few hours a week or full-time assistance.

GOLD



### Visiting Angels Home Care Agency

301-583-8820  
 9701 Apollo Drive, Suite 300  
 Largo, MD 20774  
[visitingangels.com/largo](http://visitingangels.com/largo)  
[info@Visitingangelspg.com](mailto:info@Visitingangelspg.com)  
 Contact: Vikki Kalitsi

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

GOLD

Warm Embrace Home Care LLC

240-545-9276

[warmembracehomecaremd.com](http://warmembracehomecaremd.com)

## HOSPICE AND PALLIATIVE CARE



### Amedisys Hospice

301-349-3568  
 1400 Mercantile Lane, Suite 228  
 Largo, MD 20774  
[amedisys.com](http://amedisys.com)  
[brittany.frazier@amedisys.com](mailto:brittany.frazier@amedisys.com)  
 Contact: Brittany Frazier

At Amedisys, we recognize hospice care as a vital gift that offers comfort, dignity, and quality time for patients and their families during the end of life. This unique Medicare benefit addresses the whole person—medically, emotionally, psychosocially, and spiritually—through tailored care plans and a core set of services, including skilled nursing, aides, social workers, chaplains, and bereavement support. Unfortunately, many eligible Americans miss out on hospice care, with over half not electing it and most experiencing its benefits for only days or weeks. Our team is available 24/7, providing peace of mind and supporting specific patient needs through evidence-based programs.

SILVER



### Hospice of the Chesapeake

877-462-1101  
 9500 Medical Center Drive #250  
 Largo, MD 20774  
[hospicechesapeake.org](http://hospicechesapeake.org)  
[cshields@hospicechesapeake.org](mailto:cshields@hospicechesapeake.org)  
 Contact: Colleen Shields

Hospice of the Chesapeake’s mission is to care for life throughout the journey with illness and loss. Hospice of the Chesapeake provides physical, psycho-social and spiritual support services to individuals living with and affected by advanced illness. These services are provided wherever the patient calls home. Hospice of the Chesapeake is committed to providing the best possible care for all regardless of their inability to pay.

SILVER

Luminis Health Gilchrist Lifecare Institute

443-257-0643

[luminis.health/gilchrist](http://luminis.health/gilchrist)



### Montgomery and Prince George's Hospice

301-921-4400  
 1355 Piccard Dr., Suite 100  
 Rockville, MD 20850  
 montgomeryhospice.org  
 plimes@montgomeryhospice.org  
 Contact: Perry Limes

Montgomery & Prince George's Hospice is dedicated to enhancing the quality of life for those facing serious, life-limiting illnesses. Our compassionate team—including physicians, nurses, social workers, and volunteers—provides support and care focused on comfort and symptom relief. With 45 years of experience, we prioritize skill, compassion, and cultural competence in our services for patients and their families.

GOLD

## LEGAL SERVICES/ELDER LAW



### Brandi Law, LLC

301-699-3100  
 5303 Baltimore Avenue #206  
 Hyattsville, MD 20781  
 brandilawfirm.com  
 jennifer@brandilawfirm.com  
 Contact: Jennifer Brandi

A boutique law firm providing personalized legal services. Our expertise is in preserving the maximum amount of assets for individuals, spouses, family members and people with disabilities while obtaining lawful Medicaid long term care benefits. Our attorneys also assist with long-term care planning, wills, powers of attorney, and guardianship.

GOLD



### Byrd & Byrd, LLC

301-464-7448  
 14300 Gallant Fox Ln., Bowie, MD 20715  
 byrdandbyrd.com  
 jwinger@byrdandbyrd.com  
 Contact: Joshua Winger

We are a law firm that offers wise and experienced counsel and guidance. Our attorneys have over 100 years of combined experience. Each attorney's practice focus is unique and can meet your different legal needs. Our key objective is to provide our clients with the knowledge and tools to achieve every benefit the law allows. Byrd & Byrd, Attorneys at Law, based in Prince George's County also serving in surrounding counties and Washington D.C.

GOLD



### Johnson Legal PLLC

202-830-7786  
 4334 Farragut Street, Suite I (eye)  
 Hyattsville, MD 20781  
 johnson-legal.co  
 ayana@johnsonlegal.co  
 Contact: Ayana Johnson

A boutique law firm specializing in Estate Planning and Elder Law. Johnson Legal serves to educate and empower individuals to protect their family and their wealth through effective estate planning. We prepare trusts, wills, power of attorney, medical directives, pre-nuptial and post-nuptial agreements, and other legal documents which work to ensure that your affairs are in order, should you experience a medical emergency or death.

SILVER

**Shedden Law LLC**

301-223-0155

9103 Woodmore Center Drive, #249

Lanham, MD 20706

miriam@sheddenlawllc.com

Contact: Miriam Rhoden-Shedden

Client centric boutique estate planning law firm. Our mission is to be a guiding hand to help you plan. We can tailor a plan to include wills, trusts, advance medical directives and power of attorney.

sheddenlawllc.com

SILVER

**Wills and Trusts, LLC**

240-638-2828

8403 Colesville Road #1100

Silver Spring, MD 20910

willsandtrusts.net

emitchell@willsandtrusts.net

For over eight years, every Saturday morning from 8:30-10 am on Radio One 1450 AM, I host "Law Talk With Ethel Mitchell," a live, call-in talk show that speaks of law and its importance in everyone's lives. The program can be heard over woldcnews.com and Alexa. Attorney Mitchell speaks to church organizations and private and public organizations about Estate Wills, Trusts, Probate, and Estate & Trusts Administration. Wills and Trusts, LLC provides estate planning services in Washington, DC, Maryland, and Northern Virginia.

GOLD

**MEDICAL EQUIPMENT & SUPPLIES****DME & Supplies, LLC**

301-985-2985

9701 Apollo Drive, Suite 105

Largo, MD 20774

dmesuppliesllc.site

dme\_suppliesllc@aol.com

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

GOLD

MZC Medical Supplies

301-485-0025

mzcmcd.com



**Norbrook Medical  
Equipment & Supplies, Inc.**

301-577-5846  
9463 Annapolis Road, Lanham, MD 20706  
norbrookmedical.com  
customerservice@norbrookmedical.com

Norbrook Medical Equipment and Supplies, Inc., in Lanham is your full-service home medical equipment provider. We carry incontinence supplies, respiratory supplies, wheelchairs, transport chairs, rollators, walkers, power mobility products, lift chairs, hospital beds, and so much more. We also have a Certified Mastectomy & Custom Compression Garments Fitter on site!

SILVER

Tricare Medical & Health Supplies, LLC      301-333-0564      medicaltricare.com

## MINISTRY

First Baptist Church of Glenarden Senior Ministry      301-773-3600      ssmith@fbcglenarden.org

## MOVING SPECIALIST / ORGANIZING / DECLUTTERING SERVICES



**Southern Belle Cleaners**  
301-485-9106  
9801 Apollo Drive #6585  
Upper Marlboro, MD 20792  
southernbellecleanersdmv.com  
ehead@southernbellecleaner.com  
Contact: Emmalyne Head

Southern Belle Cleaners (SBC) provides declutter services for Seniors and those that have fallen victim to hoarding. Using their Southern Hospitality, they approach each session judgment free and create a unique plan that will address the client's specific needs. Additionally, we are there for Seniors to create a safer home or transitioning to smaller residences. The SBC Team are truly passionate about helping their clients return to a healthier living environment. After seeing the varying effects of Hoarding, SBC has recently started facilitating workshops providing prevention tips. Their mission is to start an open dialogue and encourage others to seek help when unable to manage household cleaning.

SILVER

Tender Heart Movers      240-545-8910      tenderheartmovers.com

## PHYSICIANS AND PRIMARY CARE


**Arthritis and Pain Associates of  
Prince George's County**

301-345-5600  
7300 Hanover Drive, #201  
Greenbelt, MD 20770  
arthritispainpg.com  
btaylor@apapgc.com  
Contact: Barbara Taylor

We have Rheumatology physicians at 3 locations (Greenbelt, Clinton, and Laurel.) We treat autoimmune diseases, Rheumatoid Arthritis, Lupus, Gout, Osteoarthritis, Osteoporosis, back pain, knee pain, shoulder pain and any joint pain. We perform bone density testing in the Greenbelt office. We also test for Total Body Composition by DEXA which gives you an accurate measurement of your lean muscle vs. body fat. Additionally, we offer physical therapy and antibody testing for COVID.

GOLD


**Clearway Pain Solutions**

855-527-7246  
950 Harry S. Truman Drive North, Ste. 140  
Largo, MD 20774  
clearwaypain.com  
amacdonald@clearwaypain.com  
Contact: Ashley MacDonald

We relieve pain so our patients can live happier, healthier, and more active lives. With locations across Alabama, Delaware, Florida, Maryland, New Jersey, Pennsylvania, and Texas, we are here to help you live with less pain. We are dedicated to relieving your pain, restoring function, and renewing your quality of life through a comprehensive and compassionate approach to your treatment. We do this So You Can get back to living your best life, the one you want and deserve.

GOLD

Loving Hands Podiatry

301-323-5652    lovinghandspodiatry55@gmail.com


**Seraphim Partners  
Mobile Wound Clinic**

240-601-9612  
6490 Landover Road, Suite E7  
Landover, MD 20785  
seraphim-partners.com  
zainabmoriba@seraphim-partners.com  
Contact: Zainab Moriba

Seraphim Partners is dedicated to delivering advanced, patient-centered wound care directly to you, in the comfort of your home—because we believe that's where healing belongs. Our team specializes in utilizing cutting-edge, FDA-approved wound care products and services to support patients through every stage of their wound healing journey, no matter the wound type. With a comprehensive range of advanced wound care solutions, we bring exceptional care to your doorstep, ensuring both comfort and accessibility while prioritizing your well-being.

SILVER

## PRINCE GEORGE'S COUNTY GOVERNMENT



**Prince George's County  
Department of Family Services,  
Aging and Disabilities Service Division**  
301-265-8450  
6420 Allentown Road  
Camp Springs, MD 20748  
princegeorgescountymd.gov

The Prince George's County Aging and Disabilities Services Division, which also serves at the local Area Agency on Aging (AAA), advocates, educates and plans services and programs to meet the needs of older adults and individuals of differing abilities, promoting choice, independence and dignity. This is accomplished through the delivery of quality services, successful partnerships, and community outreach.

GOLD



**Prince George's County  
Memorial Library System**  
301-699-3500  
9601 Capital Lane, Largo, MD 20774  
pgcmcls.info  
outreach.services@pgcmcls.info

Prince George's County Memorial Library System's mission is to help customers discover and define opportunities that shape their lives. We offer print materials, large print books, electronic books, audiobooks, educational dvds, computer access, wifi, and 85 + online resources including free digital access to The Washington Post and New York Times. Prince George's county residents are also eligible for the Books By Mail service if they can no longer visit the library due to visual impairment or physical disability. Books By Mail is a free service through which homebound residents can receive material by mail.

GOLD



**The City of Greenbelt  
Assistance in Living Program**  
301-345-6660  
25 Crescent Road, Greenbelt, MD 20770  
greenbeltmd.gov  
cbatey@greenbeltmd.gov  
Contact: Christal Batey

The Greenbelt Assistance in Living (GAIL) Program is the City of Greenbelt's aging in place program for residents residing within incorporated Greenbelt. GAIL is designed to empower seniors, adults with disabilities, and their caregivers to age in place in a safe environment. GAIL also helps caregivers and families make informed decisions when other options are needed. GAIL provides case management services, counseling, support groups, free monthly produce distributions, community nursing programs, caregiver and memory support groups, and a Memory Cafe Program.

GOLD

## REAL ESTATE AND MORTGAGE SERVICES



**Aspire Properties Group of  
Keller Williams Preferred Properties**

240-601-9575

1441 McCormick Drive, Suite 1020

Upper Marlboro, MD 20774

[gwendouglas.com](http://gwendouglas.com)

[gwendouglas4u@kw.com](mailto:gwendouglas4u@kw.com)

Contact: Gwen Douglas

Gwen Douglas understands the unique needs of seniors navigating major life transitions. Whether downsizing, rightsizing, relocating closer to family, or preparing a property for sale, she provides patient, thorough, and personalized support every step of the way. Gwen specializes in traditional sales, probate sales, and short sales. She offers clear market insights to help you maximize your home's equity and supports adult children who are helping their parents transition. If you or a loved one are considering your next housing step, contact Gwen today for a compassionate consultation and a customized plan that fits your needs.

SILVER



**Mature Moves Matter**

301-802-4568

[brendalawson.kw.com](http://brendalawson.kw.com)

Contact: Brenda Lawson

Brenda Lawson has 30 years of experience in educating and empowering seniors to make informed decisions about late-in-life tasks. Her "Mature Moves Matter" seminars cover key topics such as downsizing, estate planning, and home health care. As a Seniors Real Estate Specialist® (SRES®) and REALTOR®, she helps clients sell their homes and transition to their ideal living situations.

SILVER



**Keller Williams Preferred Properties**

301-802-4568

[nitasellsrealestate.com](http://nitasellsrealestate.com)

[nitapegues@kw.com](mailto:nitapegues@kw.com)

Contact: Fanita Pegues

Fanita Pegues is a Certified Probate Real Estate Specialist with over 20 years of experience in the local community. She and her team provide expert assistance in managing estate property sales, including selling homes, repairs, organizing, and de-cluttering. Understanding the stress of the probate process, we offer comprehensive support from start to finish. Our probate team can connect you with attorneys, accountants, contractors, and other professionals to help settle your loved one's estate.

SILVER



**The Tilghman Team of Keller Williams  
Preferred Properties**

301-661-4472  
1441 McCormick Drive, Suite 1020  
Upper Marlboro, MD 20774  
jtilghman@kw.com  
thetilghmanteam.com  
Contact: Jennifer Tilghman

Jennifer's team provides real estate services to those in transition, whether one is moving into retirement communities, empty nesters rightsizing, families moving up, or first-time homebuyers purchasing that first home. These are all transitions and can be overwhelming. Jennifer provides care and compassion, utilizing her coaching skills to assist with later life decisions. As a certified downsizing coach, she helps clients not only declutter their environments but also their lives. The team provides all real estate services (including investments) and manages all aspects of the client's transaction (with resources for contractors, clean-outs, estate sales, packing and & moving, etc.). It's a one-stop shop. Relieve the stress and call on the Tilghman Team to do the work for you.

SILVER

## RECREATION AND LEISURE

Bowie Senior Center	301-809-2300	cityofbowie.org/seniorcenter
Camp Springs Senior Activity Center	301-449-0490	pgparks.com
Evelyn Cole Senior Activity Center	301-386-5525	pgparks.com
Gwendolyn Britt Senior Activity Center	301-699-1238	pgparks.com
Hampton Park Senior Activity Center	301-851-5232	pgparks.com
J.E. Howard Senior Activity Center	301-735-2400	pgparks.com
Laurel-Beltsville Senior Activity Center	301-206-3350	pgparks.com
Langley Park Senior Activity Center	301-408-4343	pgparks.com
M-NCPPC Senior Services	301-446-3420	pgparks.com
SAGE/Prince George's Community College	301-546-0923	pgcc.edu
Senior Activity Program at Southern Area Aquatic and Recreation Complex	301-782-1455	pgparks.com

## REHAB AND SKILLED NURSING



**Ameristar Healthcare Services, Inc.**  
301-474-7840  
6604 Adrian Street  
New Carrollton, MD 20784  
ameristarassistedliving.com  
ameristar@ameristarhealthcare.com

Ameristar Healthcare Services, Inc. is a dedicated home care assistance agency. We provide services such as personal care, nutrition, companionship, mobility, housekeeping, meal preparation, medication reminders, ADLS, and personal hygiene aid. We recruit the most qualified and experienced home care assistance professionals that go above and beyond your needs and expectations.

SILVER

MEMBERS DIRECTORY BY CATEGORY

Brightside Healthcare Services

240-432-9894

brightsidecares.com



**Care Positive**

301-439-1810

1738 Elton Rd., Silver Spring, MD 20903

carepositive.com

carepositive@gmail.com

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

SILVER



**Cherished Hands Home Health**

240-550-6035

18526 Office Park Drive

Montgomery Village, MD 20886

cherishedhands.net

cherishedhands@gmail.com

Cherished Hands Home Health is a proud five-star skilled home care agency and staffing agency founded in 2016 by Abby Sakariyah, a Family Nurse Practitioner. Cherished Hands is founded on the cornerstone of providing care solutions to adults and the pediatric population. The Agency serves Montgomery County, PG, Fredrick, Howard, Baltimore County, and Baltimore City. Also, we support facilities by providing staffing services and CPR classes.

SILVER



**DANA Nursing Agency**

301-324-7130

804 Cypress Point Circle

Mitchellville, MD 20721

dananursing.com

dananursingagency@gmail.com

We provide in-housing nursing care and staffing for medical facilities with registered nurses, licensed practical nurses, and certified nursing assistants. We strive to offer excellence in patient care with a group of professionals whose hallmark is love and dedication.

SILVER



**Ebenezer Etta Healthcare Services, LLC**

240-260-8882

4200 Forbes Blvd., Suite 109

Lanham, MD 20706

ebenezerettahc.com

ebenezeretta@gmail.com

Contact: Estella Etta

Ebenezer Etta Healthcare Services is dedicated to providing the highest quality of home health services to our clients. We are a licensed Home Care and Staffing Agency that provides and prioritizes services to clients in the state of Maryland. We render round the clock care to minimize the need for hospitalization and improve clients quality of life. Care Includes but is not limited to; Personal Care, Medication reminder, Short and Long term Client care, Respite Care, Housekeeping, and Medical Appointments. We also specialize in clients mobility assistance with; range of motion exercises, assistance with walking and transferring, turning, positioning in bed and lifting. When the loved ones in your life need a level of assistance you cannot provide, count on Ebenezer Etta Healthcare Services to be there for you.

SILVER



**Kindhearted Healthcare Services Inc**  
 240-479-5900  
 7505 Greenway Center Drive, Suite 003  
 Greenbelt, MD 20770  
 kindheartedhealthcare@gmail.com  
 Contact: Prescilla Nkwenti

At our Private Duty Nursing and Outpatient Mental Health Center, we offer a comprehensive range of services, including skilled and non-skilled nursing services, behavioral health services, therapy and counseling, medication management, and support for substance use disorders.

kindheartedhealthcare.com

SILVER

Midastouch Services

240-392-0025

midastouchservicesmd.org

Right at Home

410-802-4886

rightathomemd.net

## SENIOR CARE REFERRAL AND PLACEMENT SERVICES

Balanced Abundant Living LLC

408-529-8564

balancedabundantliving.com

**Brenda Douglas, 55Plus Home Team**  
 202-930-3482  
 4200 Forbes Blvd, Suite 105  
 Lanham, MD 20706  
 55plushometeam.com  
 seniorsrock@55plushometeam.com

Brenda Douglas from 55Plus Home Team is a Seniors Real Estate Specialist® (SRES®) and assisted living locator dedicated to helping those 50 and older with lifestyle transitions. Whether buying or selling a home, exploring aging-in-place modifications, or seeking assisted living options, our team offers personalized guidance to make the process smooth and stress-free. We focus on the unique needs of older homeowners to protect your investment and help you confidently embark on the next chapter of your life.

SILVER



**Care Patrol of Prince George's County**  
 301-852-9310  
 PO Box 434, Glenn Dale, MD 20769  
 cpicard@carepatrol.com  
 Contact: Charles Picard

Providing free assistance to families and seniors to help find appropriate assisted living placement. CarePatrol will support and guide you throughout the entire process from identification of assisted living options through admission and beyond.

carepatrol.com

SILVER



**Companions to Care, LLC**  
 301-245-7170  
 9701 Apollo Drive, Suite 100  
 Largo, MD 20774  
 companionstocare.com  
 info@companionstocare.com

We are your personal senior living advisors to guide you through the journey of finding the best suitable assisted living community for you or a loved one. Our free personalized services offer expert guidance in finding the ideal community based on physical and health needs, location, budget, and other personal interests. We understand moving into an assisted living community whether independent living, assisted living, or memory care can be very emotional and stressful. We are committed to helping you through this challenging process.

SILVER

**Oasis Senior Advisors**

Silver Spring & Northern  
Prince George's Counties  
240-761-3060  
jisaac@youroasisadvisor.com  
Contact: Josephine Isaac

Our Vision is to increase the safety and awareness of our vulnerable elders and create a local body that collaboratively works towards improving the quality of life and reducing traumatic outcomes through assessment and action. Our Mission is to strengthen the voice of our elders and support them in empowering and re-stabilizing themselves. Our Services include peer assistance, advocacy, legal assistance, counseling, and training.

[oasisadvisor.com/local-advisors/silver-spring](http://oasisadvisor.com/local-advisors/silver-spring)

SILVER

Senior Care Authority

410-991-7832

[seniorcareauthority.com/annapolis](http://seniorcareauthority.com/annapolis)

**SENIOR HOUSING****Collington, A Life Plan Community**

301-541-5022  
10450 Lottsford Road  
Mitchellville, MD 20721  
[collington.kendal.org](http://collington.kendal.org)  
[sshort@collington.kendal.org](mailto:sshort@collington.kendal.org)  
Sandy Short, Director of Sales & Marketing

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

SILVER

**Sky Bridge at Town Center**

240-545-8080  
360 Sky Bridge Drive  
Upper Marlboro, MD 20774  
Contact: Rochelle Clarke

A 55+ senior living community offering active adult, independent living, assisted living and memory care.

[skybridgetowncentercontact@mailwatermark.com](mailto:skybridgetowncentercontact@mailwatermark.com)

GOLD

**SPECIALIZED SERVICES**

Assisted Living Trainer

301-906-8114

[salliesmall1@yahoo.com](mailto:salliesmall1@yahoo.com)

Caregiver Biz

240-245-0348

[caregiverbiz.org](http://caregiverbiz.org)

Centerwell Home Health

[centerwellhomehealth.com](http://centerwellhomehealth.com)


**Community Advocates for Family & Youth**

301-390-4092

P.O. Box 4419

Capitol Heights, MD 20791

ajoell@cafyonline.org

Contact: Arleen Joell

Community Advocates for Family and Youth (CAFY) Inc. is a victim services organization dedicated to supporting individuals, children, and families affected by crime. Our mission is to embrace, educate, and empower those impacted on their journey to justice and healing. We aim to build partnerships across Prince George's County and Maryland, bridging the gap between the community and crime victims to reduce crime and foster confident survivors. At CAFY, we believe Healing Happens Here!

SILVER


**Divine Decisions**

301-580-1508

7217 Purple Aves Avenue

Upper Marlboro, MD 20772

divdecisions.com

oterrie@outlook.com

Contact: Terri James-Taylor

Certified End of Life Doula/ Senior Advanced Care Planning Facilitator. Provides non-medical support to individuals with terminal illness, their families, and caregivers, offering companionship, guidance, and practical assistance throughout the dying process. We also help families that are not terminally ill navigate the healthcare system and many other obstacles they may face within the healthcare industry. Divine Decision also offers workshops on Advanced Care Planning and more.

SILVER


**Sunshine Travel Squad**

301-641-7035

10000 Running Sand Knoll

Laurel, MD 20723

sunshinetravelsquad.com

eldorna@sunshinetravelsquad.com

Contact: Eldorna Samuel

As a licensed Occupational Therapist turned Travel Advisor, I'm dedicated to making your travel dreams come true! We create personalized travel plans tailored to your needs, arrange accessible transportation, and secure specialized equipment. Whether it's a family reunion, corporate retreat, or a religious trip, we manage everything from transportation to activities for a seamless, stress-free experience.

SILVER

**VILLAGES** (see page 9 for description of Villages)

Cheverly Village

240-770-1033

cheverlyvillage.org

Hyattsville Aging in Place

301-887-3101

hyattsvilleaginginplace.org

**OTHER**
**The Arc Prince George's County**

301-925-7050

1401 McCormick Drive, Largo, MD 20774

thearcofpgc.org

dstokes@thearcofpgc.org

Contact: Denise Stokes

The Arc Prince George's County is dedicated to empowering individuals with intellectual and developmental disabilities, their families, and those facing life-changing circumstances, including seniors. We offer lifelong support and opportunities to help them achieve their full potential.

GOLD

# Men's Health Awareness Clubs (MHACs)

Each month, a health professional will present on a health topic and lead the discussion to address any questions/concerns.

#### WHEN

2nd Wed., each monthly starting at 5:30 pm

#### WHERE

Virtual meeting, via Zoom

#### WHO

Men interested in learning more about health and risk factors for diseases.

#### CONTACT

Clinton Burnside  
(202) 865-4653, [clinton.burnside@howard.edu](mailto:clinton.burnside@howard.edu)



## The Gift of Mobility

Donate or Receive Durable Medical Equipment

### DURABLE MEDICAL EQUIPMENT EXAMPLES:

Wheelchairs, Power Chairs, Rollators, Scooters, Walkers, Shower Chairs, Canes, Crutches, Hospital Beds, "Hoyer" Lifts, Tub Transfer Benches, and Much More!

### DONATIONS WILL BE:

- Sanitized
- Repaired
- Provided to adults and children with mobility needs

### Please contact us:



[aging.maryland.gov](http://aging.maryland.gov)



240-230-8000



[dme.mdoa@maryland.gov](mailto:dme.mdoa@maryland.gov)

## THE PRINCE GEORGE'S COUNTY

# Advisory Committee on Aging

### OVERVIEW

The Prince George's County Advisory Committee on Aging is comprised of 24 members appointed by the County Executive and confirmed by the County Council to advise them on issues related to aging. The members are citizen leaders representing the public and private community whose mission is to support and advocate the promotion of choice, independence and dignity for all older Prince Georgian's and their families. The Advisory Committee on Aging has oversight of all aging programs including review of the Aging Area Plan to ensure that the goals and objectives are met and reflect the needs of seniors residing in Prince George's County.



Advisory Committee on Aging Committee  
Members not included in the group photo:

### REGULAR MEETINGS

- Meetings are held the 4th Thursday of every month from 9:30 AM - 11:00 AM (Closed meeting in June for Strategic Planning Retreat)
- Until further notice all meetings are held virtually
- Join the Zoom Meeting: <https://mypgc.zoom.us/j/4931659641>
- Meetings are open to the public.
- Meeting ID: **493 165 9641** Passcode: **234273**
- Dial by your location: +1 301 715 8592 US OR 877 853 5247 US Toll-free



The Committee meetings are open to the public. If you need accommodations to participate in commission meetings, make your request at least 72 hours prior to the meeting date. Please call 301-265-8478 or email [agingadvisory@co.pg.md.us](mailto:agingadvisory@co.pg.md.us) or use Maryland Relay at 711.

### Officers

- Ida R. Fletcher  
*Acting Chair*
- Gretchen D. Lofland, Ed.D.  
*Secretary*

### Membership

- Teslim Alghali
- Marge Baltimore
- Shaunda Bellamy
- Claudia W. Dickens
- Delegate Kym D. Taylor
- Eddimae Gamble Tisdale

### Department of Family Services Representatives

- Lisa Bryant  
*Associate Director*
- Joann Carnathan  
*Liaison*
- Samiya Davis  
*Technical Support*
- Brigid Avery

If you have questions, contact Joann Carnathan at 301-265-8478.

“A dementia friendly community” is one in which people living with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them. The goal of the Dementia Friendly America – Prince George’s County initiative is to leverage resources, both public and private to create a community that supports those with dementia, their caregivers and families. The initiative is a volunteer-driven collaboration preparing communities for the personal, social, and budgetary impacts of Alzheimer’s disease.



## LEADERSHIP TEAM

Department of Family Services –  
Aging Division

**Lisa Bryant**

*Director and DFA Liaison*

Community Lead

**Gloria Lawlah**

Community Liaison

**Shaunda Bellamy**

North County Lead

**Christal Batey**

North County Co-Lead

**Sharon Johnson**

Mid (Central) County Lead

**Jolanda Best**

Mid (Central) Co-Lead

**Shaunda P. Bellamy (Acting)**

South County Lead

**Dr. Flavia Walton**

South County Co-Lead

**Paula Noble**

**Karin Lakin**

## NORTH COUNTY SECTOR

@dfanorthernprincegeorgesco1105

Christal Batey, cbatey@m-u-g.org, 301-968-7816 (office), 301-219-6650 (mobile)

Memory Screening, Memory Cafe or Caregiver Support Group

Sharon Johnson, sjohnson@greenbeltmd.gov, 240-542-2029

Webinars, Newsletters, Dementia Friends and Bilingual Services

Katherine Farzin, kfarzin@greenbeltmd.gov, 240-542-2019

Action Team Meetings

Meets every 4th Tuesday of each month. Please contact Sharon Johnson, if you are interested in joining the DFA Northern Prince George’s county Action Team!

## MID COUNTY SECTOR

Jolanda Best, dementiafriendly@pickettfences.org, 301-358-2066

Memory Screening, Caregiver Training

Vikki Kalitsi, dementiafriendly@pickettfences.org

Caregiver Training

Dr. Gybrilla Blakes OR Vikki Kalitsi, dementiafriendly@pickettfences.org

Memory Screening, Caregiver Conversations, Webinars, and Dementia Friends

Shaunda Bellamy, sbellamy@pickettfences.org, 301-358-2066

## SOUTH COUNTY SECTOR

Caregivers Support Group

DFASouthCounty

Meets 1st and 3rd Tuesdays via Zoom, 5:30 PM

Registration: <https://tinyurl.com/DFA-SCaregivers>

Karin Lakin, info@dementiafriendlysouthcounty.org, 301-567-1885

Gathering of Caregiving Men

Meets every 2nd Saturday via Zoom, 12 Noon

Registration: <https://tinyurl.com/DFASouth-Men>

Reginald Lawson, reninaldalawson@gmail.com, 240-462-4300

Grief and Recovery Support Group

Meets every 2nd and 4th Tuesdays via Zoom, 2:00 PM

Linda Allen Benton, info@dementiafriendlysouthcounty.org, 301-971-2919

Dr. Flavia Walton 703-585-9352

Train Your Brain

Meets every 1st Wednesday via Zoom, 4:00 PM

Registration: <https://tinyurl.com/TrainBrain-ProtectMemory>

Brenda Henderson, info@dementiafriendlysouthcounty.org, 301-971-2919

Dr. Flavia Walton 703-585-9352

South County Action Team Meetings

Meets every 2nd Wednesday via Zoom, 6:30 PM

Registration: <https://tinyurl.com/DFAMonthly-2024>

General inquiries: Gloria Lawlah gloria@seniorfamilysupportsllc.com or  
Shaunda Bellamy dementiafriendly@pickettfences.org



# AARP®

## SUITLAND MARYLAND CHAPTER #939

Welcome to the AARP Suitland, Maryland Chapter #939, where our mission is "To serve, not to be served." As a community-based organization, we are dedicated to individuals aged 50 and up, offering an array of social and cultural activities designed to enhance the lives of our members. We take pride in being the only AARP-chartered chapter in Prince George's County and the largest AARP chapter in Maryland.

### JOIN US

We invite you to join our monthly meetings, held on the first Tuesday of every month at 12 PM, except in July and August.

### MEETING LOCATION

SPX Building  
(formerly Knights of Columbus)  
3611 Stewart Road  
Forestville, MD 20747



### OUR ACTIVITIES

Our chapter is vibrant and active, hosting a variety of programs and events, including:

- **Annual Scholarships:** Offers scholarships to graduating Prince George's County high school seniors enrolling in an accredited college, university or vocational school.
- **AARP Driver Safety Training:** Helping to ensure our members stay safe on the road and are up to date on new Maryland traffic laws.
- **Community Outreach:** Engaging with the local community through various initiatives.
- **Annual Cookout:** A fun and festive gathering for all members.
- **Legislative Forums:** Keeping our members informed on important issues.
- **Tours and Trips:** Exploring new places and experiences.
- **Annual Christmas Luncheon :** Celebrating the holidays together.
- **Committees:** Over 12 committees that offer opportunities for involvement and leadership.

SCAN ME



**FOR MORE INFORMATION VISIT OUR WEBSITE: [WWW.AARP939.ORG](http://WWW.AARP939.ORG)  
MAILING ADDRESS: PO BOX 471465, DISTRICT HEIGHTS, MD 20753**



## PRINCE GEORGE'S COUNTY Area Agency on Aging Programs

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

**Aging and Disability Resource Center (ADRC)** offers a single point of contact for senior citizens and their families who need information, referral and/or assistance to deal with the complex and continually changing nature of aging programs, services and benefits. Linkage to these services and programs are also available to isolated seniors and those with disabilities. This service also includes follow-up to assure service delivery to clients. The ADRC can also link persons with older family members living outside the area with services in their community. Call 301-265-8450.

**Community First Choice** provides community services and supports to enable individuals who meet an institutional level of care to live in their own home. Services include personal assistance, nurse monitoring, and home delivered meals.

**Community Options Waiver** enables older adults to remain in a community setting even though their advanced age or disability would warrant placement in a long-term care facility. The Waiver allows services that are typically covered by Medicaid only in a long-term care facility to be provided to eligible persons in their own homes or in assisted living facilities.

**Community Personal Assistance Services** formerly known as the Medical Assistance Personal Care Program (MAPC) provides support to individuals who require assistance with their activities of daily living, but do not meet an institutional level of care. Community Personal Assistance Services allow individuals who are chronically ill, frail, or disabled the opportunity to stay in their home by granting personal support with daily tasks such as bathing, dressing, and meal preparation. Other services include nurse monitoring and support planning.

**Dementia Friendly Prince George's** "A dementia-friendly community" is one in which people with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them. The goal of the Prince George's County Dementia Friendly Initiative is to leverage resources, both public and private to create a community that supports those with dementia, their caregivers and families. Dementia Friendly Prince George's is a volunteer-driven collaboration preparing communities for the personal, social, and budgetary impacts of Alzheimer's disease.

**Evidence-based Chronic Disease Self Management** provides the "Living Well" Chronic Disease Self-Management Program to Older Adults in the County. This program is a workshop; given two and a half hours, once a week, for six weeks, in community settings. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves. This program is especially helpful for people with chronic illness, such as hypertension and diabetes, as it gives them the skills to understand how to communicate effectively with doctors, manage their own health, medications and nutrition, as well as understand the effect of stress, anxiety and pain.

**Family Caregivers Program** provides assistance to caregivers; who may include family, friends, and members of the community, with access to support groups, problem solving, education, respite care, and other support services. The caregiver provides care to an older individual who may be losing their ability to live and care for themselves independently.

**Foster Grandparent Program** provides opportunities for older volunteers to work with physically, mentally and emotionally challenged children in schools and special centers throughout the County. These children would otherwise be without the personal attention necessary for their social adjustment and maturation.

**Health Promotion and Disease Prevention** is a program designed to promote and educate the importance of a healthy lifestyle to older adults that attend Area Agency on Aging sponsored programs.

**Long Term Care Ombudsman Program** promotes the highest quality of life and care possible for residents in long term care facilities. The Ombudsman, with the assistance of volunteers, investigates and seeks problem resolutions which affect residents' rights, health, care, safety and welfare.

**Maryland Access Point of Prince George's County** serves as a single point of entry into the long-term care system for older adults and persons with disabilities. The MAP is a partnership effort with the local Health Department, Department of Social Services, and Independence Now, Inc. which services as the local Center for Independent Living (CIL). This collaboration facilitates a one-stop shop for older persons, persons with disabilities and their families. 301-265-8450.

**Money Follows the Person (MFP)** is designed to streamline the transition process for individuals who chose to transition from a long-term care facility to a community setting. A community setting as defined by MFP is a residential setting with four or fewer unrelated residents.

**Public Guardianship Program** ensures the provision of optimum care/services for adjudicated Wards of the court, through professional case management. As an agent of the Circuit Court, case management decisions are made pertaining; to medical care, living arrangements and overall personal welfare issues.

**Retired and Senior Volunteer Program** provides volunteer opportunities for over 400 seniors, age 55 and older. Volunteers serve in a variety of interesting and challenging assignments at over 40 non-profit organizations, schools and government agencies. In addition, RSVP offers such programs as; friendly visiting, telephone reassurance, tutoring to school-aged children, and supportive services to community and government agencies.

## Area Agency on Aging Programs

**Senior Assisted Living Group Home Subsidy Program** combines housing with supportive services for seniors who need regular assistance with activities of daily living, but are not in need of nursing home placement. By offering congregate meals, housekeeping, personal services and 24-hour supervision, this program enables frail elders to continue living in the community. The homes are licensed by the Department of Health. Homes enrolled in the Senior Assisted Living Group Subsidy Program that have subsidy residents are monitored quarterly by the Area Agency on Aging's Program Monitor. All other 4-16 bed Assisted Living Facilities are monitored every 12-15 months.

**Senior Community Service Employment Program (SCSEP)** is a community service and work-based job training program for low-income, unemployed older Prince George's County residents. SCSEP participants gain work experience in a variety of community service locations to include non-profit and public facilities, such as schools, hospitals, day-care centers, and senior centers.

**Senior Care Program** provides services for seniors who may be at risk of nursing home placement. These services can include personal care, home delivered meals, emergency response system, medical and personal supplies, and other services. Senior Care is a gap-filling program for seniors 65 years of age and older who have limited income and assets.

**State Health Insurance Program** provides free health insurance counseling and assistance to persons with Medicare and other health insurance benefits. Trained staff and volunteer counselors provide information about Medicare, Medicaid, Medigap, Long-Term Care Insurance, Health Maintenance Organizations (HMOs), claims, appeals, and physician and hospital bills.

**Senior Nutrition Program** offers a variety of nutritious meals which meets 1/3 of the Recommended Dietary Allowances for older adults. Meals are served at congregate site locations and are delivered to those homebound seniors within the community. The program provides hot and frozen meals to eligible participants.

**Senior Medicare Patrol** is a program designed to reduce the amount of federal and state funds lost, due to health insurance fraud, by increasing the public's ability to detect and report possible fraud, waste, and abuse.

**Telephone Reassurance Program** recruits volunteers from the community, senior centers and other volunteer programs to place daily reassuring telephone calls to senior citizens within Prince George's County. The goal of the program is to eliminate some of the concerns facing homebound senior citizens who live alone, thereby, reducing social isolation. The program provides the opportunity for seniors to connect by telephone with a friendly voice; this allows individuals to stay in contact with their community and helps decrease the feelings of loneliness and isolation. The Program also provides added peace of mind for relatives who live out of town.

### DEPARTMENT OF FAMILY SERVICES

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

Like us on Facebook  pgcfamilyservices

Follow us on X  @pgcfamilyserve and on Instagram  @pgcfamily



PRINCE GEORGE'S COUNTY

# Health Department

The mission of Prince George's County Health Department is to protect the public's health; assure availability of and access to quality health care services; and promote individual and community responsibility for the prevention of disease, injury, and disability.

## Adult Evaluation Review Services (AERS)

◇ AERS evaluates the needs of the elderly and chronically ill persons who are Prince George's County residents. There are no fees for service.

◇ Staff Nurses and Social Workers do a comprehensive evaluation to identify available to help the individual remain in the community or the least restrictive environment while functioning at the highest level of independence and personal well-being. Recommendation and resources are provided.

## Chronic Disease Self-Management 301-856-9643

The Health and Wellness Division implements health promotion activities and uses evidence-based strategies to deliver healthy eating and active living programming to Prince George's County residents. These activities and programs assist individuals to improve their quality of life by making healthier lifestyle choices.

## Dental

A sliding scale Fee for Service Oral Health program for adults and seniors without dental insurance, including emergency treatment prophylactic and restorative services. Dentures and crown will be available at reduced rates.

## HIV/AIDS Program (HAP)

HIV/AIDS Program (HAP) is responsible for providing comprehensive, HIV medical care to those persons living with HIV/AIDS disease who are uninsured or underinsured. Assistance is provided to help clients access services for healthy living with HIV/AIDS. The program also provides anonymous HIV counseling, testing and referral (CTR) services to the public.

## Flu Shots

The goal of the Health Department is to plan for and prepare residents and visitors to properly respond to an influenza outbreak. The Prince George's County Health Department offers Flu Shots to County residents ages 6 months and older. Walk-in basis. No Appointment required.

## Behavioral Health Services

If you or a loved one are experiencing thoughts of suicide or a mental health crisis, dial 2-1-1 for assistance. Mental health specialists are available 24 hours a day, seven days a week to provide immediate assistance and referrals for long-term support. Learn more about 2-1-1 and access helpful online resources.



 PrinceGeorgesCountyHealthDepartment

 Prince George's County Health Department

 @PGCHealth

health.mypgc.us

## PRINCE GEORGE'S COUNTY

# Social Services Programs

The Prince Georges County Department of Social Services (PGCDSS) partners with the community, our customers and other service providers to stabilize and strengthen families, to protect children and vulnerable adults, and to encourage self-sufficiency and personal responsibility. Generally, PGCDSS is known for assistance with provision of emergency housing, cash, medical and food assistance programs, utility assistance, foster care and adoption services and child and adult protective services. Below you will find greater detail of some of the services the Department of Social Services provides to the community.

### **MEDICAID**

Medicaid is a comprehensive health care insurance program for individuals with low-income. Apply for medical assistance services at [mydhrbenefits.dhr.state.md.us](http://mydhrbenefits.dhr.state.md.us). QMB (Qualified Medicare Beneficiary) and SLIMB (Specified Low-Income Medicare Beneficiary) The Program connects the two largest public health programs in the country, Medicare and Medicaid, as Medicaid pays for all or part of the Medicare premium and deductible amounts for individuals with low-income who are financially eligible. Visit [mydhrbenefits.dhr.state.md.us](http://mydhrbenefits.dhr.state.md.us) for more information.

### **TEMPORARY DISABILITY ASSISTANCE PROGRAM (TDAP)**

The Temporary Disability Assistance Program (TDAP) is available to help low-income, disabled Marylanders through a period of short-term disability or while awaiting approval of federal disability support. The program is funded through the State of Maryland to provide help to individuals without dependent children.

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

The Supplemental Nutrition Assistance Program (SNAP), called the Food Supplement Program (FSP) in Maryland, formerly known as Food Stamps, helps low-income households buy the food they need for good health. Everyone has the right to apply for FSP.

### **ADULT PROTECTIVE SERVICES**

Adult Protective Services is responsible for investigating allegations of neglect, self-neglect, abuse and exploitation of vulnerable adults 18 and over. PGCDSS serves adults that lack the physical or mental ability to provide for their own basic needs, and partners with the community for such services. Report abuse and neglect of vulnerable adults at (301) 909-2450.

### **IN-HOME AIDE SERVICES**

In-Home Aide Services provides assistance with activities of daily living for clients who either live alone or with their families. Clients include children, families with disabled adults and the elderly. A sliding fee scale is used. For more information, please call (301) 909-2450.



### THE OFFICE OF HOME ENERGY PROGRAMS

The Office of Home Energy Programs helps households and individuals with low-income to pay their utility bills, minimize heating crises, and make energy costs more affordable. The Maryland Energy Assistance Program & Electric Universal Service Program promotes energy conservation, customer financial responsibility and energy independence. Note: This program accepts applications from July 1 thru May 15th. Apply for these services and more at [mydhrbenefits.dhr.state.md.us](http://mydhrbenefits.dhr.state.md.us) or call (301) 909-6300 from a MD exchange for more information.

### EMERGENCY HOUSING

Emergency Housing is provided through the Homeless Hotline. The Hotline provides emergency referral for people experiencing homelessness 24 hours a day, 365 days a year. Individuals and families in need of emergency shelter may call the Homeless Hotline directly at (888) 731-0999.

### HOMELESSNESS PREVENTION

Homelessness Prevention is a program that helps residents avoid eviction or foreclosure. You may be eligible to receive financial help to pay your rent or mortgage if you are faced with a one-time crisis. Please contact the Homeless Hotline at (301) 864-7140 or dial 211 from a MD exchange for more information.

### VOLUNTEER SERVICES

Volunteer Services provides opportunities for citizens and residents to contribute their time, expertise and good will to people less fortunate than themselves. Volunteers make a difference for the community every day!

### CHILD PROTECTIVE SERVICES (CPS)

Investigates alleged child abuse, child sexual abuse and child neglect. Abuse and neglect prevention requires identification, treatment and the involvement of everyone in our community.

- Child Abuse is the physical or mental injury of a child by a parent, caregiver or family member or the sexual abuse of a child whether physical injuries are sustained or not.
- Child Neglect is the failure to give proper care and attention to a child, thereby placing the child’s health and welfare in jeopardy. Report Child Abuse and Neglect on (301) 909-2450 or 211 (24 hours daily).
- Foster Care is the provision of short-term care and supportive services to children who are unable to live at home due to child abuse and neglect. DSS places children in family foster homes, as well as in group-care settings. If you are interested in becoming a foster parent, please call (301) 909-2300.



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# Senior Housing Resource Guide



## Subsidized Government Housing

Designed to assist low income individuals, subsidized government housing is managed through Prince George’s County Housing Authority.

Call 301-883-5501, Monday–Friday from 8:30am-4:30pm for information and application. HUD Housing Choice Program – rent is based on income and calculated at 30% of renter’s income.

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Cottage City Towers 4142 Bunker Hill Road Cottage City, MD 20722 301-883-5501	Built 1974 6 story building 100 Units 1 & 2 bedrooms	Public Subsidy - 30% Income	No Age Requirement Pet Friendly (with permission) Smoke Free
Kimberly Gardens 9146 Cherry Lane Laurel, MD 20708 301-490-2488	Built 1972 Townhomes / 50 Units 2, 3, & 4 bedrooms	Public Subsidy - 30% Income	No Age Requirement Pet Friendly Smoke Free
Marlborough Towne 1849 Tenow Place District Heights, MD 20747 240-681-2207	Built 1974 Townhomes / 63 Units 1, 2 & 3 bedrooms	Public Subsidy- 30% Income	Ages 62+ Pet Friendly Smoke Free
Owens Road 1100 Owens Road Oxon Hill, MD 20745 301-839-9311	Built 1971 1 Story / 123 Units	Public Subsidy- 30% Income	Ages 62+ No Pets Smoke Free
Rollingcrest Village 1376 Chillum Road Hyattsville, MD 20782 301-883-5531	Built 1974 1 Story / 40 Units	Public Subsidy – 30% Income	Ages 62+ Pet Friendly Smoke Free

## Prince George's County Low Income Subsidy Housing

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

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

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Gateway Village 505 Suffolk Ave. Capitol Heights, MD 20743 301-336-0141	Built 1986 4 Story / 84 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
The City of Greenbelt The Greenridge House 22 Ridge Road Greenbelt, MD 20770 301-474-7595	Built 1979 4 Story / 101 Units 1 bedroom	Income Limits	Ages 62+
Largo Landing Fellowship House 1077 Largo Road Upper Marlboro, MD 20774 301-249-2100	Built 1984 6 Story / 106 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
The Lewis 2901 Toles Park Drive Suitland, MD 20746 240-337-0209	Built in 2022, 6 story building, 137 Units, 1-2 bedrooms		Ages 62+, No pets
Manor Apartments 4907 Eastern Ave. Hyattsville, MD 20782 301-853-2900	Built 1996 3 Story / 62 Units Efficiency & 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Mrs. Philippines Home for Senior Citizens, Inc. 6482 Bock Road Oxon Hill, MD 20745 301-567-9537	Built 1991 4 Story / 74 Units Studio & 1 bedroom	Income Limits	62+/21+ Disabled Pet Friendly Smoke Free
Spellman House 4711 Berwyn House Rd. College Park, MD 20740 301-474-3435	Built 1983 7 Story / 141 Units 1 bedroom Studio & 1 bedroom	Project Based Housing	62+/21 Disabled Pet Friendly Smoke Free
Suitland Senior Residences at Towne Square 2901 Toles Park Drive Suitland, MD 20746	Projected Completion Date 2020 6 Story / 137 Unit 1 & 2 bedrooms	Income Limit & Market Rate	Ages 62+ Pet Friendly/Smoke Free
Trinity Terrace 6001 Fisher Road Temple Hills, MD 20748 301-630-7717	Built 2004 3 Story / 71 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoke Free
Victory Crest 6100 Sargent Road Hyattsville, MD 20782 301-559-3891	Built 2010 3 Story / 60 Units 1 bedroom	Project Based Housing	Ages 62+ Pet Friendly Smoke Free
Victory House of Palmer Park 7801 Barlowe Road Landover, MD 20785 301-341-4995	Built 2005 3 Story / 69 Units 1 bedroom	Income Limits	Ages 62+ Pet Friendly Smoking permitted (designated areas only)

## Privately Managed Housing

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

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
The Belnor 3800 St. Barnabus Rd., Suitland, MD 20746 240-764-4424	Built 2018 4 story / 122 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Clinton Manor 8500 Mike Shapiro Dr., Clinton, MD 20735 301-877-0444	Built 1989 4 Story / 111 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoking Allowed
Conifer Village at Oakcrest 2011 Brooks Dr., Capitol Heights, MD 20747 240-767-6563	Built 2017 4 Story / 120 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Evergreen Senior Community 3800 Enfield Chase Ct., Bowie, MD 20716 301-218-5150	Built 2000 4 Story / 120 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Fort Washington Manor 10800 Indian Head Hwy Fort Washington, MD 20744 888-258-4873	Built 2007 / 4 Story 150 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Glenarden Senior Apartments 3171 Rolland Kenner Loop Glenarden, MD 20706 240-512-2163	Project Completion Date 2021 4 Story / 55 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Jericho Residence 1000 Brightseat Rd., Landover, MD 20785 301-841-6711	Built 2009 270 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Smoking Allowed
Laurel Lakes Senior Apt. 7901 Laurel Lakes Court, Laurel, MD 20707 301-317-0800	1998 4 Story / 125 Units 1 & 2 bedrooms	Affordable Housing	Ages 55+ Pet Friendly Smoking Allowed
The Lodge at Marlton 9590 Crain Hwy, Upper Marlboro, MD 20772 301-599-5422	Built 2009 4 story / 102 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Manor at Victoria Park 3420 Rickey Ave., Temple Hills, MD 20748 301-630-0096	Built 2000 3 Story / 148 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Marwood Senior Apts. 5605 S. Marwood Blvd Upper Marlboro, MD 20772 301-599-1700	Built 2002 4 Story / 155 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoking Allowed
Birchwood at Newton Green 5300 Newton Street Bladensburg, MD 20710 301-772-5888	Built 2008 4 Story / 78 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ & ages 21+ with a disabili- ty, No Pets Smoking Allowed
Residences at Springbrook 8230 Schultz Road, Clinton, MD 20735 301-877-7000	Built 2024		Ages 62+ & ages

Name of Housing	Building Information	Income Requirements	Age/Pets/Smoking
Parkview of Bladensburg 4202 58th Ave. Bladensburg, MD 20710 301-699-9785	Built 1995 3 Story / 102 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoke Free
Parkview of Laurel 9000 Briarcroft Lane, Laurel, MD 20708 301-490-1526	Built 1995/4 Story 253 Units/ 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Pin Oak Village 16010 Excalibur Road Bowie, MD 20716 301-464-6830	Built 1996 4 Story / 220 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoking (designated areas only)
Rainier Manor I & II 3001 Queens Chapel Rd. Mt. Rainier, MD 20712 301-699-9795	Built 1993 Terrace & 3 Story 100 Units 1 & 2 bedroom	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Rollingcrest Commons 6060 Sargent Rd., Chillum, MD 20782 301-559-2225	Built 1998 2 Story Apts / 140 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Pet Friendly Smoke Free
Selbourne House of Laurel 601 Main St., Laurel, MD 20707 301-604-2635	Built 1989 4 story / 126 Units One bedroom	Affordable Housing	Ages 55+ Pet Friendly Smoke Free
St. Paul Senior Living 1207 Addison Road Capitol Heights, MD 20743 301-350-1100	Built 2000 4 Story / 153 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
Vista at Lake Largo 500 Harry S. Truman Dr. Landover, MD 20774 301-350-4766	Built 1994 4 Story / 110 Units 1 & 2 Bedrooms	Affordable Housing (LIHTC)	Ages 62+ Pet Friendly Smoke Free
The Willows Senior Community 3850 Enfield Chase Ct, Bowie, MD 20716 1-888-671-0711	Built in 2004, 3 story building, 79 units, 1-2 bedrooms		Ages 62+ Pet friendly
Windsor Crossing 5000 Lydianna Ln, Suitland, MD 20746 301-669-6540	Built 2004 4 Story / 125 Units 1&2 bedrooms	Affordable Housing (LIHTC)	Ages 62+ No Pets Smoke Free
Woodlands at Reid Temple 11609 Facchina Place Glenn Dale, MD 20769 301-825-9766	Projected Completion Date 2021 4 Story / 252 Units 1 & 2 bedrooms	Affordable Housing	Ages 62+ Smoke Free
Woodside Village 6801 Bock Road Ft. Washington, MD 20744 301-839-2150	Built 1995 4 Story / 200 Units 1 & 2 bedrooms	Affordable Housing (LIHTC)	Ages 55+ Pet Friendly Smoke Free

# Transportation Resource Guide



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

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

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### Municipal Transportation

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

Bladensburg .....	301-927-7048	Greenbelt .....	301-474-4100
Bowie.....	301-809-2324	Hyattsville .....	301-985-5000
Capitol Heights .....	301-336-0626	Laurel.....	301-323-8096
College Park.....	301-345-8100	New Carrollton.....	301-577-1008
Colmar Manor .....	301-927-7048	Seat Pleasant.....	301-336-2600
Glenarden.....	301-789-4198		

Note: Cities not listed do not have municipal transportation and use the County Call-A-Bus service.

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### Volunteer Transportation Organizations

**FISH of Greater Bowie, 301-262-8479**  
PO Box 635, Bowie, MD 20718-0635

Fish of Bowie is an all-volunteer organization providing transportation to routine healthcare appointments for Bowie residents living in the following zip codes: 20715, 20716, 20720, 20721.

To request a ride, call 301-262-8479 at least 72 hours in advance.  
For all other inquiries, please send an email to [fishofbowie@gmail.com](mailto:fishofbowie@gmail.com)

# Transportation Resource Guide

## County Call-A-Bus Service



Call-A-Bus is a demand response curb-to-curb service (you must be able to get to the curb on your own). Service is available to all residents of Prince George's County who are not served by or cannot use existing bus or rail service. However, priority is given to seniors and persons with disabilities. You must provide your own escort. Service animals are allowed for the visually impaired.

Reservations can be made up to seven (7) days in advance by calling 301-499-8603 between 7:30 am–4:30 pm, Monday through Friday (excluding County holidays).

- Reservations: Call 301-499-8603, 7:30 am–4:30 pm, Monday to Friday (7 days in advance).
- Service Hours: 8:30 am to 3:30 pm, Monday to Friday (excluding holidays).
- Same-day requests depend on availability.
- Indicate if you need special assistance (e.g., wheelchair lift) when reserving.
- Confirm your trip the day before, or it may be canceled.
- Be ready for pick-up 15 minutes early and visible to the driver.
- Wait 15 minutes past your scheduled pick-up before checking for delays.
- Holidays have special schedules.

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## Medical Assistance Transportation (MATP)

The Medical Assistance Transportation Program (MATP) offers non-emergency transportation for eligible Medical Assistance (MA) residents to Medicaid-covered services. Transportation is provided via Health Department vans and contracted vendors, including sedans, wheelchairs, and ambulances, at no cost. Services require scheduling at least 24 hours in advance, except for recent hospital discharges. For more information, contact 301-856-9555.

**ELIGIBILITY:** To qualify, the resident will be asked to provide a copy of their Medicaid card, a Maryland State identification card evidencing the client is a resident of Prince George's County, and a signed HIPPA form. A primary care physician certification will be obtained after screening. Out-of-area physician referrals may also be needed prior to appointments that are more than 30 miles from the recipient's home. Trips to medical appointments are verified in advance of scheduling. Post-verifications are also performed.

If you are a current client, please call the Medical Assistance Transportation Program at 301-856-9555 for transportation, a minimum of 24 hours in advance of medical appointments. New clients will be contacted approximately 10 business days after their initial call so that screening can be conducted.

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## Senior SmarTrip® Card for Metro

The bright yellow Senior SmarTrip® card is available for citizens ages 65 and older, offering discounted fares on Metrobus and Metrorail. It's easy to use—just touch it to a faregate or farebox to have the reduced fare deducted. A replacement card costs \$2, and its value is based on the lost or damaged card at the time of notification, provided the card is registered.

To purchase, seniors need to present a valid government-issued photo ID as proof of age at designated Metro locations. The card itself costs \$2 and must be loaded with value at Metrorail stations or compatible bus fareboxes. Note that reduced fare cards aren't available in vending machines, and Metro parking fees remain unchanged.



Visitors can access reduced bus fares by presenting valid ID for the \$8.75 Metrobus Weekly Senior Pass or the \$10 Senior Metrorail farecard.

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## Senior Transportation Service

**MEDICAL PROGRAM:** Senior and disabled County residents may receive transportation for medical purposes, especially dialysis. Residents may call 301-499-8603 up to 7 days in advance to schedule routine appointments. For those seeking on-going or permanent transportation for medical purposes, such as dialysis treatment, you must request these services in writing and send to: Prince George's County, Office of Transportation, Attention: Transit Division, 9400 Peppercorn Place, Suite 320, Largo, MD 20774.

**NUTRITION PROGRAM:** Senior county residents may receive free transportation to strategically located group sites for nutritional lunch and companionship. Senior residents, who are homebound and cannot attend a nutrition site, may have meals delivered to their residence. Any person who is 60 years or older may be eligible, as is a spouse of any age when accompanying an age eligible spouse. The Senior Nutrition sites operate Monday-Friday, 10 am-2 pm. Note: limited transportation is available. For more specific information, call 301-265-8475.



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## U of MD Shuttle Service

The City of College Park and the City of Greenbelt have a partnership with the University of Maryland to use the UMD Shuttle bus for an annual fee of \$10.00. Call the city government for details or visit their websites.

# Transportation Resource Guide

## MetroAccess

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



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

To be eligible for MetroAccess service, an applicant must:

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

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

- Downloading online MetroAccess application. If you have a visual disability and require a Microsoft Word version or large print version of the application or an application in Spanish, simple Chinese, Korean or French, please email [eligibility@wmata.com](mailto:eligibility@wmata.com) or contact our office so we can accommodate your request.
- Calling 202-962-2700 and select option 1 or TTY 202-962-2033 or
- Emailing [eligibility@wmata.com](mailto:eligibility@wmata.com)
- Requesting in writing to: Metro Transit Accessibility Center, 655 Virginia Ave SW, Washington D.C.

The applicant must ensure that the healthcare provider documents all of their disability(ies) and how it prevents them from using the accessible Metrobus or Metrorail Systems. Please ensure to download the application only from the Metro web site. Outdated applications from external websites/agencies will not be accepted. Please ensure to read and follow the instructions on page 2 of the application. The current application version is dated July 2012.

Once the application has been completed, please contact the Transit Accessibility Center at 202-962-2700 and select option 5 to talk with one of our specialists, at which time an assessment appointment and interview will be scheduled. Please do not mail or fax the application. Spanish applications are also available upon request. **All assessments for MetroAccess eligibility are by appointment only.**

The final stage in the application process is the in-person and functional assessment. The interview and assessment appointment will be conducted at our main headquarters building in Washington, DC, where the applicant's independent travel skills and ability to use public transportation will be evaluated, including the ability to walk or travel a measured distance. During the interview, the applicant will also be given information regarding Metro's Reduced Fare Program for Metrobus and Metrorail.

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

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

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

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

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## Silver Cab of PG

Wheelchair accessible taxis are special vans that comply with the Americans with Disabilities Act.

- Call 301-577-2000 or 301-277-6000 for regular taxis.
- Wheelchair accessible taxis must have 24-hour notice for scheduling a trip. The number is 888-788-4418.
- The cost is \$29 base fee and \$3 per mile. From 8pm to 6am the base fee is \$10.
- There is an additional \$1 fee each for use of the trunk and for an escort accompany the rider.

# Transportation Resource Guide



## Call-A-Cab

Call-A-Cab is a transportation assistance program offering reduced-cost rides for County seniors (60+) and individuals with disabilities. Eligible residents can purchase up to fourteen \$20 coupon books for \$10 each every six months. For more information, call 301-883-5656 or Maryland Relay 800-735-2258.

**Using Call-A-Cab is easy. Follow these steps:**

- Complete the application form available at [princegeorgescountymd.gov/sites/publicworks/transit/paratransit/call-a-cab](http://princegeorgescountymd.gov/sites/publicworks/transit/paratransit/call-a-cab).
- Enclose \$10 for each coupon book, payable to Prince George's County.
- Mail the application and payment to The Office of Transportation, 9400 Peppercorn Place, Suite 320, Largo, MD 20774.
- Include proof of age/disability, like a driver's license or Metro card.
- Call your preferred taxi company from the list provided.
- Show your coupon book to the driver and pay using coupons and cash.

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## Uber

Need a ride? Uber is an on-demand transportation service. To request a ride, follow these simple steps:

- Download the Uber app on your smartphone. Go to [uber.com](http://uber.com).  
Get the free Uber app from the App Store or Google Play on your smartphone.  
Open the app to create your account.
- Request - Enter your destination and choose a ride option. You'll always see the price up front.
- Ride - You'll see your driver's picture and vehicle details and can track their arrival on the map.
- Verify license plate and the name of the driver before entering the car.



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## Lyft

Lyft is a ride sharing program that is available on demand. Lyft is your friend with a car, whenever you need one. Download the free app on your smartphone and get a ride from a friendly driver within minutes. To request a ride, follow these steps.

- Go to [lyft.com/rider](http://lyft.com/rider) and download the Lyft app for free.
- Get a ride estimate.
- Request a ride.
- Verify license plate and the name of the driver before entering the car.





Safe & Reliable

**WHEELS**  
to Wellness

# A Ride Toward **Independence**

## Your Wellness, In Motion.

Wheels to Wellness is **redefining what it means to move through the world** when mobility challenges exist. We believe every person deserves **access to care, comfort, and community**—without compromise. Each journey is powered by compassion, with drivers trained to assist with dignity and respect every mile of the way.



### What We Provide.

- MWCOG-supported medical transportation
- ADA-compliant vehicles
- Service Monday through Saturday
- Trips for medical appointments, therapy and treatments or wellness visits
- Friendly, trained drivers ready to assist



Medical Appointments



Treatment & Testing



Therapy & Wellness Checks

## Download the Mars One Mobile App



Please download the application and set up an account with IT Curves Mars One to make your request. **If you need assistance** with setting up an account **please call: 301-925-2730 X 2232 Monday-Friday, 8am to 4pm** to speak to a dedicated team member.



**We will provide transportation support to medical appointments with 48 hours notice.**

Learn More, **Visit Us Online:** [thearcofpgc.org/wheels-to-wellness](http://thearcofpgc.org/wheels-to-wellness)

**Or Call: 301.925.2730 X 2232, Monday-Friday, 8am to 4pm**



[thearcofpgc.org](http://thearcofpgc.org)

301-925-7050

1401 McCormick Drive, Largo, MD 20774



# Senior Nutrition Sites

The Senior Nutrition Program provides both congregate and home delivered meal services. Congregate meals are nutritious hot meals served in community settings such as nutrition sites, senior centers, and senior housing facilities that provide an opportunity to socialize and meet new friends. Home delivered meals are served to older adults to assist them in staying in their homes and community. Please contact the Senior Nutrition Program at 301-265-8475 for up to date information.

## **Bowie Senior Center**

14900 Health Center Drive, Bowie, MD 20716

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

## **Camp Springs Senior Activity Center**

6420 Allentown Road, Camp Springs, MD 20748

Nutrition Site: (301) 265-8665  
Senior Center: (301) 449-0490

## **Evelyn Cole Senior Activity Center**

5720 Addison Road, Seat Pleasant, MD 20743

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

## **Greenbelt Senior Center**

15 Crescent Road, Greenbelt, MD 20770

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

## **Gwendolyn Britt Senior Activity Center**

4009 Wallace Rd., North Brentwood, MD 20722

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

## **John E. Howard Senior Activity Center**

4400 Shell Street, Capital Heights, MD 20743

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

## **Langley Park Senior Activity Center**

1500 Merrimac Drive, Hyattsville, MD 20785

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

## **Laurel Beltsville Senior Activity Center**

7120 Contee Road, Laurel, MD 20707

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

## **Meals on Wheels**

College Park (301) 474-1002  
Takoma Park (301) 434-1922

## **Southern Area Aquatics and Recreation Complex (SAARC)**

13601 Missouri Avenue, Brandywine, MD 20613

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





# Food Resources

## Senior Meal Home Delivery Services

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

## Grocery Delivery Services via



## Other grocery stores that deliver

Target  
Lidl  
Whole Foods (delivery through Amazon)

Fresh Direct  
Weis Markets

Harris Teeter  
Peapod by Giant

## Restaurant Food Delivery Services

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



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



# Caregivers Support Groups

Note: Please call to confirm meeting dates, times and locations as the information may have changed.

## Bowie Senior Center

Virtual Caregiver Support Group

2nd Tuesday at 10 am  
4th Thursday at 6 pm  
Ann Craynon, 301-218-0958 or  
ann@aceldercaresolutions.com

## Department of Family Services

Virtual Caregiver Support Group

3rd Wednesday at 1 pm  
301-265-8450

## First Baptist Church of Glenarden

Virtual Caregiver Support Group

3rd Thursday at 11 am  
Vikki Kalitsi, 301-583-8820  
vkalitsi@visitingangels.com

## Gathering of Caregiving Men

Virtual Caregiver Support Group

2nd Saturday via Zoom, 12 noon  
Reginald Lawson, 240-462-4300  
reginaldalawson@gmail.com

## Grace United Methodist Church

Virtual Caregiver Support Group

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

## Hands of Hope

Virtual Caregiver Support Group

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

## Largo Community Church

Family Caregiver Support Group

Every Monday at 7 pm  
Joan Jackson  
joan@balancedabundantliving.com

## North County

### Dementia Friendly America

In-person and Virtual  
Caregiver Support group

2nd Wednesday 6-7 pm (in-person)  
3rd Wednesday 2-3 pm (virtual)  
Sharon Johnson, 240-542-2029

## Pickett Fences Senior Services

Virtual Caregiver Support Group

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

## South County

### Dementia Friendly America

Virtual Caregiver Support group

1st and 3rd Tuesdays via Zoom,  
5:30 pm  
Flavia Walton, 703-585-9352  
f.walton@waltonassoc.com

## Weekly Telephone Support Group

Holy Cross Hospital Resource Ctr.

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

## Other Support Groups

Please call for details on meeting dates and times.

Cancer Support Groups	<b>Hope Connections</b>	240-714-4744
Parkinson's Support Group	<b>Bowie Senior Center</b> 2nd Mondays at 2 pm	301-809-2300
Stroke Support Group	<b>Luminis Health Doctors Community Medical Ctr.</b> 301-552-8144	
Grief Support Groups	<b>Chesapeake Life Center</b>	888-501-7077
Grief Support Group	<b>Dementia Friendly (South County)</b> 703-585-9352 Flavia Walton, f.walton@waltonassoc.com	
Grief Support Groups	<b>Prince George's Hospice</b>	301-921-4400

## Memory Cafés

Memory Cafés are designed for individuals with early stages of dementia. A comfortable, social gathering that allow people experiencing memory loss and a loved one to connect, socialize, and build new support networks. Cafés are free to attend and welcome to all.

### Greenbelt Community Center

15 Crescent Road  
1:30 every 1st 2nd & 4th Wednesday  
1st Wednesdays (in-person)  
3rd Wednesday 2 pm (virtual)  
Sharon Vanzego-Johnson  
240-542-2029  
sjohnson@greenbeltmd.gov

### Remember When Café

St. Paul United Methodist Church,  
Ft. Washington  
4th Wednesdays, 11:00 am  
Brenda Henderson, 202-679-3005



Prince George's county  
Office of Community Relations

Elevate Prince George's County  
connecting people, connecting resources



301-952-4729



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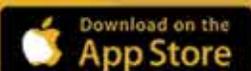


For more information, please  
contact us at [PGC311.com](http://PGC311.com) or  
[OCR.MYPGC.US/PGC311](http://OCR.MYPGC.US/PGC311)

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## Senior Activity Centers

**Camp Springs Senior Activity Center**  
 6420 Allentown Rd.  
 Camp Springs, MD 20748  
 301-449-0490

**Evelyn Cole Senior Activity Center**  
 5720 Addison Rd.  
 Seat Pleasant, MD 20743  
 301-386-5525

**Gwendolyn Britt Senior Activity Center**  
 4009 Wallace Rd.  
 North Brentwood, MD 20722  
 301-699-1238

**Hampton Park Senior Activity Center**  
 9187 Hampton Mall Dr.  
 Capitol Heights, MD 20743  
 301-851-5232

**John E. Howard Senior Activity Center**  
 4400 Shell St.  
 Capitol Heights, MD 20743  
 301-735-2400

**Langley Park Senior Activity Center**  
 1500 Merrimac Dr.  
 Hyattsville, MD 20783  
 301-408-4343

**Laurel-Beltville Senior Activity Center**  
 7120 Contee Rd.  
 Laurel, MD 20707  
 301-206-3350

**Senior Programs located at:  
 Southern Area Aquatics and Recreation Complex (SAARC)**  
 13601 Missouri Ave.  
 Brandywine, MD 20613  
 301-782-1455

**FREE** community center/fitness room ID cards for Prince George's County Seniors 60 & better

Sign up for a **FREE** account at any M-NCPPC community center in Prince George's County to get your **FREE** Community Center/Fitness Room ID card. These ID cards are valid for use at all M-NCPPC community centers and senior activity centers in Prince George's County. To find out where the 40+ community centers are located, to learn more about opening an account, and to get information about ID cards and Fitness Room cards, visit [pgparks.com](http://pgparks.com).

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- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.