



CalvertHealth

Medical Center

Dear Patient/Family,

Enclosed please find some information about community resources. If you, or a family member, are over 60, we encourage you to connect with the Calvert County Office on Aging in person at a local senior center, or on the phone at 410-535-4606.

If you have questions about community resources and would like to talk with a case manager after you are discharged, please call and leave a message for the transitions to home case manager at 410-414-2725.

Best Regards,

CalvertHealth Integrated Care Management Department

-SERVICES-

Call 410-535-4606 for more information.

Behavioral Health Counselor - In collaboration with Calvert County Health Department, a counselor is available Tuesday at Southern Pines Senior Center, Wednesday at North Beach Senior Center, and Thursday at Calvert Pines Senior Center.

Caregiver Services - Information, a quarterly newsletter, and limited respite funds are available. Contact Lisa Caudle for more information.

Community First Choice - Assists adults aged 18-plus to remain in the community or return to the community from long-term care placement. Contact Lisa Caudle for more information.

Guardianship - Information is provided on private and/or public guardianship. Contact Amanda Seymour or Lisa Caudle.

Legal Aid Bureau - Attorney services are available by appointment for those aged 60-plus regarding SSI, benefit denials, disability payments, Social Security and SSI overpayments, debtor and consumer problems, advance directives, and tenant issues. **An attorney will be available at North Beach Senior Center on March 13 and Southern Pines Senior Center April 10, 10 a.m. – noon. Call for an appointment.**

Long Term Care Ombudsman - An advocate is available for residents of long-term care facilities. For more information contact Amy Boucher.

Maryland Access Point - Provides options for counseling and information/assistance for senior services, benefits, and resources.

Calvert Pines: Jenna Cisse, Jessica Long, Kristy Matchett, Laura Hardesty
Southern Pines: Laura Hardesty -Thursdays & Fridays
North Beach: Kristy Matchett - Thursdays & Fridays

Meals On Wheels (MOW) - Midday meals are provided for persons who are homebound and unable to prepare a meal for themselves. For more information, contact Sheila Gallagher or Harry Markward.

Project Lifesaver - This electronic tracking system helps to locate and return lost/wandering persons suffering from Alzheimer's disease or other related disorders. Contact Tunya Taylor for more information.

Senior Care - Limited funding is available for low-income and frail elderly for case management and assistance with some services. To find out whether you may be eligible, contact Lisa Caudle.

SHIP (State Health Insurance Program) -Staff are available to provide information and assistance with health insurance issues. For more information, contact Jessica Long, Jenna Cisse, or Kristy Matchett.

Senior Medicare Patrol (SMP) - Education and prevention against suspected Medicare abuse and fraud. For more information, contact Jessica Long.

Meals on Wheels Board Members

Fred Baumgartner, Lora Culver,
Donna Deale, Steven Dorman,
Michael Hawkins, Randy Holt,
Alan King, Traci King,
Charlie Pritchard, Linda Rhodes,
Corey Robertson, Hope Sayles

Commission on Aging Members

Bruce Berkley, Joseph Carr,
Noelle Flaherty, Lauretta Grier,
Sudha Haley, Charles Harrell,
Terry Long, Deb Mikell, Margaret
Phipps, Jessica Richards, Erik
Thompson, Anne Weems, Harriet
Yaffe, Amber Yates

Friends of Calvert County Seniors Members

Vickey Balderson, Noelle Flaherty,
Mary Golway, Charles Harrell,
Shelby Oller, Connie Watts,
Harriet Yaffe



CALVERT COUNTY OFFICE ON AGING (OOA) STAFF DIRECTORY

450 West Dares Beach Road, Prince Frederick MD 20678

OOA Administration 410-535-4606

Director of Comm. Resources	Jennifer Moreland
Dep. Dir. of Comm. Resources	Jacquelyn Culver
Division Chief	Ed Sullivan
Client Services Manager	Tunya Taylor
Fiscal Manager	Patti Ryon
Long Term Care Manager	Lisa Caudle
Program Manager	Kristy Owen
Long Term Care Coord.	Amy Boucher
Long Term Care Advocate	Larry Harvey
Account Tech II	Suzy Meador
Office Specialist II	Vacant
Food Service Worker	Harry Markward
Aging Svcs. Case Manager	Amanda Seymour
Aging Svcs. Case Manager	Kimberly Dade
Aging Svcs. Case Manager	Terri Gunkel
CFC Supports Planner	Angalise Brinkley
CFC Supports Planner	Jean Muggli
Registered Dietician	Sheila Gallagher
Dementia Care Navigator	Vacant

North Beach Senior Center 410-257-2549

Program Specialist II	Linda Roberts
Program Assistant	Tammie Messer
Food Service Coord.	Karla Shauver
Office Assistant II	Susan Whitney
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Kristy Matchett
Building & Grounds Worker	Kelly Jones

Calvert Pines Senior Center 410-535-4606

Program Specialist	Grace Oller
Program Assistant	Aimee Badeaux-Hamm
	Vacant
Food Service Coord.	Andrew Jackson
Office Assistant II	Pat Dinota
Ceramics Instructor	Jenna Cisse
Social Services MAP Coord.	Jessica Long
Social Services MAP Coord.	Kristy Matchett
Social Services MAP Coord.	Laura Hardesty
Social Services MAP Coord.	Angela Nenno
Developmental Disabilities Specialist	
Developmental Disabilities Aide	Crystal Jones
Building & Grounds Worker	Phillip Long, Sr.
Custodian	Brenda Jacks
Senior Rides Program	Vacant
Senior Employment Program	Vacant

Southern Pines Senior Center 410-586-2748

Program Specialist	Melinda Gaines
Program Assistant	Anne Sledge
Food Service Coordinator	Sean Riordan
Office Assistant II	Marina Jackson
Ceramics Instructor	Pat Dinota
Social Services MAP Coord.	Laura Hardesty

Substitute Staff

Barbara Knowles, Christal Pierce, Donna Edington, Joan Carroll, Lawrence Brown, Rick Narvell

Senior Center Hours: Monday-Friday, 8:30 a.m. to 4:30 p.m.

☐ www.calvertcountymd.gov ☒ ooamailbox@calvertcountymd.gov

Senior services are accessible to individuals with disabilities.

What is personal care vs. Home health?

Personal Assistance

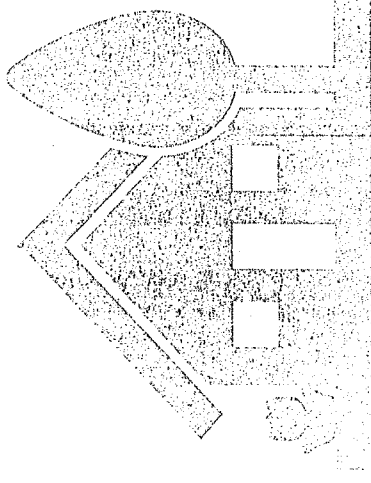
- Personal assistance is not ordered by a physician
- It is not covered by insurance
- They only provide a nurse every 3-4 months to assess the client to ensure stability in the community.
- The primary assistance is provided by an unlicensed caregiver who assists with daily tasks.

Home Health care

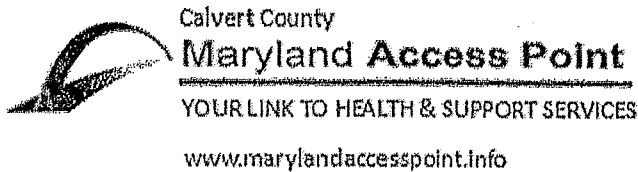
- Home health care must be ordered by a physician
- Home health care is temporary care provided by an agency that is covered by primary insurance
- They provide a nurse 1-2 days per week for a specific purpose
- They may provide physical and occupational therapy if ordered

Options for help

- Call your local Maryland Access Point
- Need medical equipment?
 - Check with your local loan closet or Maryland DME loan in Cheltenham
- Personal Care Options
 - Hire an agency
 - Hire a friend/family member
 - Check with your local Office on Aging for a Respite Registry
- Need longer hours for care outside of the home?
 - Consider Adult Medical Daycare
 - Ask your if your Senior Center has any scheduled day programs
- Need home modifications?
 - Check with your local churches or your local Christmas in April program.
 - Temporary ramps may be available at Southern Maryland Center for Independent Living



Maryland Access Point (MAP)



Maryland Access Point of

Calvert County: Your link to health and support services

The goal of Maryland Access Point (MAP) is to provide a "no wrong door" approach to improve information and access to all programs and services for which an individual may be eligible. Persons seeking services will receive navigation assistance from a single point of entry, to avoid having to go from agency to agency for information. MAP staff can also provide eligibility screening and options counseling to assist individuals with determining the programs available to meet individual needs. Help is only a phone call away!

What is Maryland Access Point?

Calvert County Office on Aging is proud to serve as the Maryland Access Point (MAP) for Calvert County, Maryland. Our MAP program for seniors, people with disabilities and caregivers provides a single point of entry for:

- Information and referral to resources and services
- Options counseling regarding benefits and long term care planning
- Services for caregivers of older adults and adults with disabilities

Who is eligible for Maryland Access Point services?

- All individuals over the age of 50
- Adults over the age of 18, with a disability
- Caregivers for the elderly and adults with disabilities
- Calvert County Resource Directory of Aging and Disability Services

For more information about the MAP program

Call, email or stop by the Office on Aging and ask to speak to the MAP Coordinator.

Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678
410-535-4606 or 301-855-1170



CalvertHealth

Medical Center

Southern Maryland's
Local In-Home Caregiver
Services

In-home Companionship, Personal Care, and skilled nursing

Adventist Home Care Services

Phone: (301)-592-4400

Fac: (301)-592-4463

www.adventisthealthcare.com

A Homemade Plan

Owner: Tyler Stott

Ratings start @ \$23 Per hour with a 4-hour
minimum Per shift.

Personal Care, Med MGMT, Ambulation,
Transfer, Companionship, Meal prep, Light
Housekeeping, Errands, Laundry, Shopping and
Transportation.

Phone: (443)-837-7768

Fax: (443)-853-2040

www.ahomemadeplan.com

CalvertHealth

Medical Center

BrightStar Care

Homecare/Skilled Nursing/ Medical Staffing

Phone: (240)-468-4045

Cell: (301)-312-3545 (Robin Henderson)

Fax: (301)- 588-00954

Rates: 30-36\$ Rates are based on the number of hours need and complexity of the assignment.

Address: 3261 Old Washington Road, Ste 2033a, Waldorf, MD 20602

Service Area: Calvert, Charles, Saint Mary's, and Prince George Counties.

Distinctive Home Care

Housekeeping, CNA

Prince George's county

Phone: 301-772-3245

www.bowiemdhomehealthcare.com

Home Call

All of Maryland

Phone: 301.632.6260

Fax: 301.396.5872

Home Helpers of So. Maryland

Phone: (800)-216-4196

www.homehelpershomecare.com/

CalvertHealth

Medical Center

La Plata, Charles, St. Mary's, and Calvert County's

Phone: (410)-414-8442

Rates are \$24 hour with a 4-hour minimum.

Network Of Care

Phone: (301)-880-1355

www.anetworkofcare.info/

Options for Senior America

Vicki Chance

Phone: 301-392-1387

Charles, St. Mary's, Calvert counties

www.optionscorp.com

Warman Agency

LPN/RN/CAN

Phone: (301)- 428-2940

Rates on a Sliding scale: 25.60 an hour with a 5-
hour minimum

NURSING ASSISTANTS.



CalvertHealth

Medical Center

Regent HealthCare: Levels 1-3

Phone: (240)-309-6259

www.Regenthealthcare.com

Right at Home (So. Maryland)

Phone: (301)-645-0040

Robin Direct Number: 240-599-1246 (Tri County Area)

www.rightathome.net

ALL OF SOUTHERN MARYLAND COVERED

Address: 3200 Crain highway, Waldorf, MD 20603 Suite 101

Roberts Home Care

Phone: (240)-419-9769

www.robertshomecareservices.net/

Sage Point Homecare

Phone: (301) 934-1900

www.sagepointcare.org/care-options/home-care

Non-Profit, Associated with La Plata Facility

Aide, Companions, 24-hour care, St Mary's,

Charles & Calvert County



CalvertHealth

Medical Center

Step by Step Care, LLC

Phone: (301)-690-9003

www.stepbystepinhomecare.com

Visiting Angels

Phone: (301)-583-8820

www.visitingangels.com/southernmaryland

Warman Home Care

LPN/RN/CNA

Phone: 301-428-2940

Prince George's & Montgomery counties

www.warmanhomecare.com

PRIVATE PAY RATES AS OF 6/13/2024:

Autumn Lakes at Crofton: \$14,000

Autumn Lake @ Spa Creek: \$425 A DAY

CCNC: \$13,000

South River: \$10,000 For the month

Solomons: \$375 A DAY

This includes nursing, but not any therapy. If patient has Medicare part B they can bill therapy services on that, otherwise will be a different charge per day.



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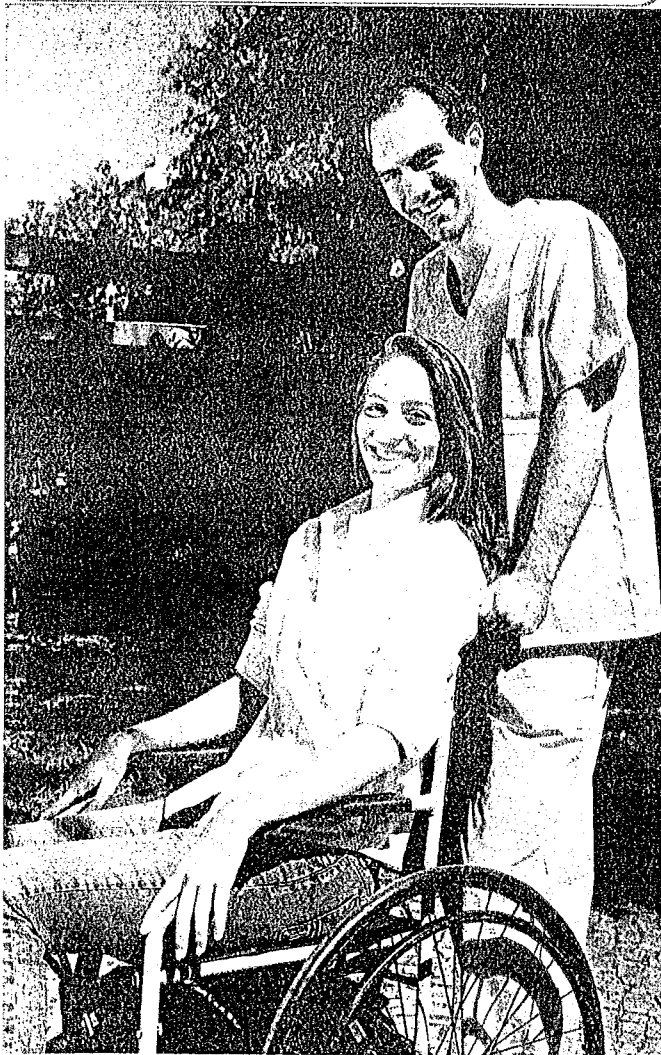
****** DISCLAIMER******

Calvert Health is not recommending any bonded aid company. This list is provided for your convenience. Please call the vendor to confirm rates and services. Calvert Health does not assume responsibility or liability for services provided by these vendors.

Do you need help to maintain your independence?



The Adult Services unit within the local department of social services offers services that help adults with disabilities remain in their own homes and maintain independence when possible. One program that helps with these efforts is the In-Home Aide Services program.



For additional information, contact your local department of social service at 1-800-332-6347 or visit our website at <http://dhr.maryland.gov/in-home-services>.

In-Home Aides serve adults 18 or older with functional disabilities who need assistance with activities of daily living in their home, vulnerable adults with no caregiver, those at risk of institutional placement, and those at risk of abuse or neglect. In-Home Aides provide help with personal care, transportation/escort, training in self-care and care-giving skills, and also perform minor household chores.

Individuals or their caregivers should call the local department of social services in the county or city where the applicant lives. The local department representative will arrange a home visit to conduct an interview with the applicant to determine their specific needs. The availability of funding for the program determines the number of individuals who can be served state-wide. To ensure that those with the greatest need are served first, local departments use a ranking scale.

Depending on the income and family size of the applicant, the applicant may be required to contribute toward the hourly cost of the aide service. The amount is determined by a sliding-scale and the fee is paid to the local department of social services.



Office of Adult Services Mission Statement

To serve vulnerable adults who have functional limitations due to a disability or advanced age, and their informal family caregivers, through a home and community-based service delivery system.

This system protects vulnerable persons, promotes self-sufficiency and avoids or delays unnecessary institutional care or other out-of-home placements.

Local Department of Social Services Adult Services Programs

Allegany County	301-784-7050
Anne Arundel County	410-421-8400
Baltimore City	410-361-5000
Baltimore County	410-853-3000
Calvert County	443-550-6969
Caroline County	410-819-4500
Carroll County	410-386-3434
Cecil County	410-996-0100
Charles County	301-392-6400
Dorchester County	410-901-4100
Frederick County	301-600-2635
Garrett County	301-533-3000
Harford County	410-836-4717
Howard County	410-872-8823
Kent County	410-810-7600
Montgomery County	240-777-3000
Prince George's County	301-909-2228
Queen Anne County	410-758-8000
Somerset County	410-677-4200
St. Mary's County	240-895-7000
Talbot County	410-770-4848
Washington County	240-420-2155
Wicomico County	410-713-3900
Worcester County	410-677-6800



DHS Office of Adult Services

Adult Services Programs

- Adult Protective Services (APS)
And Public Guardianship
- Social Services to Adults (SSTA)
- In-Home Aide Services (IHAS)
- Project Home
- Respite Care



ADULT PROTECTIVE SERVICES (APS)

The purpose of this program is to investigate, prevent, and/or remedy concerns of abuse, neglect, self-neglect, and exploitation of adults who are unable to protect their own interests and are at risk of immediate harm.

Adult Protective Services offers:

- Vulnerable adults protection from abuse, neglect and exploitation;
- The right to self-determination; including the right to refuse services.
- Linkage to the least restrictive available alternative in living situation and treatment;
- Assistance and guidance in having the provision of services, safety, and well being rest with the vulnerable adult, family, and the total professional community and service systems; not solely with the Local Department.

WHO IS A VULNERABLE ADULT?

Someone who lacks the physical or mental capacity to provide for their own daily needs.



SOCIAL SERVICES TO ADULTS (SSTA)

The Department of Human Services core program of social work services is for adults 18 years old and older.

The purpose of the program is to provide services to enable and assist adults to:

- Achieve or maintain self-sufficiency;
- Prevent or avoid abuse, neglect, or exploitation; prevent or reduce unnecessary or inappropriate institutionalization; and
- Secure necessary and appropriate institutional care services.

SSTA Program offers Case Management services that can assist with linkage to community resources, development of a service plan to reach agreed upon goals, monitoring of goal progress and face to face contact on a regular basis.

The program seeks to build, sustain and augment, rather than to replace the adult's family and community support systems.

**IF YOU SUSPECT A VULNERABLE
ADULT IS BEING ABUSED, NEGLECTED,
OR EXPLOITED CONTACT THE
APPROPRIATE LOCAL DEPARTMENT
LISTED ON BACK OF THIS PAMPHLET**

**IF YOU ARE INTERESTED IN BECOMING A
PROVIDER FOR PROJECT HOME CONTACT
(410) 767-7422**

IN HOME AIDE SERVICES (IHAS)

The purpose of the IHAS Program is to complement other social services programs by providing personal care and chore services to individuals with functional disabilities in the community to enable them to live independently in the least restrictive setting possible.

Services offered include assistance with:

- bathing/hygiene, dressing
- light chores
- laundry
- light meal planning and preparation
- transferring

PROJECT HOME

The Project Home Program provides supportive, family centered housing to meet a range of needs presented by adults living with a disability.

The purpose of the program is to:

- Link adults living with a disability with families who want to help support their success while sharing their homes
- Provide case management services to residents in the program.



Transportation

Senior Rides

Providing subsidized transportation Services for Calvert County seniors and disabled adults 60+. Applications are required. Send applications/documentation to Calvert County Office on Aging (OOA). Address: Calvert OOA, 450 W. Dares Beach Road, Prince Frederick, MD 20678. Fees are determined by a sliding scale. Call 410.535.4606 for more information. This program is a partnership between Lifestyles, Inc. and Calvert County OOA.

Hours:

Wednesday, 9 a.m. - 4 p.m.

Thursday, 1 p.m. - 4 p.m.

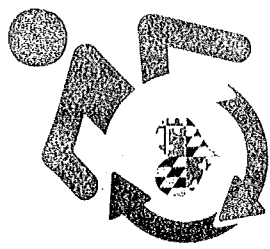
Friday, 9 a.m. - 4 p.m.

Calvert County MAP 410-535-4606

Dental Resources

- **Friends of Calvert County Seniors- Dental Program** for Seniors 60+ with limited income and resources 410-535-4606
- **Maryland Foundation of Dentistry- Dental Care** for Maryland residents with Disabilities 410-964-1944
- **My County Cares Dental Discount Program-** Discounted dental program that lowers the cost of dental services ranging from a filling to full dentures. A low monthly fee is required to register with the program. 877-354-6226
- **University of Maryland School of Dentistry - Dental services** performed by Dental students under supervision of licensed Dentist, fees are reduced up to 50% of the usual costs for services Baltimore 410-706-7101
- **Health Partners- Low-Cost Dental Care** based off a sliding scale and income Waldorf/Lexington Park MD 301-645-3556
- **Susan Denison Mona Center- Low-cost dental care** for clients with no dental insurance Temple Hills, MD 301-615-0945
- **Catholic Charities Center- Low-cost dental care** for clients with no dental insurance Silver Spring MD 301-933-0868

Note: Some Dental Offices in Calvert County offer in-house dental plans for a yearly fee. Call your preferred dentist to inquire.



Maryland
Durable Medical
Equipment
Re-Use

The Gift of Mobility

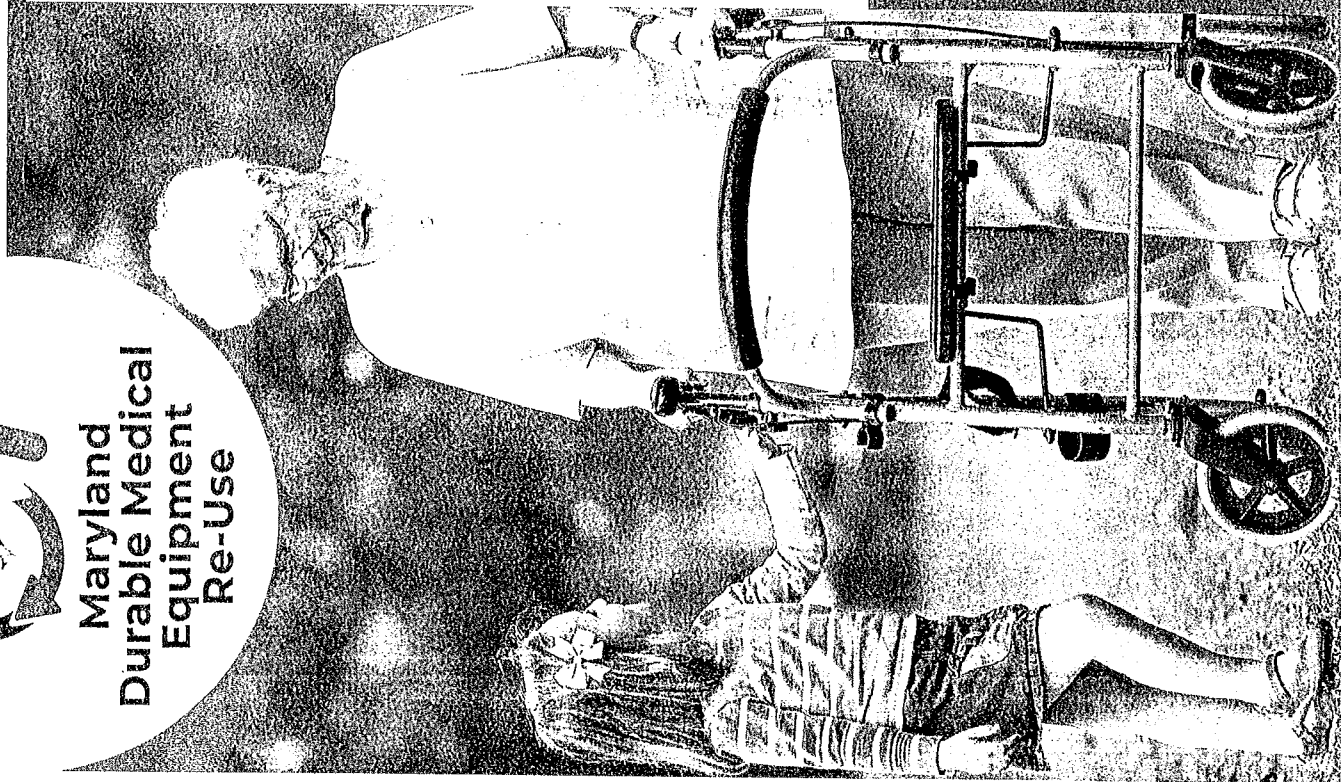
Donate or Receive Durable Medical Equipment

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



240-230-8000



dme.mdoa@maryland.gov

FALLS PREVENTION

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- ☐ Always keep objects off the stairs.

Are some steps broken or uneven?

- ☐ Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- ☐ Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- ☐ Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- ☐ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- ☐ Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs and are as close to the stairs as possible.

FLOORS

When you walk through a room, do you have to walk around furniture?

- ☐ Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- ☐ Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- ☐ Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- ☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- ☐ Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- ☐ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- ☐ Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- ☐ Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- ☐ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- ☐ Have grab bars put in next to and inside the tub, and next to the toilet.



SOUTHERN MARYLAND CAREGIVER RESOURCES

Calvert, Charles, St. Mary's Counties

Agencies:

St. Mary's County Department of Aging & Human Services
P.O. Box 653-Garvey Senior Activity Center
41780 Baldrige Street
Leonardtown, MD 20650
301-475-4200 ext. 1050

Charles County Dept. of Community Services
Aging & Senior Programs Division
8190 Port Tobacco Road
Port Tobacco, MD 20677
301-609-5712 or 855-843-9725 (toll-free)

Calvert County Office on Aging
450 W. Dares Beach Road
Prince Frederick, MD 20678
410-535-4606 or 301-855-1170

Support Groups:

Calvert County

Alzheimer's Caregiver Support Groups

Twin Beaches Library (In-Person) Drop In

1st Wednesday 3 P.M.

Contact Susan Bradford susanb817@gmail.com

Prince Frederick Library (hybrid with both virtual and in-person)

850 Costley Way, Prince Frederick MD 20678

2nd Thursday 6:30 P.M.

Contact the library for a link 240-882-2590

Southern Branch Library in Solomons

13920 H G Trueman Rd, Solomons, MD 20688

2nd Wednesdays 3 PM

Contact: Charles L. Harrell

Director of Pastoral Care, Asbury Solomons

charrell@asbury.org

410-394-3024 (direct line)

or

Dennis Poremski

Director of Wellbeing, Asbury Solomons

410-394-3043 (direct line)

General Caregiver Support Group

Jesus the Good Shepherd

Third Wednesday of the month at 6:30 p.m.

1601 W. Mount Harmony Rd Owings, MD

Call Laura at 410-257-3810

Charles County

Last Wednesday of every month at 2:00 p.m. at the Richard R. Clark Senior Center, call Cindy Olmsted, 301-934-0128. (General Caregivers)

St. Mary's County

Fourth Thursday at 6:00 pm. Garvey Senior Activity Center, 23630 Hayden Farm Ln, Leonardtown, call Facilitator: Mari Pilgeram 301-475-4200 x1059 or Rebecca Kessler 301-475-4200 x1061. All walk-ins welcome.

Websites:

Area Agencies on Aging (local offices):

www.stmarysmd.com/aging St. Mary's County Department of Aging & Human Services

<https://www.calvertcountymd.gov/113/Office-on-Aging> Calvert County Office on Aging

<https://www.charlescountymd.gov/services/aging-and-senior-services> Charles County Department of Community Services Aging and Community Centers Division

Area Agencies on Aging (State and National):

www.alz.org Alzheimer's Association

www.aging.maryland.gov/ Maryland Department of Aging

www.n4a.org National Association of Area Agencies

Other Informational Websites for Caregivers:

www.nfcacares.org National Family Caregivers Association

www.caregiveraction.org Caregiver Action Network

www.aarp.org AARP—lots of information on health and wellness, legislative issues, life transitions, research, money, and technology

www.arthritis.org Arthritis Foundation

www.asaging.org American Society on Aging

www.aoa.gov United States Administration on Aging

www.ncoa.org National Council on the Aging

www.rxlist.com A great resource for information on prescription drugs and other medications, including herbals

www.elderweb.com Great site for articles on eldercare and long term care

www.cms.hhs.gov Centers for Medicare & Medicaid Services at the U.S. Dept of Health & Human Services

www.theconsumervoice.org The National Consumer Voice for Quality LTC (formerly National Citizens Coalition for Nursing Home Reform-NCCNR)

www.nslc.org National Senior Citizens Law Center

www.peoples-law.info Maryland Peoples Law Center, legal resources and information; links to the guardianship handbook

www.mdlab.org Maryland Legal Aid Bureau

<https://www.talk-early-talk-often.com> Information and tools about how to get your aging parents, who are now senior citizens, to talk about the future.

www.caregiving.org National Alliance for Caregiving. Good website for caregiving information of all kinds

www.caregiver.com Caregiving information. Link to Carecheck, a service that can help search long term care facilities for one that meets your needs.

www.medicare.gov Up-to-date information on medicare issues as well as nursing home comparisons and survey information.

www.ssa.gov Social Security Administration

www.lbph.lib.md.us Maryland State Library for the Blind

www.hospiceinfo.org National Hospice Organization

www.eldercarelocator.com Eldercare Locator

www.oag.state.md.us Maryland Attorney General

www.va.gov U.S. Dept of Veterans Affairs

www.agingwithdignity.org/five-wishes.php Information regarding Five Wishes. Five Wishes helps you express how you want to be treated if you are seriously ill and unable to speak for yourself.

Project Lifesaver (a tracking bracelet system for those who might wander):

www.projectlifesaver.org Project Lifesaver program information

St. Mary's County Sheriff's Office:
www.firstsheriff.com/programs.asp

Calvert County: Calvert County Office on Aging
Contact: Tunya Taylor: 410-535-4606, extension 8781

Charles County: Charles County Department of Community Services/Aging Division
Contact: Cindy Olmsted 301-934-0128

Veteran Resources

Charlotte Hall Veterans Home Admissions

Nicole Watson 301-884-8171

Nicole.watson@pruitthealth.com

Three Oaks Center

Erin Raska 301-863-9535

SSVF Program for Vets and families

Tunnels to Towers

Kristen 347-657-9740

assistance for homeless Vets/at risk for homelessness

VA clinic in Lexington Park 240-237-1625

Assist with filing/applying for VA disability

Serving Together-Southern Pines

2nd Wednesday and 4th Friday of the month no appointment needed

Donnie Williams dwilliams@every-mind.org 240-240-9259

Mental Health and Substance Use Treatment

Calvert Behavioral Health (outpatient only)
 -Prince Frederick Behavioral Health 410-535-5400 x475
 -Barstow Behavioral Health 410-535-3079
 -Lusby Behavioral Health 410-394-0681
 -Chesapeake Beach Behavioral Health 410-286-0547
 -School Based Behavioral Health 410-535-3079 x28
 Facebook.com/CalCoBehavioralHealth
 A+ Counseling Center 240-766-4194
 Avenues Recovery Center (outpatient) 410-535-8930
 Bayside Recovery (outpatient only) 443-486-5680
 Certified Counseling Services/Dunkirk 410-610-2595
 Project Chesapeake (outpatient only) 443-968-8331
 Pathways 410-573-5400
 Open Arms (outpatient only) 301-645-5538
 Pyramid Walden/Anchor 301-997-1300
 Center for Addiction & Pregnancy 410-550-3066
 Outlook Recovery 240-237-8325
 Utopia 443-295-7697

Mental Health Only Services

Center for Children 410-535-3047
 Chesapeake Neurology 410-535-2500
 Andrew Gergely, MD & Assoc 410-286-0664
 Osama Saleh, MD & Assoc 410-535-5602
 Shah Associates 410-535-4333
 Advantage Psychiatric Services 410-686-3629 option 6
 Barstow Acres Children's Center 410-414-9901
 Blue Sails Counseling 410-231-0488
 So. MD Community Network 410-535-4787
 Calvert Counseling Center 443-295-5341
 CCHD Crisis Intervention 410-535-5400 x384
 DPK Counseling 410-535-4854
 Deborah Nelson LCPC 410-414-5953
 Pathways, Inc. 301-373-3065
 Therapy Café 443-295-8955

Other Behavioral Health Support

Southern MD Family Support Warmline 443-546-0617
 MD Coalition of Families 410-730-8267
 NAMI Southern Maryland 410-884-8691

Financial Resources

Department of Social Services 443-550-6900
 Child Support Services 800-332-6347
 Charlotte Hall Social Security 888-866-5181
 Unemployment Insurance Claims 877-293-4125
 So. MD Tri-County Com. Act. (energy assist) 410-535-1010
 So. Maryland Jobsource 301-645-8712
 Community Ministry of Calvert 410-414-8007
 Christmas in April Calvert Co. 410-535-9044
 UME Calvert Family and Consumer Sciences 410-535-3662
 St. Vincent de Paul Society 443-684-9261
 Lifestyles 301-609-9900

Food Assistance

WIC Program 877-631-6182
 DSS 443-550-6900
 Bayside Baptist Church 410-257-0712
 Brooks Church Pantry 410-586-3972
 Calvert Churches Food Pantry 410-414-7474
 Chesapeake Lighthouse Food Pantry 478-284-5489
 Chesapeake Cares Food Pantry 410-257-3444
 First Lutheran Church 410-257-3030
 Mt Olive United Methodist Church 410-535-5756
 New Life www.newlife.live/calvert-campus/ 410-257-0342
 Randle Cliffs Com. Church 410-257-0342
 S.M.I.L.E. Food Pantry 410-326-0009
 St. Anthony's Church 410-286-7086
 St. John Vianney 410-286-1944
 Solomons Mission Center 410-326-3278
 Hands of God Mobile Ministry 410-535-2275
 S.H.A.R.E. Food Network 800-217-4273
 Birthright (Formula/Baby Food) 410-257-1402

Legal Assistance

So. MD Center for Family Advocacy 301-373-4141
 Legal Aid Bureau 877-310-1810
 Lawyers in the Library 410-535-0291

Housing/Shelters

Calvert Co. Housing Authority 410-535-5011
 So. MD Tri-County Com. Action 410-535-1010
 Project Echo 410-535-0044
 Homeless Shelter- Men, Women and Children 301-274-0680
 Angel's Watch/Catholic Charities 410-535-6542
 Homeless Shelter-Women & Children (Charles County) 443-486-8670
 Safe Nights of Calvert County 301-609-9900
 Lifestyles 301-609-9900

Disability Resources

DDA Southern MD Regional Office 888-207-2479
 Dept. of Rehabilitation Services 410-535-2620
 DHR Respite Grant 443-550-6969
 LISS www.marylandcommunityconnection.org 410-987-1048

The Coordinating Center

Arc of Southern Maryland Calvert 410-535-2413
 Friendly Health Services 410-535-6542
 The Center for Life Enrichment 301-373-8100
 MMARS RC, Inc. 410-332-8197
 Total Care Service, Inc. 301-918-0070
 Office on Aging 410-535-4606
 Therapeutic Recreation 410-535-1600 x8204
 SMCRC 301-997-8143
 Online Resource Locator 301-609-9900
 Lifestyles 301-609-9900

Transportation

Medical Assistance Transportation 410-414-2489
 Public Transportation 410-535-4268
 Smart Ride 410-535-6932
 Lifestyles 301-609-9900

Clothing Resources

Birthright (maternity/baby) 410-257-1402
 Care Net/Calvert County 410-326-6866
 S.M.I.L.E. (Solomons) 410-326-0009
 HELP Association 410-257-6669
 Comm for Women Clothes Closet 410-615-4221

Child Care Resources

Locate Child Care 1-877-261-0060
 DSS (Child Care Vouchers) 443-550-6900
 The Promise Resource Center 301-290-0040

Parenting Classes/Support Programs

So MD Family Support Warmline 443-546-0617
 CareNet/Calvert County 410-326-6866
 Parents Place of Maryland 800-394-5694
 Partners for Success (School) 443-550-8375
 Healthy Families/HIPPY 443-550-8050
 Barstow Acres Children's Center 410-414-9901
 Family Encouragement Coaching 410-610-2352
 Maryland Coalition of Families 410-730-8267

Education Resources

Calvert County Public Schools 443-550-8000
 Infants & Toddlers Program 443-550-8373
 Child Find (2 years 9months & older) 443-550-8381
 Head Start 443-550-8062
 Judy Center 443-550-8077
 Adult Education Program 443-550-6179
 College of Southern MD/PF 443-550-6000
 UME Calvert 4-H Clubs 410-535-3662

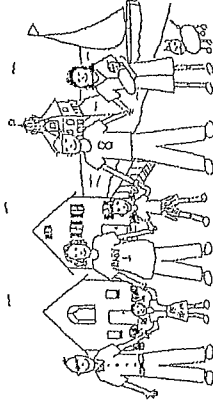
Additional Resources

OurCalvert.com 410-535-1600
 Calvert County Government 410-535-1600
 Calvert Co. Parks & Rec. 410-535-1600 x 2649
 Calvert Library (calvertlibrary.info) 410-535-0291
 Calvert Diaper Bank vercoe@calvertmet.k12.md.us 410-535-0892
 Calvert Hospice 410-535-2800
 Child Safety Seat Information 443-795-7456
 Community Mediation Center 443-795-7456
 Closing the Gap Coalition 443-795-7456

Additional Resources

www.ctgc-closingthegapcoalition.org
 DNA Diagnostic (Pvt Paternity Test) 800-362-2368
 Paternity Testing for Child Support: 410-535-1600 x 2549
 State Attorney Office 1-800-QUIT-NOW
 Tobacco Quitline (24/7) 1-800-QUIT-NOW
 MD Community Services Locator mdcs.org

CALVERT COUNTY COMMUNITY RESOURCES



Compiled by
Calvert County
Health Department
 975 Solomons Island Rd.
 Prince Frederick, MD
 www.calverthealth.org
 410-535-5400
 301-855-1353

(Revised 8/1/2022)

Crisis Hotlines
 Behavioral Health Crisis Hotline:
 877-467-5628
 Sexual Assault / Domestic Violence Hotline:
 410-535-1421
 National Suicide Prevention Lifeline:
 1-800-784-2433
 LGBT National Hotline 888-843-4564 (4pm-MN)
 Poison Control: 1-800-222-1222

Calvert County Health Department
 410-535-5400/301-855-1353

Birth Certificate Information x 387
 Cancer Screening Programs x 343
 Calvert Behavioral Health:

Prince Frederick Behavior Health 410-535-5400 x 475
 Barstow Behavioral Health 410-535-3079 x 6
 Lusby Behavioral Health 410-394-0681

Chesapeake Beach Behavioral Health 410-286-0547
 Recovery Support 410-535-3079 x 35
 School-Based Behavioral Health 410-535-3079 x 28

Child Passenger Safety Seat Assistance x 348
 Children with Special Health Care Needs x 405
 Calvert Center for Change (Sex Assault/Domestic Violence) x 384

Diabetes Programs x 459
 Environmental Health 410-535-3922/301-855-1557
 Genoa Pharmacy 443-486-7173

HIV Testing/Counseling x 332
 Immunizations Adult and Child option 6
 Health Choice/MCHP (Medical Assistance) option 6

Maternal Child Program x 400
 Medical Assistance Transportation 410-414-2489
 Pregnancy Tests x 332

Reproductive Health Clinic x 332
 Sexually Transmitted Infection Clinic x 332
 Smoking Cessation Program x 359

Spanish Interpreter x 483
 WIC Program x 369

Health Insurance Resources
 Marylandhealthconnection.gov
 MD Health Connection Call Ctr 855-642-8572

Department of Social Services 443-550-6900
 Seedco/MD Health Benefit Exchange 855-339-3007

MD Medicaid Help Line 800-284-4510
 Healthy Smiles Dental Program 800-284-4510
 Superior Vision/MD MCO 800-879-6901

Optim Maryland 888-204-5581

Hospitals/Clinics

Calvert Health Medical Center:
 (Website/Physician Locator) 410-535-4000
 calverthealth.org

Medstar St. Mary's Hospital
 (Website/Physician Locator) 301-475-8981
 medstarstmarys.org

Anne Arundel Medical Center
 (Website/Physician Locator) 443-481-1000
 aahs.org

UM Charles Regional Med Center
 (Website/Physician Locator) 301-609-4000
 umms.org

University of MD Medical Center
 (Website/Physician Locator) 800-492-5538
 umms.org

Johns Hopkins Hospital
 Johns Hopkins Bayview 410-955-5000
 410-550-0100

(Website/Physician Locator) hopkinsmedicine.org
 Children's National Medical Center 202-476-5000
 childrensnational.org

Greater Baden Medical Services 301-888-2233
 CVS MinuteClinic 1-866-389-2727

Patriot Urgent Care

Dunkirk Urgent Care 410-650-4346
 Prince Frederick Urgent Care 410-535-8911
 Solomons Urgent Care 410-394-2800

Premier Health Express Lusby 443-899-9525
Childbirth/CPR Classes
 Calvert Health Medical Center

Community Wellness/Childbirth Classes (fee) 410-535-8233
 www.calverthealthmedicine.org/Classes-Events
 Nurturing Needs 410-414-5414

Breastfeeding assistance.
 Medstar St. Mary's Hospital 301-475-6019
 Childbirth Classes/Infant CPR Classes (fee)

Dental Resources
 Calvert Community Dental (Lusby) 410-535-8402
 Calvert Smiles 410-257-7200

Tidewater Dental (Prince Frederick) 410-414-8333
 (Lusby) 410-326-0078
 (Solomons) 410-394-6690

Dr. Juambelz (Dunkirk) 301-855-8888
 Tyler Dental (Dunkirk) 301-327-5086
 Dr. Plater & Associates (Owings) 410-535-1990

Dunkirk Dental Assoc. (Dunkirk) 410-257-2400
 Prince Frederick Dental Center 410-535-5055
 Greater Baden Medical Services 301-888-2233

Dr. Dowling (Orthodontics/need referral) 410-535-0861
 Dr. King (oral surgery/Waldorf) 301-645-4555
 Univ of MD Dental School (adults) 410-706-7063

Univ of MD Dental School (child) 410-706-4213
 Medstar Washington Hospital Center 202-877-7332

Vision Resources
 My Eye Dr./Prince Frederick 410-535-2020
 My Eye Dr./Dunkirk 443-964-8705

Chesapeake Refractive Center 301-893-3484
 Maryland Eye Assoc (medical only) 410-535-2270

Pediatrics

Baig, Azam M.D.
 Harris, Kenon M.D.
 Mickins, Monice MD
 Tierney, Jill M.D.

Dunkirk, MD 301-327-5093
 Edgewater Office 410-956-6302

Hawit, Routh M.D.
 2417 Solomons Island Rd
 Huntingtown, MD 20639

Mehta, Bhargesh M.D.
 Mehta, Monica M.D.
 Jackson, Michelle PA

Smawley, Patricia CRNP
 Prince Frederick, MD 20678
 410-535-5555/301-855-1114

Dunkirk Medical Center
 3140 W. Chesapeake Rd., Suite 207
 Dunkirk, MD 20752

Slipps, David M.D.
 Lusk, Sara L. M.D.
 Seranin, Joanne CRNP

1430 Solomons Island Road
 Huntingtown, MD 20639
 410-535-4544/410-257-3700

Stolnick, Michael M.D.
 Chin, Meghan M.D.
 Singh, Nandini M.D.

Rhodes, Coralyn M.D.
 God, Bethany M.D.
 130 Hospital Road, Suite 207

Prince Frederick 410-535-5959

St. Mary's Pediatricians:
 Dhillon, Annapreet M.D.
 Leonardtown 301-475-9499

Miller, Robert E. M.D.
 Brown, Crystal M.D.
 Weaver, Kelly CRNP

Eldridge, Denise CRNP
 Leonardtown 301-475-7222
 Shelth, Amit M.D.

301-863-6373
 Rahmi, Fahmi M.D.
 Lexington Park 240-237-8557

MedStar Georgetown Pediatrics
 Leonardtown 301-475-4610
 MedStar Medical Group/St. Mary's

Leopoldtown 301-997-0055
 MedStar Shady Pediatrics
 California 301-737-0500

Charlotte Hall 301-884-7330
 Leonardtown 301-475-8833

Obstetrics/Gynecology

Calvert Health OB & GYN
 Estes, Barbara M.D.
 Ginter, Hilary M.D.

Henry, Jessica M.D.
 Johnson, Michelle M.D.
 Settle, Katrina M.D.

Davis, Deborah CRNP
 Gray, Ashley CRNP
 410-414-4740 (all offices)

1) Calvert Medical Office Bldg.
 110 Hospital Rd., Suites 202, 203, 204
 Prince Frederick, MD 20678

2) Solomons Medical Center
 14090 HG Trueman Rd., Suite 2600
 Solomons, MD 20688

St. Mary's County OB/GYN:
 Southern MD Women's Healthcare
 Cheeca, Nurissa M.D.

Davis, Nnamdi M.D.
 Greenwood, Arthur M.D.
 Polko, Lisa M.D.

Ervin, Lauren, CNM
 Rutledge, Carlyn, CNM
 Banfield, Anne MD

Waytashek, Jennifer, CNM
 41680 Miss Besse Dr., Suite 102
 Leonardtown, MD 20650

301-997-1788
 Neal, Joyce M.D.
 23140 Oakley St., Suite 1

Leonardtown, MD 20650
 301-475-0145

Internal Medicine
 Benner, Charles M.D.
 Solomons Medical Center

14090 HG Trueman Rd., Suite 2300
 Solomons, MD 20688
 410-449-6602

Calvert Internal Medical Group
 1) Calvert Medical Office Bldg.
 985 N Prince Frederick Blvd., Suite 201

Prince Frederick, MD 20678
 2) Dunkirk Medical Center
 10845 Towne Center Blvd., Suite 204

Dunkirk, MD 20745
 3) Solomons Medical Center
 14090 HG Trueman Rd., Suite 2500

Solomons, MD 20688
 All Clinic Locations:
 410-535-2003/301-855-1644

Jani, Parul M.D.
 Jackson, Michelle PA
 Swawley, Patricia CRNP

1005 Prince Frederick Blvd
 Prince Frederick, MD 20678
 410-535-5555

Revised 8/1/2022

Family Medicine

Brophy, Catherine M.D.
 Owens, Joyce M.D.
 McGinn, Amy CRNP

2025 Chanterville Rd S. 200
 Owings, MD 20736
 410-286-3865

Brower, Deborah CRNP
 Dourcous, Amanda CRNP
 489 Main St., Suite 102

Prince Frederick, MD 20678
 410-414-5633
 Mathew, Scaria M.D.

14910 HG Trueman Road
 Lusby, MD 20657
 410-326-6591

Calvert Health Primary Care
 Batong, Silvia M.D.
 Brooks, Michael M.D.

Papino-Higgs, Maria Novella M.D.
 Proctor, Keyonna D.O.
 Stoner, Melissa M.D.

Cools, Kimberly CRNP
 McPheeters, Christina CRNP
 Pitman, Lacy CRNP

Adkins, Ernestina CRNP
 1) Calvert Medical Office Bldg.
 110 Hospital Road, Suite 111

Prince Frederick, MD 20678
 410-535-4438
 2) Twin Beach Health Center

8924 Chesapeake Ave
 North Beach, MD 20714
 410-257-7279

3) Solomons Medical Center
 14090 HG Trueman Rd., #2100
 Lusby, MD 20657

410-394-3712
Internal Medicine, Continued
 Mathur, Mukesh M.D.

Mathur, Manoj M.D.
 3995 Old Town Rd., Suite 202
 Huntingtown, M.D. 20639

410-535-1451
St. Mary's Associates
 Calvert Medical Arts Center

130 Hospital Road, Suite 300
 Prince Frederick, MD 20678
 410-535-4333

Swana, Cyran M.D.
 3995 Old Town Rd., Suite 202
 Huntingtown, M.D. 20639

410-535-1451
 Yazdani, Mahin M.D.
 2555 Solomons Island Rd., North

Huntingtown, MD 20639
 410-535-1695

Checklist on Choosing an Assisted Living Facility

- ___ Identify an individual's medical, emotional, social, and spiritual needs.
What will happen when and if these needs change?
- ___ Consider a person's life-style needs and preferences, e.g. location/size of home, semi-private or private room and bath, handicapped accessibility, etc.
- ___ Request a copy of the facility's statement of deficiencies and Plan of Correction from the most recent survey.
- ___ Assess the overall cleanliness and maintenance of a home.
- ___ How often are a resident's room cleaned and linens changed?
- ___ Request a copy of the Resident Agreement (Contract). Pay special attention to costs, services provided, and discharge policies. Consider having a lawyer review it.
- ___ Determine how long the client's financial resources will last based on the facility's monthly fee. Looking ahead, consider what will happen if the client is not able to pay the full amount.
- ___ Request a copy of the Uniform Disclosure Statement. Identify hidden costs not clearly indicated on the Resident Agreement.
- ___ Inquire about Management/ Staffing credentials, Staff-to-Resident ratios.
- ___ Request copies of Staffing and Personal Care schedules.
- ___ What activities are offered and how often are they provided?
- ___ Talk to staff and residents to determine comfort level with the facility.
- ___ Check for a current license from The Office of Health Care Quality.
- ___ Visit a facility during the week and weekend to observe the services offered, and what it's like to live there.
- ___ Will free transportation be provided to and from medical appointments?
- ___ Review approved diet menus. Will special dietary needs and requests be met?
- ___ What are the Fire and Emergency Disaster Procedures and Plans? How often are they practiced? Are Exit Alarms working?
- ___ Request a copy of and discuss the individualized Service Plan.
- ___ Inquire about any restrictions on Visiting Privileges.
- ___ Are residents required to use a particular pharmacy?
- ___ Are there restrictions on visiting Senior Centers and other Programs?

Assisted Living Facilities

3 Bea's
(410) 586-2521
544 Barnacle Lane
Lusby, MD 20657
5 beds

Asbury Solomons Island
(410) 394-3030
11750 Asbury Circle
Solomons, MD 20688
30 beds

Assisted Living at Yellow Bank
(410) 257-4565
3825 Yellow Bank Road
Dunkirk, MD 20754
5 beds

Caribbean Breeze
(240) 286-2741
2200 Deer Run Court
Huntingtown, MD 20639
5 beds

Caribbean Breeze II
(240) 286-2741
4350 Estate Drive
Huntingtown, MD 20639
5 beds

Caribbean Breeze III
(240) 286-2741
255 Skinners Turn Road
Owings, MD 20736
5 beds

Caribbean Breeze IV
(240) 286-2741
3362 Hall Creek Lane
Owings, MD 20736
12 beds

Hermitage at St. John's Creek
(410) 326-0070
13325 Dowell Road
Solomons, MD 20688
68 beds

Monae's Manor
(410) 610-0586
242 Laurel Drive
Lusby, MD 20657
4 beds

Three Bea's
(443) 532-8936
2050 Peace Court
Saint Leonard, MD 20685
5 beds

Local Skilled Nursing Facilities

Calvert County Nursing Center (CCNC)

Address: 85 Hospital Rd, Prince Frederick, MD 20678

Phone: (410) 535-2300

Asbury Solomons

Address: 11100 Asbury Cir, Solomons, MD 20688

Phone: (410) 394-3000

Solomons Nursing Center (SNC)

Address: 13325 Dowell Rd, Solomons, MD 20688

Phone: (410) 326-0077

Chesapeake Shores (St. Mary's County)

Address: 21412 Great Mills Rd, Lexington Park, MD 20653

Phone: (301) 863-7244

South River Healthcare Center (Anne Arundel County)

Address: 144 Washington Rd, Edgewater, MD 21037

Phone: (410) 956-5000