



# **CALVERT COUNTY VETERANS** RESOURCE GUIDE



**CALVERT COUNTY  
VETERANS AFFAIRS  
COMMISSION**  
HONOR • ADVOCACY • RESPECT

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**CALVERT COUNTY  
VETERANS AFFAIRS  
COMMISSION**

**HONOR • ADVOCACY • RESPECT**

To learn more, contact the Veterans Affairs Commission at  
[veterans@calvertcountymd.gov](mailto:veterans@calvertcountymd.gov) 410-535-1600, ext. 8803  
or visit [www.calvertcountymd.gov/VAC](http://www.calvertcountymd.gov/VAC).



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## **Help Us Improve Our Resource Guide!**

We value your input! If you come across any errors or feel there are essential resources missing, please let us know. Your corrections and suggestions will help us keep our content accurate and up-to-date.

Submit your feedback to [veterans@calvertcountymd.gov](mailto:veterans@calvertcountymd.gov).



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## QUICK REFERENCE

### Veterans Crisis Line



Text: 838255

TTY for hearing loss: 800-799-4889

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)

[www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

24/7/365 free and confidential support for people in distress.

### MD Department of Veterans Affairs (MDVA)

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

410-260.3838

Website features a dashboard of available services and job opportunities for veterans in Maryland and a means to sign up for email alerts on jobs and services.

### U.S. Department of Veterans Affairs (USVA)

[www.va.gov](http://www.va.gov)

800-698-2411

Website features information on veteran programs, services, resources, news and provides an opportunity sign up for the latest VA updates.

# AMERICAN LEGION

## American Legion Department Service Officers

[www.legion.org/departmentserviceofficers](http://www.legion.org/departmentserviceofficers)

American Legion Department Service Officers (DSOs) offer free advice and guidance for veterans as they work through issues with the U.S. Dept. of Veterans Affairs (VA).

## Calvert Post 85

Robert E. Sprecher, Commander

410-535-3341

Meeting Address: 4290 Hunting Creek Road, Huntingtown, MD 20639

Mail Address: P.O. Box 31, Huntingtown, MD 20639

[resprecher@americanlegioncalvertpost85.org](mailto:resprecher@americanlegioncalvertpost85.org)

[www.americanlegioncalvertpost85.org](http://www.americanlegioncalvertpost85.org)

## Stallings-Williams Post 206, Chesapeake Beach

Scott Deacon, Commander

410-257-9878

Meeting Address: 3330 Chesapeake Beach Road, Chesapeake Beach, MD 20732

Mailing Address: P.O. Box 428, Chesapeake Beach, MD 20732

[commander.post206@gmail.com](mailto:commander.post206@gmail.com)

[www.md-post206.org](http://www.md-post206.org)

## Gray-Ray Post 220, Prince Frederick

Carol Scott, Commander

410-535-1477

Meeting Address: 21005 Sixes Road, Prince Frederick, MD 20678

Mailing Address: P.O. Box 3163, Prince Frederick, MD 20678

[grayraypost220@comcast.net](mailto:grayraypost220@comcast.net)

[www.facebook.com/American-Legion-Gray-Ray-Post-220-1415589198739995](https://www.facebook.com/American-Legion-Gray-Ray-Post-220-1415589198739995)

## Arick L. Lore Post 274, Lusby

Anthony (Tony) O'Donnell, Commander

410-326-3274

[americanlegionpt274@comcast.net](mailto:americanlegionpt274@comcast.net)

[www.americanlegioncalvertpost85.org/index.php?id=95](http://www.americanlegioncalvertpost85.org/index.php?id=95)

## **BENEFITS (GENERAL INFORMATION)**

### **Charlotte Hall Veterans Home**

Veterans Benefits Specialist Shawn Kersh or Veterans Service Officer Lisa Donor  
240-577-7083 and 301-884-8171, ext. 429  
[www.charhall.org](http://www.charhall.org)

Assistance in obtaining benefits for veterans and their eligible dependents. Benefits that may apply are: disability compensation, veterans pension, veterans pension with aid and attendance, dependency and indemnity compensation, survivors pension, other benefits including adapted house grants, service-disabled veterans insurance and veterans mortgage life insurance.

### **eBenefits**

eBenefits Customer Support: 800-983-0937  
[www.eBenefits.va.gov](http://www.eBenefits.va.gov)

eBenefits is a collaboration between the VA and the Department of Defense. It is a web portal that serves as a gateway for benefits for veterans, service members and their families.

### **“Federal Benefits for Veterans, Dependents and Survivors”**

[www.va.gov](http://www.va.gov)

From main web page, search on the publication title above to access the latest version of this comprehensive resource guide which features phone and website directory and detailed information on a wide variety of topics.

### **Maryland Department of Veterans Affairs**

800-446-4926, ext. 6450  
Charlotte Hall Veterans Home Benefits Specialist: 301-884-8171, ext. 7155  
[veterans.maryland.gov](http://veterans.maryland.gov)

Call for a benefits checkup or consult their website for a dashboard of services available and job opportunities for veterans in Maryland. You can also sign up for email alerts on jobs and services.

### **MyVA411**

800-698-2411

VA general information hotline that provides information on a wide variety of topics.

### **VA Health Care Hotline**

Healthcare Eligibility Hotline: 877-222-8387

## **VA/VHA Office of Rural Health**

202-632-8615

[rural.health.inquiry@va.gov](mailto:rural.health.inquiry@va.gov)

[www.ruralhealth.va.gov](http://www.ruralhealth.va.gov)

The Office of Rural Health provides free counselors to help with VA benefits applications and documents.

## **VA Welcome Kit**

[www.va.gov/welcome-kit](http://www.va.gov/welcome-kit)

Site features links related to health care, mental health services, women's concerns, disability applications, VA pensions and fiduciary benefits, educational benefits, burial assistance, Vet Center services, food and nutrition services, small-business support and more.

## **Veteran.com Community**

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

Serves the military community including active duty, reservists, National Guard, military retirees, veterans, and military spouses and their families. Site features information on a variety of topics including military pay and benefits, U.S. Veterans Administration benefits, retirement, military discounts, health care, education/training, employment, business and non-profit benefits, promotions and certifications, transitioning to civilian life, travel and leisure. Includes VA Loan Guide; pay, disability and loan calculators along with other resource listings.

# **BUSINESS OWNER RESOURCES**

## **Calvert County Government- Department of Economic Development Resources for Veteran Owned Businesses**

410-535-4583

[Info@choosecalvert.com](mailto:Info@choosecalvert.com)

[www.choosecalvert.com/veteran](http://www.choosecalvert.com/veteran)

Business and finance assistance, marketing support and workshops at no cost. Valuable resources for those who own or are interested in starting a business. Veteran-business owners who would like to be included in the "Salute to Business" program can find a link to the online form on the website shown above.

## **Governor's Office of Small, Minority & Women Business Affairs**

Veteran-Owned Small Business Enterprise Compliance Manager Danielle N. Davis

410-697-9607 (office) or 443-346-0717 (mobile)

[danielle.davis2@maryland.gov](mailto:danielle.davis2@maryland.gov)

100 Community Place Crownsville, MD 21032

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

## Mid-Atlantic Veterans Business Outreach Center

Steven Colella, Program Director

301-955-6328

scolella@umd.edu

midatlanticvbc.com

Serving Delaware, Maryland, Pennsylvania and Washington D.C.

## CAREGIVERS/CAREGIVER RESOURCES

### Calvert County Office on Aging

Lisa Caudle, Long Term Care Coordinator

410-535-4606 ext. 8755

[lisa.caudle@calvertcountymd.gov](mailto:lisa.caudle@calvertcountymd.gov)

[www.calvertcountymd.gov/OfficeOnAging](http://www.calvertcountymd.gov/OfficeOnAging)

[aging.maryland.gov/Pages/national-family-caregiver-support.aspx](http://aging.maryland.gov/Pages/national-family-caregiver-support.aspx)

The Calvert County Caregiver's Program is part of the National Family Caregiver Support Program that offers a range of support services to family caregivers including:

- Information about available services
- Assistance gaining access to the services
- Individual counseling, training and information on local support groups
- \*Respite Care grants and supplemental services dependent on available funding
- Monthly caregiver newsletter

\*Respite grants are available to care recipients living in Calvert County when:

- Adult family members or other informal caregivers age 18 and older are providing care to individuals 60 years of age and older
- Adult family members or other informal caregivers age 18 and older are providing care to individuals of any age with Alzheimer's or related disorders
- Older relatives (not parents) age 55 and older are providing care to children under the age of 18; and
- Older relatives including parents age 55 and older are providing care to adults ages 18-59 with disabilities



## **Hospice of the Chesapeake - We Honor Veterans Initiative**

410-987-2003

[veterans@hospicechesapeake.org](mailto:veterans@hospicechesapeake.org)

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

A program of the National Hospice and Palliative Care Organization in collaboration with the U.S. Department of Veterans Affairs that serves veterans in hospice care who face complex, life-limiting illnesses. Maintains the program's Level 5 designation for its commitment to providing specialized care to veterans facing a life-limiting illness. Partner organizations must demonstrate annually they are meeting the program's stringent standards to qualify.

## **Warrior Care Recovery Coordination Program Defense Health Agency**

[warriorcare.dodlive.mil/Caregiver-Resources/Military-Caregiver-Support](http://warriorcare.dodlive.mil/Caregiver-Resources/Military-Caregiver-Support)

Visit the website listed above to view a comprehensive list of agency resources for persons who care and advocate for recovering military members. It was issued in 2018 by the U.S. Department of Defense Office of Warrior Care Policy.

# **CEMETERY AND MEMORIAL PROGRAM**

## **Maryland Department of Veterans Affairs**

[veterans.maryland.gov/cemetery-and-memorial-program](http://veterans.maryland.gov/cemetery-and-memorial-program)

Maryland and the Maryland Department of Veterans Affairs (MDVA) are honored to offer our veterans, National Guard, Reservists and their eligible dependents a final resting place at one of Maryland's five state veterans cemeteries. MDVA also manages the Maryland World War II Memorial in Annapolis, the Gold Star Families Monument in Annapolis and the Vietnam War and Korean War Memorials in Baltimore. MDVA also shares joint responsibility with the City of Baltimore for the War Memorial Building.

# **CLAIMS ASSISTANCE**

## **Disabled American Veterans (DAV), Chapter 26**

Local Lodge 4 Machinist Union Hall

21795 C, North Shangri-La Drive

Lexington Park, MD 20653

[www.davch26stmarysmd.com](http://www.davch26stmarysmd.com)

Four Certified Chapter Service Officers (CSOs) assist with VA Claims on Wednesdays from 10:00 am until 1:00 pm for FREE. On an average they handle about 17 Claims each Wednesday. No appointments--assistance is provided on a first-come-first-served basis at the location shown above.

### **Terry W. Singer, Service Officer**

American Legion Post #274

410-610-0693

terrysinger@comcast.net

Will file VA claims for veterans and assist with addressing other VA issues.

### **Willy Borden**

301-884-8171, ext. 7155

wborden@charhall.org

## **CONSUMER/FINANCE ISSUES**

### **Consumer Finance Protection Bureau**

855-411-2372 (8 a.m. to 8 p.m. EST, Monday through Friday)

military@cfpd.gov

[www.consumerfinance.gov/servicemembers](http://www.consumerfinance.gov/servicemembers)

The Office of Service Member Affairs is a voice for military personnel within the newly formed Consumer Financial Protection Bureau. It investigates unethical business practices targeted toward military members, their families and veterans. To submit a complaint, visit [www.consumerfinance.gov/complaint](http://www.consumerfinance.gov/complaint).

Visit [www.consumerfinance.gov/consumer-tools/military-financial-lifecycle/](http://www.consumerfinance.gov/consumer-tools/military-financial-lifecycle/) to view a toolkit of information for military members and veterans.

## **CRISIS**

### **Calvert County Crisis Intervention Center**

877-467-5628 (24-hour helpline)

[www.calverthealth.org/personalhealth/crisisintervention/index.htm](http://www.calverthealth.org/personalhealth/crisisintervention/index.htm)

### **Safe Harbor**

410-535-1121

[www.calverthealth.org/personalhealth/crisisintervention/shelter.htm](http://www.calverthealth.org/personalhealth/crisisintervention/shelter.htm)

Calvert County's domestic violence shelter.

## Veterans Crisis Line



Text: 838255

TTY for hearing loss: 800-799-4889

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)

[www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

Provides 24/7/365 free and confidential support for people in distress. Information on prevention and crisis resources for veterans, service members, National Guard and Reserve members and those who support them. Enrollment in VA benefits not required.

## DENTAL

### Dental Clinic via Calvert Health (hospital)

Contact Erin Farley at 410-414-4573 or [Erin.Farley@Calverthealthmed.org](mailto:Erin.Farley@Calverthealthmed.org) for referrals to affordable dentists.

### Greater Baden Medical Services

Brandywine, Maryland

301-888-2233, ext. 3403 or 301-599-0460

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

Care coordinator provides information on income-based sliding scale for medical, mental health and discounted dental care.

### Mission of Mercy

Frederick, Maryland

301-682-5683

[www.amissionofmercy.org/maryland-pennsylvania](http://www.amissionofmercy.org/maryland-pennsylvania)

Information on free semi-monthly medical and dental services.

### University of Maryland School of Dentistry

Patient Information: 410-706-7101

[www.dental.umaryland.edu](http://www.dental.umaryland.edu)

Offers a full range of high quality dental care for adults, children and patients with special needs along with specialty services for patients with more complex dental needs, including: endodontics, periodontics, prosthodontics, oral-maxillofacial surgery and orthodontics. An Urgent Care walk-in clinic provides emergency services for patients experiencing pain and swelling. Services provided by faculty-supervised dental students. Fees typically lower than private practice fees.

## DISABILITIES

### Benefits for Disabilities

[benefits.va.gov/BENEFITS/derivative\\_sc.asp](https://benefits.va.gov/BENEFITS/derivative_sc.asp)

This U.S. Department of Veterans Affairs resource has a matrix that explains to disabled veterans what additional (derivative) benefits they may be entitled to based on their particular circumstances.

### Paralyzed Veterans of America

Benefits Helpline: 866-734-0857

Caregiver support: 855-260-3274;

DC Office/Legal Services Support: 800-424-8200

[info@pva.org](mailto:info@pva.org)

[www.pva.org](http://www.pva.org)

Veterans benefits, health care and other services.

### Wounded Warrior Project

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

Offers a range of programs and services to transform the way America's injured veterans are empowered, employed and engaged in their communities. Programs include networking, benefits services as well as mental health and peer support. An expert team of accredited National Service Officers can assist with navigating the VA claims process.

## EDUCATION

### College of Southern Maryland

Laticia Ragin

443-550-6131 or 301-934-7656

[veteransbenefits@csmd.edu](mailto:veteransbenefits@csmd.edu)

[www.csmd.edu/student-services/veteran-military/index.html](http://www.csmd.edu/student-services/veteran-military/index.html)

### GI Bill Information

800-698-2411

VA Benefits Hotline: 800-827-1000

[benefits.va.gov/gibill/](https://benefits.va.gov/gibill/)

## **University of Maryland Global Campus (UMGC)**

855-655-8682

[www.umgc.edu/military-and-veterans](http://www.umgc.edu/military-and-veterans)

A top-ranked military and veteran-trusted school offering award-winning, flexible academic programs and services for active-duty military service members, veterans and military spouses and families.

## **EMPLOYMENT**

### **American Veterans (AMVETS)**

202-549-7592 (Lanham, Maryland National Headquarters)

[amvets@amvets.org](mailto:amvets@amvets.org)

[www.amvets.org](http://www.amvets.org)

Staff and volunteers are committed to addressing unemployment among returning veterans, especially in the 18-24 age group.

### **America Works**

202-466-5627

[info@americaworks.com](mailto:info@americaworks.com)

[www.americaworks.com](http://www.americaworks.com)

Matches people of all demographics with attainable and sustainable employment opportunities. Works with wraparound services (transportation, counseling, support and training) to provide ongoing support before and after job placement.

### **Columbia Lighthouse for the Blind**

202-454-6400

[www.clb.org](http://www.clb.org)

Bridge to Work program assists vision-impaired veterans with employment counseling and placement.

### **Compensated Work Therapy**

[www.va.gov/health/cwt](http://www.va.gov/health/cwt)

Vocational rehabilitation program to match and support work ready veterans in competitive jobs.

### **Disabled Veterans Outreach Program**

410-539-1310

[dav\\_hq@davofmd.org](mailto:dav_hq@davofmd.org)

[www.davofmd.org](http://www.davofmd.org)

Specialized guidance and assistance for disabled veterans seeking employment.

### **Easter Seals D.C. MD VA**

Veteran Staffing Network (VSN)

855-VET-7111

[www.veteranstaffingnetwork.org](http://www.veteranstaffingnetwork.org)

A national nonprofit staffing agency that connects employers with top-tier military talent and helps veterans and their spouses find meaningful jobs. VSN supports multiple disciplines and industries, placing thousands of veterans and military spouses in positions across the country, from entry-level to executive.

### **Helmets to Hardhats**

815 16th Street, NW, Suite 600

Washington, DC 20006

866-741-6210

[www.helmetstohardhats.org](http://www.helmetstohardhats.org)

Connects veterans with thousands of \$100k career opportunities in construction fields. Provides debt-free education/apprenticeships. Receive good wages and benefits as an apprentice. Take advantage of benefits offered under the GI Bill.

### **Maryland Department of Labor, Licensing & Regulation (DLLR)**

Local Veterans Employment Representative George Hawley, Southern MD Region

175 Post Office Road, Waldorf, MD

301-374-1153

[George.hawley@maryland.gov](mailto:George.hawley@maryland.gov)

[www.dllr.state.md.us/employment/veteranservices.shtml](http://www.dllr.state.md.us/employment/veteranservices.shtml)

Information on job clubs, employment fairs and job coaching. Check the DLLR website for updates on job fairs and hiring events.

### **Maryland Department of Labor**

Prince George's County/Southern Maryland Region

Division of Workforce Development and Adult Learning

Todd Kemmerer, Regional Veteran Employment Manager

Office: 301-618-7087

Cell: 443-699-5623

[todd.kemmerer@maryland.gov](mailto:todd.kemmerer@maryland.gov)

[www.labor.maryland.gov](http://www.labor.maryland.gov)

Provides job search assistance to eligible veterans via the American Job Center. Offers workshops/services at the Prince Frederick library every other Wednesday (check the Calvert Library website for details.) Can meet veterans virtually or in the community if transportation is an issue.

Provides individualized career services for veterans, including the full range of employment and training services. Staff consists of:

- Disabled Veterans Outreach Specialists (DVOP) at American Job Centers or satellite offices in every Maryland county –who provide in depth individualized career services to Significant Barriers to Employment (SBE) veterans, eligible spouses and/or caregivers. Conducts comprehensive/specialized assessments to understand specific veteran/spouse interests, preferences, support needs, skill sets and abilities and develops individually tailored employment plans. Conducts job searches, job referrals and placement activities.
- Local Veteran Employment Representatives (LVER) work with other service providers to promote the advantages of hiring veterans and advocate for veterans with business, industry and other community-based organizations.

### **Maryland Department of Veterans Affairs**

[veterans.maryland.gov/category/services/employment](http://veterans.maryland.gov/category/services/employment)

Website features resources for job seekers and employers. Information for Veterans seeking employment, state government jobs, military service credits and how to access one-on-one job search assistance through the Maryland Department of Labor.

### **Maryland Veterans Conservation Corps (VCC)**

Merkle Natural Resources Management Area

11704 Fenno Road

Upper Marlboro, MD 20772

443-510-9920

For more information or to apply, contact:

Ranger Luke Terrell

Deputy Director of Conservation Corps

240-278-5218

[luke.terrell@maryland.gov](mailto:luke.terrell@maryland.gov)

[dnr.maryland.gov/publiclands/Pages/Veterans-Conservation-Corps.aspx](http://dnr.maryland.gov/publiclands/Pages/Veterans-Conservation-Corps.aspx)

Empowering and engaging veterans to explore careers in environmental stewardship, conservation service and land management on public lands, capitalizing on veterans' unique background, diverse job skills and service ethic to address pressing conservation needs. The VCC develops veterans professionally through training and on the job experience within the Maryland Park Service and the Department of Natural Resources with paid, full-time year-round employment. Competitive wages, health insurance, professional and networking opportunities, professional skills development.

## **Melwood Veterans Services**

Travis Rahill 301-599-4550  
301-599-8000  
trahill@melwood.org  
melwood.org/veterans-services

Case managers work with disabled veterans to help them find employment.

## **My Next Move**

[www.mynextmove.org/vets](http://www.mynextmove.org/vets)

Online tool created by the U.S. Department of Labor that allows veterans to enter information about their experience and skills and match it with civilian careers. Also includes information on salaries, apprenticeships and education/training programs.

## **Paralyzed Veterans of America**

National HQ: 800-424-8200, Benefits Helpline: 1-866-734-0857  
info@pva.org  
pva.org

Connects disabled veterans with meaningful employment at veteran-friendly companies through its no-cost Paving Access for Veterans Employment (PAVE) program.

## **Retraining for Unemployed Vets**

800-827-1000  
[www.benefits.va.gov/VOW](http://www.benefits.va.gov/VOW)

The Veterans Retraining Assistance Program provides upgrade skills training to eligible veterans for high-demand occupations.

## **Southern Maryland JobSource**

[www.dllr.state.md.us/county/smd](http://www.dllr.state.md.us/county/smd)

Southern Maryland JobSource provides a variety of employment and support resources to assist job seekers in achieving their employment goals.

## **U.S. Department of Labor**

Phone Number: 1-866-4-USA-DOL (1-866-487-2365)  
veterans.gov  
Information on finding jobs, starting businesses and hiring veterans, including state-by-state resources.



## **VA for Vets**

vesovets@va.gov

vaforvets.va.gov

This online career center includes a military skills translator, a résumé builder and an avatar-based technology that connects deployed troops back to the VA during operational missions. One program goal is to increase the veteran workforce within the VA from 30% to 40%.

## **Veteran.com Community**

veteran.com

Serves the military community including active duty, reservists, National Guard, military retirees, veterans, and military spouses and their families. Site features updated listings of jobs with military-friendly companies and jobs with the U.S. Department of Veterans Affairs.

## **Veterans Employment Center for Job Seekers**

1-880-827-1000

www.va.gov/careers-employment

Online site with veterans job bank search tool, military skills translator, résumé builder, training and vocational resources.

## **Veterans Employment & Training Service (VETS)**

www.dol.gov/vets

Information for employers from the U.S. Department of Labor on how to hire and retain veterans.

## **Veterans Priority Collection**

1-866-4-USA-DOL (1-866-487-2365)

Vet.Priority@dol.gov

veteranspriority.workforcegps.org

A centralized collection of resources on the job market, education and training programs, grants, legislation and publications and articles related to employment.

## **Warriors to Workforce**

VAAAW2W@va.gov

www.acquisitionacademy.va.gov/schools/internship/w2wProgram.asp

A 10-month program that offers veterans an opportunity to transition into a new, full-time career in the federal government by applying their military skills and experiences to the contract specialist field. The program focuses on transitional support, mentoring, professional development and foundational career training activities.

## FINANCIAL ASSISTANCE

### Maryland Veterans Trust Fund

410-260-3836

[mdveteranstrust.mdva@maryland.gov](mailto:mdveteranstrust.mdva@maryland.gov)

[veterans.maryland.gov/maryland-department-of-veterans-affairs-veterans-trust-fund](https://veterans.maryland.gov/maryland-department-of-veterans-affairs-veterans-trust-fund)

A 501c3 organization designed to assist with non-emergency, temporary financial challenges facing veterans or widows/widowers of veterans (primarily rent/mortgage payments and utility bills). The fund's design cannot support chronic, long term financial hardship. The Trust Fund Grant Administrator completes a brief interview with each applicant before submitting applications for review. Based on information supplied in the application, a review committee approves or denies requests for assistance.

### Navy-Marine Corps Relief Society

Annapolis: 410-293-9220

Pax River: 301-342-4739

[annapolis@nmcrs.org](mailto:annapolis@nmcrs.org)

[www.nmcrs.org](http://www.nmcrs.org)

Active duty Sailors or Marines, eligible family members, or surviving spouses may receive an interest-free loan of up to \$1,000 to meet urgent financial needs with a Quick Assist Loan (QAL).

## FOOD

### Calvert County Office on Aging

Ed Sullivan, Division Chief

410-535-4606

450 West Dares Beach Road, Prince Frederick

[www.calvertcountymd.gov/officeonaging](http://www.calvertcountymd.gov/officeonaging)

Each of Calvert's three senior center offers programming and activities and provides congregate meals. The Office on Aging coordinates the Meals on Wheels program. Calvert senior centers also provide information on caregiving resources and long-term care. Maryland Access Point (MAP) Coordinators provide a "no wrong door" approach to improve information and access to all programs and services for which an individual may be eligible. MAP Coordinators can assist individuals over the age of 50, adults 18 and over with a disability and caregivers of older adults and adults with disabilities. Refer to website for center locations and contact information.

## Food Pantries

To view a list of the food pantries in Calvert County visit [www.calvertcountymd.gov/DocumentCenter/View/27582/Calvert-Food-Pantries-Mar-2021?bidId=](http://www.calvertcountymd.gov/DocumentCenter/View/27582/Calvert-Food-Pantries-Mar-2021?bidId=)

## FRAUD/SCAMS

### AARP Operation Protect Veterans

877-908-3360

[www.AARP.org/fraudwatchnetwork](http://www.AARP.org/fraudwatchnetwork)

### Maryland Department of Veterans Affairs

800-466-4926, ext. 6450

Identity theft continues to be a significant problem for veterans and dependents. MDVA strongly advises veterans and families to be 100% certain they are speaking with a MDVA representative before releasing any personal information (date of birth, social security number or bank account information). If there is any concern regarding the legitimacy of a phone call and the need for information, please call 800-446-4926, ext. 6450 to verify the caller is indeed a MDVA employee.

## HEALTH

### Calvert County Health Department

410-535-5400

[www.calverthealth.org](http://www.calverthealth.org)

Receive information on personal health services, community services and health threats in Calvert County.

### Disease Prevention

1-877-222-8387

[www.prevention.va.gov](http://www.prevention.va.gov)

This site is sponsored by the VHA National Center for Health Promotion and Disease Prevention (NCP) to help veterans stay well and well-informed.

### Geriatrics and Extended Care

Veterans Crisis Line 1-800-273-8255

[www.va.gov/geriatrics](http://www.va.gov/geriatrics)

Resources available for older adults on many issues and links to locate local services.

## **Greater Baden Medical Services**

Brandywine, Maryland  
301-888-2233, ext. 3403 or 301-599-0460  
gbms.org

Care coordinator provides information on income-based sliding scale for medical, mental health and discounted dental care.

## **Mission of Mercy**

Frederick, Maryland  
301-682-5683  
[www.amissionofmercy.org/maryland-pennsylvania](http://www.amissionofmercy.org/maryland-pennsylvania)

Information on free semi-monthly medical and dental services.

## **Toxic Exposure - PACT Act**

For PACT Act screening — if already enrolled with VA clinics, contact your primary care team. If you have never interfaced with VA call 800-698-2411 (TTY: 711), go to [www.va.gov/resources/the-pact-act-and-your-va-benefits](http://www.va.gov/resources/the-pact-act-and-your-va-benefits) to connect with a Toxic Exposure Navigator or contact Veterans Administration at 202-745-8000 and choose menu option 8.

## **VA Health Benefits**

877-222-8387  
[www.va.gov/healthbenefits](http://www.va.gov/healthbenefits)

With VA health care, you're covered for regular checkups with your primary care provider and appointments with specialists. You can access veterans health care services and you can get medical equipment, prosthetics and prescriptions. Find out how to apply for and manage the health care benefits you've earned.

## **VA Medical Advice Line**

202-745-8247

Call 24 hours for medical advice from the Washington, DC VA Medical Center.

## **VA Medical Records**

[www.va.gov/washington-dc-health-care/medical-records-office](http://www.va.gov/washington-dc-health-care/medical-records-office)

View the VA's online tools to help you view, organize and share your VA medical records and personal health information.

## **VA Medical Services**

202-745-8000  
50 Irving Street, NW, Washington, D.C.  
[www.washingtondc.va.gov](http://www.washingtondc.va.gov)

Helps veterans access specialty care services.

### **VA Community-Based Outpatient Clinic (CBOC) (Charlotte Hall)**

29640 Three Notch Rd, Charlotte Hall, MD 20622

301-884-7102

[www.va.gov/washington-dc-health-care/locations/charlotte-hall-va-clinic](http://www.va.gov/washington-dc-health-care/locations/charlotte-hall-va-clinic)

Primary care, specialty health services (including mental health services) and dental services for veterans living in the Southern Maryland Tri-County area.

### **VA Community-Based Outpatient Clinic (CBOC) (Lexington Park)**

45870 E Run Dr, Lexington Park, MD 20653

240-237-1625

[www.va.gov/washington-dc-health-care/locations/lexington-park-va-clinic](http://www.va.gov/washington-dc-health-care/locations/lexington-park-va-clinic)

Primary care, specialty health services (including mental health services) and dental services for veterans living in the Southern Maryland Tri-County area.

### **VA Community-Based Outpatient Clinic (CBOC) (Southern Prince George's County)**

5801 Allentown Road, Suites 104 and 106, Camp Springs, MD 20746

301-423-3700

[www.va.gov/washington-dc-health-care/locations/southern-prince-georges-county-va-clinic](http://www.va.gov/washington-dc-health-care/locations/southern-prince-georges-county-va-clinic)

Primary care, specialty health services (including mental health services) and dental services for veterans living in the Southern Maryland Tri-County area.

### **Veterans Directed Home & Community Based Services**

855-481-6777 or 206-462-5728

[www.payingforseniorcare.com](http://www.payingforseniorcare.com)

Affordable options for assisted living and long-term care. Develop a plan and apply online.

### **Veterans Health Council**

301-585-4000, ext. 195

[vhc@vaa.org](mailto:vhc@vaa.org)

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

Informs veterans and their families about health issues and available benefits.

# HOMELESSNESS

## **Calvert County Department of Social Services**

200 Duke Street, Ground Floor Rear Entrance, Prince Frederick, MD 20678

443-550-6900

calvert.dss@maryland.gov

dhs.maryland.gov/local-offices/calvert-county

Initial point of access for referral to Project ECHO and other supports.

## **Homeless Persons Representation Project, Inc.**

410-685-6589

hprplaw.org

Free legal services, including advice, counsel, education, representation and advocacy for low-income persons who are homeless or at risk of homelessness.

## **Maryland Center for Veterans Education and Training (MCVET), Baltimore, MD**

410-576-9626

info@mcvet.org

www.mcvet.org

Offers emergency, transitional and single-room occupancy housing, counseling, supportive services, health care referral, education, substance abuse treatment.

## **Maryland Interagency Council on Homelessness**

To view the council's Resource Guide visit <https://veterans.maryland.gov/wp-content/uploads/sites/2/2015/06/Resource-Guide-Homeless-Services-6.pdf>.

## **National VA Homeless Hotline**

877-424-3838

www.va.gov/homeless

24/7 Counseling, referral, food, clothing.

## **Project ECHO Homeless Shelter**

484 Main Street, Prince Frederick, MD

410-535-0044

projectecho.net

Emergency shelter and supportive housing for individuals and families experiencing homelessness in Calvert County. ECHO House has 38 beds divided among family suites and dorm-style rooms. Every resident receives personalized case management. Department of Social Services referral required.

## **Safe Nights of Calvert County**

410-610-5694

Call the number above to register for overnight shelter and food during the freezing weather months of November through March.

## **Three Oaks Center (TOC)**

Sasha Seenath at 301-863-9535, ext. 116

301-863-9535, ext. 103

sseenath@threeoakscenter.org

www.threeoakscenter.org

TOC operates the Supportive Services to Veteran Families (SSVF) program which provides rapid rehousing, homeless prevention and a resource center for veterans in Calvert, Charles and St. Mary's counties.

## **VA Healthcare for Homeless Vets**

Senior Social Worker LaRita Mullins, MSW, LICSW, LICSW-C

202-230-2692

Toll Free Phone Number: 1-877-424-3838

www.va.gov/HOMELESS/HCHV\_FAQS.asp

Access VA services for homeless and at-risk veterans, available 24/7.

## **VA Rural Outreach & Homeless Prevention in Southern Maryland**

Kaya Daley, LGSW

301-502-9065

Kaya.HazardDaley@va.gov

Contact for assessment, education and referral.

## **Washington DC VA Medical Center**

Director Kevin Morton, Healthcare for Homeless Veterans Program

202-745-8000, ext. 6128 or 202-215-8020

# **HOUSING**

## **Charlotte Hall Veterans Home**

301-884-8171

admissions@charhall.org

www.charhall.org

Nursing home care.

## **Housing Authority of Calvert County**

Executive Director Shawn Kingston

410-535-5010, ext. 309

[www.calverthousing.org](http://www.calverthousing.org)

## **Maryland Homefront**

1-800-638-7781 or 301-429-7852

[mmp.maryland.gov/Pages/Homefront.aspx](http://mmp.maryland.gov/Pages/Homefront.aspx)

Homefront provides military veterans and active duty military with a special interest rate discount of 0.25% for a 30-year and a fixed-rate mortgage.

## **Southern Maryland Tri-County Community Action Committee**

310-274-4474

[www.smtccac.org](http://www.smtccac.org)

Staff provides housing counseling.

# **HOSPICE CARE**

## **Calvert Hospice**

Volunteer Coordinator Amanda Peterson

410-535-0892

[apeterson@calverthospice.org](mailto:apeterson@calverthospice.org)

Calvert Hospice partners with the VA in its We Honor Veterans Program. Staff understands the unique needs of veterans and is prepared to meet the specific challenges that veterans and their families may face at the end of life. Partner initiatives include educating the community about caring for veterans facing serious illness, coordinating care with the VA and other healthcare organizations and providing veteran-to-veteran volunteer programs for quality end-of-life care.

# **LEGAL**

## **American Bar Association (ABA) Veterans Legal Services Initiative**

800-285-2221

[service@americanbar.org](mailto:service@americanbar.org)

[www.americanbar.org/groups/legal\\_services/milvets](http://www.americanbar.org/groups/legal_services/milvets)

Brings together all of the ABA entities, programs, and projects focused on legal services for military personnel, veterans, and their families and provides access to all of these resources to the public and legal professionals.



## **Free Notary Service - Calvert County**

Lorraine Joyner  
410-535-1600, ext. 8803

## **Maryland Legal Aid Bureau**

410-951-7777  
[www.mdlab.org](http://www.mdlab.org)

Maryland Legal Aid is a private, non-profit law firm that provides a full range of free civil legal services to low-income people statewide. The firm handles civil (non-criminal) cases involving a wide range of issues.

## **Maryland Volunteer Lawyer Service**

800-510-0050 or 410-547-6537 (Baltimore Metro Area)  
[mvlslaw.org](http://mvlslaw.org)

MVLS is a private, non-profit legal services provider established to help meet the need for civil legal services in Maryland. Their mission is to connect low-income Marylanders with volunteer lawyers and community partners to deliver free civil legal assistance.

## **National Veterans Legal Services Program**

202-265-8305  
[info@nvlsp.org](mailto:info@nvlsp.org)  
[www.nvlsp.org](http://www.nvlsp.org)

Lawyers and non-lawyer advocates assist veterans and their families with claims for VA benefits.

## **Pre-trial Stage Assistance**

Karen Carrington  
202-745-8338  
[Karen.Carrington2@va.gov](mailto:Karen.Carrington2@va.gov)

## **Public Defender - Calvert County Circuit Court**

443-550-6800 or 877-430-5187

## **Southern Maryland Legal Aid Bureau - Hughesville Office**

410-535-3278 or 877-310-1810

## **StatesideLegal**

[www.statesidelegal.org](http://www.statesidelegal.org)

StatesideLegal assists people with military experience by providing them with information and resources to better understand and protect their rights.

## United States Court of Appeals for Veterans Claims

202-501-5970

[www.uscourts.cavc.gov](http://www.uscourts.cavc.gov)

A national court of record, established under Article I of the U.S. Constitution. The court has exclusive jurisdiction to provide judicial review of final decisions by the Board of Veterans' Appeals, an entity within the Department of Veterans Affairs. Provides veterans an impartial judicial forum for review of administrative decisions by the Board of Veterans' Appeals that are adverse to the veteran-appellant's claim of entitlement to benefits for service-connected disabilities, survivor benefits and other benefits such as education payments and waiver of indebtedness. Seeks to help ensure that all veterans have equal access to the court and to promote public trust and confidence in the court. Site includes links to information on how to appeal, court forms and fees, court rules and procedures and more.

## Veterans Consortium Pro Bono Program

888-838-7727 or 202-628-8164

[www.vetsprobono.org](http://www.vetsprobono.org)

The Veterans Consortium Pro Bono Program is the leading national charity providing free legal services in federal venues for veterans in need.

## Veterans Legal Assistance Project

202-832-6577

[www.nlsp.org/veterans](http://www.nlsp.org/veterans)

Provides free civil legal assistance to low-income veterans in the DC region.

## VetLex

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

Links U.S. veterans, veterans service organization and qualified pro-bono or low-bono attorneys nationwide.

# LIBRARY/RESEARCH

## Calvert Library

410-535-0291

Branch Locations: [calvertlibrary.info/about-us/locations](http://calvertlibrary.info/about-us/locations)

Dedicated Veteran Resource Page: [calvertlibrary.info/research-learn/veterans-resources](http://calvertlibrary.info/research-learn/veterans-resources)

Calvert Library offers public computers and complimentary Wi-Fi, diverse events and classes, personalized one-on-one and small-group computer training sessions, as well as comprehensive online business and technology courses available through LinkedIn Learning. Benefit from research support, resume crafting assistance and job search guidance. The Veterans Resource Page is a valuable

source featuring information on both national and local resources, along with details on “Welcome to Calvert,” “Library Veteran Events,” and recommended Military-Themed Reads. Visit their website for details on branch locations and contact information.

## MEDIATION

### Community Mediation Center of Calvert County

443-295-7456

[calvertmediation@gmail.com](mailto:calvertmediation@gmail.com)

[www.calvert-mediation.org](http://www.calvert-mediation.org)

Mediation is a free service providing support for veterans who may be engaged in a conflict with family members, employers, neighbors or involving the courts.

## MENTAL HEALTH

### Annapolis Vet Center

Leonard Greig

410-605-7826

24/7 call center: 877-927-8387

100 Annapolis Street, Annapolis, MD 21401

[leonard.greig@va.gov](mailto:leonard.greig@va.gov)

[www.va.gov/annapolis-vet-center](http://www.va.gov/annapolis-vet-center)

Confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for depression, PTS, and the psychological effects of military sexual trauma (MST), and connections to additional VA and community supports. Initial in-person intake is required, but services can be provided virtually thereafter. Local Vietnam Veteran support group meets at Trinity United Methodist Church in Prince Frederick. Call or check website for additional information.

### Calvert County Health Department - Substance Abuse Treatment

410-535-3079, ext. 6

[mdh-dl-calchd-substanceabusecchd@maryland.gov](mailto:mdh-dl-calchd-substanceabusecchd@maryland.gov)

[www.calverthealth.org/personalhealth/substanceabuse/services.htm](http://www.calverthealth.org/personalhealth/substanceabuse/services.htm)

Comprehensive behavioral health assessments; individual, group and family counseling; urinalysis drug testing and breathalyzer testing; education; intensive outpatient treatment program; detention center treatment services; buprenorphine treatment, school-based behavioral health services; referrals to inpatient treatment; and other community services.

## **Coaching into Care**

888-823-7458

[www.mirecc.va.gov/coaching](http://www.mirecc.va.gov/coaching)

A free service for families and friends of veterans provided by the U.S. Department of Veterans Affairs. Responders briefly assess your concerns and provide appropriate resources and referrals via a 10 to 30 minute calls. Licensed psychologists and social workers offer guidance and help for starting conversations with the veteran in your life about their mental health or substance use. Website features fact sheets and tips on a wide variety of topics.

## **Easter Seals D.C. MD VA**

Steven A. Cohen Military Family Clinic

Harry & Jeanette Weinberg Inter-Generational Center

1420 Spring Street, Suite 300, Silver Spring, MD 20910

240-847-7500

[info.mfc@eseal.org](mailto:info.mfc@eseal.org)

High-quality, accessible behavioral health care focused on post-9/11 veterans, active-duty service members, their families and caregivers. Services are available to any person who served in the U.S. Armed Forces, including the National Guard and Reserves, regardless of role or discharge status. Treatment for individuals, couples, families and children ages four years and older. In-person and telehealth appointments available.

## **Greater Baden Medical Services**

Brandywine, Maryland

301-888-2233, ext. 3403 or 301-599-0460

<https://gbms.org>

Care coordinator provides information on income-based sliding scale for medical, mental health and discounted dental care.

## **Make the Connection**

[www.MakeTheConnection.net](http://www.MakeTheConnection.net)

A U.S. Department of Veterans Affairs website that allows veterans and their families to connect with other veterans and families in similar situations, share life stories and solutions and get connected to appropriate resources as they transition to civilian life or face other life challenges. Search features allow site visitors to connect to the stories most relevant to them. Site provides info on conditions, signs, symptoms, treatment, local support and resources. Resources, including group therapy and peer support, are available for problems with alcohol or drugs and suicidal thoughts.

## **Maryland's Commitment to Veterans**

877-770-4801

Calls accepted 24 hours a day, 7 days a week.

[health.maryland.gov/bha/veterans/Pages/Home.aspx](http://health.maryland.gov/bha/veterans/Pages/Home.aspx)

A program of the Maryland Behavioral Health Administration that offers a comprehensive system of treatment and recovery support services for individuals who are currently serving or have served in the U.S. Uniformed Services (Active Duty, Guard and Reserve) and their families seeking wellness in the state of Maryland. Provides referral services, peer support and crisis funding.

## **Mobile Veterans Center**

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

A nationwide program that enhances outreach by allowing groups to schedule a mobile unit that offers onsite counseling, referral and direct service delivery. Contact Leonard Greig, at the Annapolis Vet Center ([leonard.greig@va.gov](mailto:leonard.greig@va.gov)) to check on availability and schedule the mobile unit.

## **Moving Forward**

[www.veterantraining.va.gov](http://www.veterantraining.va.gov)

Moving Forward is an online self-help training program which provides tools, videos and interactive quizzes to teach skills that will enable veterans to better address problems and daily dilemmas that may arise. Developed by the Departments of Defense (DOD) and Veterans Affairs (VA), the site is tailored specifically for veterans, military members and their families because it recognizes the uniqueness of military culture.

## **National Alliance on Mental Illness**

410-884-8691

Warm Line: 877-878-2371

[www.namimd.org](http://www.namimd.org)

Provides educational resources on mental health support tools and crisis events.

## **Pro Bono Counseling Project**

877-323-5800 or 410-825-1001

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

The Pro Bono Counseling Project is a service that connects Marylanders in need of mental health counseling to licensed volunteer therapists, and provides referrals to other supportive services. People reach out for help with a wide range of issues. Therapists work with adults, children, individuals, couples and families. Common concerns include: depression, anxiety, abuse, self-esteem, relationships, divorce, grief, trauma and life transitions. Services are free to those who are financially eligible.

## **VA Mental Health Clinics**

### **VA Community-Based Outpatient Clinic (CBOC) (Charlotte Hall)**

29640 Three Notch Rd, Charlotte Hall, MD 20622

301-884-7102

[www.va.gov/washington-dc-health-care/locations/charlotte-hall-va-clinic](http://www.va.gov/washington-dc-health-care/locations/charlotte-hall-va-clinic)

Primary care, specialty health services (including mental health services) and dental services for veterans living in the Southern Maryland Tri-County area.

### **VA Community-Based Outpatient Clinic (CBOC) (Lexington Park)**

45870 E Run Dr, Lexington Park, MD 20653

240-237-1625

[www.va.gov/washington-dc-health-care/locations/lexington-park-va-clinic](http://www.va.gov/washington-dc-health-care/locations/lexington-park-va-clinic)

Primary care, specialty health services (including mental health services) and dental services for veterans living in the Southern Maryland Tri-County area.

### **VA Community-Based Outpatient Clinic (CBOC)**

#### **(Southern Prince George's County)**

5801 Allentown Road, Suites 104 and 106, Camp Springs, MD 20746

301-423-3700

[www.va.gov/washington-dc-health-care/locations/southern-prince-georges-county-va-clinic](http://www.va.gov/washington-dc-health-care/locations/southern-prince-georges-county-va-clinic)

Primary care, specialty health services (including mental health services) and dental services for veterans living in the Southern Maryland Tri-County area.

## **Veteran Centers**

1-877-WAR-VETS (927-8387)

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Website locator identifies veteran centers providing services across the U.S. Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible veterans, service members (including National Guard and Reserve components) and their families. Counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services. Vet Center counselors and outreach staff, many of whom are veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma.

## Veterans Crisis Line



Text: 838255

TTY for hearing loss: 800-799-4889

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)

[www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

Provides 24/7/365 free and confidential support for people in distress. Information on prevention and crisis resources for veterans, service members, National Guard and Reserve members and those who support them. Enrollment in VA benefits not required.

## Vets4Warriors

1-855-838-8255

[www.Vets4Warriors.com](http://www.Vets4Warriors.com)

Free, private, confidential, 24/7 peer support and resource connection for Veterans and their families via phone, chat or email. Immediate and long-term peer support provided to Veterans of every branch of the military thru every era of conflict.

# MORTGAGE ASSISTANCE

## Emergency Mortgage Assistance

301-274-4474 or 301-870-3770

Hotline: 1-877-462-7555

[www.mdhope.org](http://www.mdhope.org)

## Maryland Homeowner Assistance Fund

301-429-7400

Hotline: 877-462-7555

[www.mdhope.org](http://www.mdhope.org)

Facilitates access to a statewide network of nonprofit and local government agencies that provide critical assistance to homeowners and renters. Housing counselors and information on state-approved nonprofit agencies that provide individual guidance to homeowners facing foreclosure.

# OPERATIONS

## **Gulf War Veteran Resources**

### **Maryland Department of Veterans Affairs**

[veterans.maryland.gov/are-you-a-veteran-of-the-gulf-war-to-present-what-you-need-to-know](https://veterans.maryland.gov/are-you-a-veteran-of-the-gulf-war-to-present-what-you-need-to-know)

### **U.S. Department of Veteran Affairs**

[https://www.benefits.va.gov/persona/veteran-gulfwar.](https://www.benefits.va.gov/persona/veteran-gulfwar.asp#:~:text=wartime%20service%20requirement.-,VA%20Benefits,rehabilitation%20and%20employment%2C%20and%20burial)

[asp#:~:text=wartime%20service%20requirement.-,VA%20](https://www.benefits.va.gov/persona/veteran-gulfwar.asp#:~:text=wartime%20service%20requirement.-,VA%20Benefits,rehabilitation%20and%20employment%2C%20and%20burial)

[Benefits,rehabilitation%20and%20employment%2C%20and%20burial](https://www.benefits.va.gov/persona/veteran-gulfwar.asp#:~:text=wartime%20service%20requirement.-,VA%20Benefits,rehabilitation%20and%20employment%2C%20and%20burial)

Information on concerns specific to Gulf War Veterans is available on both state and federal DVA websites.

## **Iraq & Afghanistan Veterans of America (IAVA)**

200 Massachusetts Ave., NW, Washington, DC 20001

202-544-7692

[info@iava.org](mailto:info@iava.org)

[www.iava.org](http://www.iava.org)

Veterans advocacy and support organization. Non-partisan leader in advocacy, public awareness and one-on-one case management support with a mission to connect, unite and empower post-9/11 veterans. Veterans have paid their dues so membership is always free. Quick Reaction Force program provides 24/7 peer support and comprehensive care management for all veterans and families, regardless of era, discharge status or location. Offers grant funding for partner organizations that do exceptional work for veterans through their Veteran Community Fund.

## **Vietnam Veterans of America**

8719 Colesville Road, Suite 100, Silver Spring, MD 20910

301-585-4000

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

Nationwide member organization that provides claims assistance, financial advising, job placement, and advocacy. Hosts bi-annual national conventions. Website features information on local chapters, legislative updates, educational brochures, and other resources.



## POST-TRAUMATIC STRESS DISORDER (PTSD)

### Melwood Veterans Services

Travis Rahill 301-599-4550  
301-599-8000  
trahill@melwood.org  
melwood.org/veterans-services

Melwood offers this series of retreats at its 108-acre retreat and recreation center in Nanjemoy. The program is designed to assist veterans and active duty military who are dealing with post-traumatic stress, mild to moderate traumatic brain injury and other deployment related traumas, so they can overcome obstacles to recovery and successful reintegration.

### National Center for PTSD

1-800-273-8255 (Press “1” if you’re a veteran)  
PTSD Voicemail / Information Line: 802-296-6300  
ncptsd.va.gov  
www.ptsd.va.gov

The center is dedicated to research and education on trauma and PTSD. It works to assure that the latest research findings help those exposed to trauma.

To chat with an online counselor visit [www.veteranscrisisline.net/get-help-now/chat](http://www.veteranscrisisline.net/get-help-now/chat).

## READJUSTMENT

### Readjustment Counseling

1-877-WAR-VETS  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible veterans, service members, including National Guard and Reserve components and their families. Counseling to help with successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered along with referral and connection to other VA or community benefits and services.

## RECREATION

### Calvert County Office on Aging

Ed Sullivan, Division Chief

410-535-4606

450 West Dares Beach Road, Prince Frederick

[www.calvertcountymd.gov/officeonaging](http://www.calvertcountymd.gov/officeonaging)

Each of Calvert's three senior center offers programming and activities and provides congregate meals. The Office on Aging coordinates the Meals on Wheels program. Calvert senior centers also provide information on caregiving resources and long-term care. Maryland Access Point (MAP) Coordinators provide a "no wrong door" approach to improve information and access to all programs and services for which an individual may be eligible. MAP Coordinators can assist individuals over the age of 50, adults 18 and over with a disability and caregivers of older adults and adults with disabilities. Refer to website for center locations and contact information.

### Capital Region Honor Flight

Mark Brickell

301-643-4450

1405 S Fern Street, Suite 702

Arlington, VA 22202

973-542-2400

[capitalregion@honorflight.org](mailto:capitalregion@honorflight.org) (for paper application)

[capitalregion.honorflight.org](http://capitalregion.honorflight.org) (to apply online)

A national program under the Honor Flight Network, a 501 c.3 non-profit corporation. Group coordinates a full-day tour of Washington, D.C. war memorials for veterans living in the D.C., MD and DE area. Priority is given to WWII, Korean and Vietnam veterans. Each veteran is paired with a guardian to ensure their safety and enjoyment. Qualified family members or a friend/caregiver can serve as guardians (sorry, spouses are not allowed to serve). There is no cost to the veteran. Guardians pay only a nominal cost to cover meals and a keepsake tee shirt.

### Freedom Hunters

303-884-0059

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

Freedom Hunters is a 501(c)3 military outreach program dedicated to honoring those who protect our freedoms. Provides opportunities for outdoor adventure (hunting and fishing) for select active duty and combat veterans, families of fallen heroes, children of the deployed, as well as those wounded or injured.

## **Greenwell Foundation**

25450 Rosedale Manor Lane, Hollywood, MD 20636

301-373-9775

[info@greenwellfoundation@gmail.com](mailto:info@greenwellfoundation.org)

[greenwellfoundation.org/veteran-programs](http://greenwellfoundation.org/veteran-programs)

Four free adaptive sports programs for veterans (kayaking, therapeutic riding, horse connection and charter boat fishing) with Mission BBQ for lunch.

## **Operation Second Chance on the Chesapeake**

President & Founder Cindy McGrew

301-938-2834

[cindy@operationsecondchance.org](mailto:cindy@operationsecondchance.org)

[www.operationsecondchance.org](http://www.operationsecondchance.org)

Mary Mathis

410-610-2710

[marymathis502@comcast.net](mailto:marymathis502@comcast.net)

Maryland-based agency of patriotic citizens committed to serving combat-wounded veterans via recreational pursuits.

## **Solomons Navy Recreation Center**

410 286-5529 or 410 286-7301

[www.navymwrsolomons.com](http://www.navymwrsolomons.com)

Location for vacations for our proudly serving military members and their families.

## **Team River Runner**

5007 Stone Road, Rockville, MD 20853

[info@teamriverrunner.org](mailto:info@teamriverrunner.org)

[www.teamriverrunner.org](http://www.teamriverrunner.org)

[www.teamriverrunner.org/maryland-southern-maryland](http://www.teamriverrunner.org/maryland-southern-maryland)

Team River Runner's mission is to provide all veterans, active duty and their families an opportunity to find health, healing, community purpose and new challenges through adventure and adaptive paddle sports. The Southern Maryland chapter provides kayaking events for veterans throughout the tri-county area. Kayaks and instruction are provided free of charge to veterans and their families.

## **The Fallen Outdoors**

Gabe Padilla, East Coast Regional Director  
gabe.padilla@thefallenoutdoors.org  
thefallenoutdoors.org

Staffed solely by Veteran volunteers. Organizes outdoor adventures for veterans from every generation and all branches of the military with a goal of connecting Soldiers, Airmen, Sailors, and Marines with like-minded individuals and teach them outdoor skills.

## **The National Parks and Federal Recreational Lands Pass**

store.usgs.gov/MilitaryPass  
1-888-275-8747, ext. 1

Free pass covers entrance fees at National Parks and National Wildlife Refuges, as well as standard amenity fees (day use) and lands managed by the US Forest Service, Bureau of Land Management, Bureau of Reclamation and the Army Corp of Engineers. Camping, tour and fees for other service are not covered but may be offered at a discount to pass holders. Current U.S. military members and their dependents qualify for a free annual pass. U.S. military veterans and gold star families may also qualify. For more information go to [www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm](http://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm). Passes are sold at most federal sites where passes are accepted. Annual passes may also be purchased by phone at the number above. Determine eligibility by visiting the website listed above.

## **The Valhalla Sailing Project**

Annapolis, Maryland  
VSP@ValhallaSailing.org  
[www.valhallasailing.org](http://www.valhallasailing.org)  
Veterans helping veterans, learn to sail clinics.

## **United Heroes League**

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

United Heroes League actively works to ensure that children of military service members are afforded every opportunity to participate in sports by providing free sports equipment, game tickets, cash grants, sports camps and special experiences to military families across the U.S. and Canada. The organization has provided over \$25 million in assistance.

## **Veteran Tickets Foundation**

[www.vettix.org](http://www.vettix.org)

Veteran Tickets Foundation teams up with major sports teams, leagues, promoters, organizations, venues and ticket holders to provide free tickets to more than 21 million military and veterans. Currently serving military, honorably discharged veterans from all branches of service and family of those killed in action are eligible. User accounts become active once their service status is verified. Tickets can be claimed via the website.

## **RE-ENTRY**

### **VA Incarcerated Veterans Re-entry**

Rodney Carter

202-745-8000, ext. 5267

[rodney.carter2@va.gov](mailto:rodney.carter2@va.gov)

[www.benefits.va.gov/persona/veteran-incarcerated.asp](http://www.benefits.va.gov/persona/veteran-incarcerated.asp)

Rodney works with incarcerated veterans prior to their release and afterward. The VA site provides information about benefits (health, disability compensation, employment, home loans, insurance and vocational rehabilitation), the Veterans Justice Outreach Initiative and other programs.

## **REFERRAL TO SERVICES**

### **Calvert County Department of Social Services**

443-550-6969

[dhs.maryland.gov/local-offices/calvert-county](http://dhs.maryland.gov/local-offices/calvert-county)

Initial point of entry for various employment, financial and food assistance programs.

### **Calvert County Government - Department of Community**

#### **Resources**

410-535-1600, ext. 8803

[veterans@CalvertCountyMd.Gov](mailto:veterans@CalvertCountyMd.Gov)

[www.calvertcountymd.gov/veterans](http://www.calvertcountymd.gov/veterans)

## Calvert County Office on Aging

Ed Sullivan, Division Chief

410-535-4606

450 West Dares Beach Road, Prince Frederick

[www.calvertcountymd.gov/officeonaging](http://www.calvertcountymd.gov/officeonaging)

Each of Calvert's three senior center offers programming and activities and provides congregate meals. The Office on Aging coordinates the Meals on Wheels program. Calvert senior centers also provide information on caregiving resources and long-term care. Maryland Access Point (MAP) Coordinators provide a "no wrong door" approach to improve information and access to all programs and services for which an individual may be eligible. MAP Coordinators can assist individuals over the age of 50, adults 18 and over with a disability and caregivers of older adults and adults with disabilities. Refer to website for center locations and contact information.

## myVA

Benefits: 800-827-1000;

Health Care: 877-222-8387

VA Inspector General: 800-488-8244;

Veterans Crisis Line: 800-273-8255, press 1

[www.va.gov/myva](http://www.va.gov/myva)

Assistance for vets returning from OEF and OIF seeking health care, job assistance, education benefits, home loans and readjustment counseling.

## Open Table

Jessica Beinert

410-535-1600 ext. 8809

[Jessica.Beinert@calvertcountymd.gov](mailto:Jessica.Beinert@calvertcountymd.gov)

[www.theopentable.org](http://www.theopentable.org)

[www.calvertcountymd.gov/opentable](http://www.calvertcountymd.gov/opentable)

An evidence-based program with the goal of building social support networks to equip individuals and families to face challenging complex circumstances such as poverty, isolation, mental health and chronic illness. A group of volunteers forms a "table," guided by a "life plan" that outlines goals specific to individuals and families requesting assistance and provides support to accomplish those goals. Over the course of a year, Open Table volunteers meet regularly to work with the person or family seeking support to be empowered toward the life they envision.

## Tri-County Council for Southern Maryland

301-874-1922

The council's Veterans Regional Advisory Committee continues to work toward improving access to services for veterans in our region. Its report, Veterans Integrated Healthcare Recommendations for Southern Maryland, can be viewed at [www.tccsmd.org/downloads/VACFinal-2FDrive.pdf](http://www.tccsmd.org/downloads/VACFinal-2FDrive.pdf).

## REINTEGRATION

### Warfighter Advance of Patuxent River, MD

202-239-7395

[admin@warfighteradvance.org](mailto:admin@warfighteradvance.org)

[www.warfighteradvance.org](http://www.warfighteradvance.org)

Warfighter Advance is a non-profit agency that helps combat veterans make the transition from the war zone to the civilian world through a seven-day program that addresses health issues while building pride, productivity, healthy relationships, continued service and advocacy for the same outcomes for their fellow service members.

## RELOCATION/MARYLAND

### Landing Zone Maryland

[www.veterans.maryland.gov/landing-zone-maryland](http://www.veterans.maryland.gov/landing-zone-maryland)

A guide for veterans and families moving or retiring to Maryland.

## SERVICE ANIMALS

### Hero Dogs, Inc.

888-570-8653

[www.hero-dogs.org](http://www.hero-dogs.org)

Trains and places service dogs with military veterans who have been injured and/or disabled while serving in the U.S. Armed Forces.

## Pets for Patriots

877-473-8223

[web@petsforpatriots.org](mailto:web@petsforpatriots.org)

[petsforpatriots.org](https://petsforpatriots.org)

Promotes companion pet adoptions by U.S. military veterans through nationwide veterinary networks, military and veteran organizations and a public that supports our troops and appreciates the lives of homeless animals.

## STAND DOWNS

202-273-5764

One-day events sponsored by the DC VA Medical Center to provide food, shelter, clothing, health screenings, benefits counseling and referrals to homeless veterans.

## SUICIDE PREVENTION

### Veterans Crisis Line



Text: 838255

TTY for hearing loss: 800-799-4889

[www.VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)

[www.SuicidePreventionLifeline.org](https://www.SuicidePreventionLifeline.org)

Provides 24/7/365 free and confidential support for people in distress. Information on prevention and crisis resources for veterans, service members, National Guard and Reserve members and those who support them. Enrollment in VA benefits not required.

## TAXES

### IRS – Information for Veterans

To view the IRS' Information for Veterans visit [www.irs.gov/individuals/information-for-veterans](https://www.irs.gov/individuals/information-for-veterans). The page is designed to provide timely federal tax-related information to veterans about tax credits and benefits, free tax preparation, financial education and asset-building opportunities available to veterans.



## **MD Property Tax Exemption for Disabled Veterans and Surviving Spouses**

443-550-6840 or 866-629-9882 (press 5)  
sdat.calv@maryland.gov

Armed Services veterans with a permanent and total service connected disability rated 100% by the Veterans Administration may receive a complete exemption from real property taxes on the dwelling house and surrounding yard.

## **Transitioning to Civilian Life**

800-342-9647  
www.militaryonesource.mil/transition

This website has resources that will help veterans (active duty and reserve components) make the leap from the military to the civilian world. It's a partnership between the VA and the U.S. Department of Labor.

# **TRANSPORTATION**

## **Calvert Family Advocates**

Renee Crampton  
443-550-6917  
www.calfam.org

Limited funding for Calvert veterans who need transportation to medical appointments. Veterans seeking this assistance may apply by contacting Renee Crampton.

## **LifeStyles of Maryland Foundation, Inc.**

Dwayne Bydume, Transportation and Facilities Manager  
1-866-293-0623  
www.lifestylesofmd.org

Provides subsidized, demand-response transportation for low- to moderate-income households for primarily medical and employment-related activities. Persons must submit an application to apply. Transportation is available for Calvert veterans within the DC urbanized region. All transportation services must be scheduled with at least 3 business days' notice and is available on a first-come, first-serve basis.

## **Maryland's Commitment to Veterans**

877-770-4801

[health.maryland.gov/bha/veterans/Pages/Home.aspx](http://health.maryland.gov/bha/veterans/Pages/Home.aspx)

Referral and information service. Maryland's Commitment to Veterans provides a confidential forum for veterans and family members to discuss challenges they are facing. Maryland's Commitment to Veterans helps link you with needed resources.

## **New Bus Route to Charlotte Hall**

A bus route from Prince Frederick to the Charlotte Hall Veterans Home connects Calvert County's public transportation system with those in Charles and St. Mary's counties. Info is available at this link: [www.calvertcountymd.gov/DocumentCenter/View/18183/Charlotte-Hall-Purple-Route?bidId=](http://www.calvertcountymd.gov/DocumentCenter/View/18183/Charlotte-Hall-Purple-Route?bidId=).

## **TRAUMATIC BRAIN INJURY (TBI)**

### **Adjustment Concerns:**

Dr. Robert Ciulla

253-968-2849

[Robert.Ciulla@us.army.mil](mailto:Robert.Ciulla@us.army.mil)

Assistance for a range of adjustment concerns, including TBI, PTSD, sleep, anger and relationships.

### **TBI Center of Excellence**

866-838-2778 or 713-794-8157

[TBICOErecruitment@va.gov](mailto:TBICOErecruitment@va.gov)

[www.health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence](http://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Traumatic-Brain-Injury-Center-of-Excellence)

### **TBI State Partnership Program**

[tbi.acl.gov/Request-Assistance](http://tbi.acl.gov/Request-Assistance)

## **VACCINATIONS**

877-222-8387

[publichealth.va.gov/vaccines.asp](http://publichealth.va.gov/vaccines.asp)

Health and wellness information about recommended vaccines and immunizations. Visit [www.prevention.va.gov/Healthy\\_Living/Get\\_Recommended\\_Screening\\_Tests\\_and\\_Immunizations.asp](http://www.prevention.va.gov/Healthy_Living/Get_Recommended_Screening_Tests_and_Immunizations.asp) for more information from the U.S. Department of Veterans Affairs about recommended screening tests and immunizations.

## VETERAN SERVICE ORGANIZATIONS (VSO)

### **AMVETS (American Veterans)**

301-459-6181

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

A nationwide cadre of AMVETS National Service Officers with extensive knowledge and experience in VA processes and procedures are stationed at Department of Veterans Affairs Regional Offices and Medical Centers to provide information, counseling and claims assistance.

### **Disabled American Veterans (DAV)**

[www.dav.org](http://www.dav.org)

A tax-exempt non-profit organization dedicated to empowering veterans to lead high-quality lives. Provides assistance accessing services and benefits earned through military service along with educational outreach, legislative advocacy, a volunteer transportation network and in-person and virtual job fairs. Consult the website to find your local DAV chapter.

### **Military Order of the Purple Heart**

703-256-6139

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

A 501(c)(3) non-profit that raises funds to support our nation's veterans and their families. Donations support Veterans Critical Assistance Grant, scholarship, service dogs and PTSD resource fund programs.

### **National Association for Black Veterans, Inc. (NABVETS)**

1-877-NABVETS

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

A 501(c)(3), nationally certified VSO by the Department of Veterans Affairs to assist veterans with filing claims for VA benefits and to represent veterans before the Board of Veterans Appeals. Provides strategic advocacy with Congress, the Federal and State Veterans Administrations and other agencies and organizations on behalf of all veterans; and particularly African American veterans, women veterans and veterans who are disabled, homeless, incarcerated or of limited means.

## Veterans of Foreign Wars (VFW)

Washington, D.C. Headquarters: 202-543-2239

[www.vfw.org](http://www.vfw.org)

A non-profit VSO comprised of eligible Veterans and military service members from the active, guard and reserve forces. Offers a wide range of assistance programs to help Veterans of every generation including claims assistance, scholarships for post-secondary education, emergency financial relief. Nationwide network of VFW Accredited Service Officers provide expert help navigating the VA system. Consult the website to find a VFW post near you.

## VOLUNTEERING

### Charlotte Hall Veterans Home

Anyone interested in volunteering at the Charlotte Hall Veterans Home should contact the Director of Volunteer Services, Ms. Sadè Herbert at [sade.herbert@pruitthealth.com](mailto:sade.herbert@pruitthealth.com) or call 301-884-8171 ext. 5143 for more information.

#ServingThoseWhoServed#volunteersouthernmd

### Give an Hour

[www.giveanhour.org](http://www.giveanhour.org)

The agency develops national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society, and its first target population is U.S. troops and families being affected by the current military conflicts in Afghanistan and Iraq.

### Hospice of the Chesapeake – We Honor Veterans Programs

Did you know that one out of every four hospice clients is a veteran and that it is a Medicare requirement that 5% of the hospice's total staff hours have to be provided by volunteers? Help hospice hit that mark monthly by assisting with:

- Compassionate Care – Enhance the quality of life for patients and their families by providing companionship, a listening ear and practical assistance.
- Vigil – Provide support to veteran patients and their families during the final days and hours of life.
- Honor Salute – Pay respect to our valued veteran patients in a unique way. Join service members to honor veterans for their service in the military.

- Vet to Vet – This program matches experienced veteran patient care volunteers with veterans in hospice care. The pairing creates a bond based on a shared understanding of military experience. Sometimes these conversations are the last opportunity for a veteran to feel their service was not in vain.
- Patriotic Quilts – Craft patriotic quilts for inclusion in the Honor Salute Kits.

For more information call 443-837-1508 or email [veterans@hospicechesapeake.org](mailto:veterans@hospicechesapeake.org)

## **Meals on Wheels**

Can you spare just two hours a month to help deliver meals to a neighbor in need? If you can, please call the Office on Aging at 410-535-4606. Meals on Wheels is a non-profit, volunteer organization that serves our most vulnerable citizens including many of Calvert County's veterans.

## **Open Table**

Jessica Beinert

410-535-1600 ext. 8809

[Jessica.Beinert@calvertcountymd.gov](mailto:Jessica.Beinert@calvertcountymd.gov)

[www.theopentable.org](http://www.theopentable.org)

[www.calvertcountymd.gov/opentable](http://www.calvertcountymd.gov/opentable)

An evidence-based program with the goal of building social support networks to equip individuals and families to face challenging complex circumstances such as poverty, isolation, mental health and chronic illness. A group of volunteers forms a "table," guided by a "life plan" that outlines goals specific to individuals and families requesting assistance and provides support to accomplish those goals. Over the course of a year, Open Table volunteers meet regularly to work with the person or family seeking support to be empowered toward the life they envision.

## **VA Center for Development and Civic Engagement**

[www.volunteer.va.gov](http://www.volunteer.va.gov)

VA has many volunteer opportunities such as becoming a volunteer Transportation Network Driver, greeting veterans at the main entrance as a Red Coat Ambassador or joining the Compassionate Contact Corps to reach out to socially isolated veterans.

# WOMEN'S SERVICES

## Center for Women Veterans (CWV)

202-461-6193

[00w@va.gov](mailto:00w@va.gov)

[www.va.gov/womenvet](http://www.va.gov/womenvet)

Opportunities and Resources for Women Veterans:

[www.va.gov/womenvet/resources/index.asp](http://www.va.gov/womenvet/resources/index.asp)

Information about resources, mental health tools, research, events and transition training for women veterans.

## Comprehensive Care

VA Clinic, Charlotte Hall Veterans Home

301-884-7102

[www.va.gov/directory/guide/facility.asp?id=977](http://www.va.gov/directory/guide/facility.asp?id=977)

## Employment

[www.dol.gov/agencies/vets/womenveterans](http://www.dol.gov/agencies/vets/womenveterans)

U.S. Department of Labor website dedicated to assisting women veterans to secure employment.

## Service Women's Action Network (SWAN)

Mailing Address: 1015 15th Street, Suite 600, Washington, DC 20005

202-844-6110

[info@servicewomen.org](mailto:info@servicewomen.org)

[www.servicewomen.org](http://www.servicewomen.org)

SWAN supports, defends and empowers women veterans and servicewomen of all eras through advocacy initiatives and community healing programs.

## VA Hotline for Women

855-VA-WOMEN or 855-829-6636

Receives and responds to questions from veterans, their families and caregivers about the many VA services and resources available to women veterans.

## VA Women Veterans Health Care

855-VA-WOMEN

Text: 1-855-829-6636

[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

