

**ST. MARY'S COUNTY
RESOURCE COORDINATION
PROGRAM**

RESOURCES GUIDE

June 2009

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Please call Mona Smith at 301-475-4359 with any recommended updates or additions to this resources guide.

ADAPTIVE EQUIPMENT & ASSISTIVE TECHNOLOGY

- ABLEDATA
8630 Fenton Street, Suite 930
Silver Spring, MD 20910
- *provides objective information about assistive technology products and rehabilitation equipment available from domestic and international sources*
- 1-800-227-0216
www.abledata.com
- ACTS
P.O. Box 54
Bushwood, Maryland 20618
- *medical equipment loans*
- 301-769-4199
- Advanced Medical Concepts
9-H Gwynns Mill Court
Owings Mills, MD 21117
- *provides power scooters, custom manual and power chairs, and home medical equipment*
- 1-800-860-3185
- AmeriChoice Healthcare Inc.
2151 Priest Bridge Drive Suite 28
Crofton, Maryland 21114
- 1-866-733-2282
1-866-721-4404 (fax)
- AMS Vans
5555 Oakbrook Parkway, Suite 555
Norcross, GA 30093
- *installs new side or rear entry conversions on pre-owned minivans and is a retailer of pre-modified vans.*
- 1-800-775-VANS
www.aavans.com
- Apria Health Care
9321 Philadelphia Road
Baltimore, Maryland 21237
- 1-800-438-1385
www.apriahealthcare.com
- Brown's Quality Services
39656 Golden Beach Road
Mechanicsville, Maryland 20659
- 1-240-515-8071
1-443-968-1457 (cell)
- Chesapeake Rehab Equipment
2700 Lord Baltimore Drive
Baltimore, Maryland 21244
- 1-800-777-6981
1-410-298-1642 (fax)
www.chesrehab.com
- Essential Rehab Plus, LLC
8033-B Penn Randall Place
Upper Marlboro, Maryland 20772
- 1-301-516-9600
1-301-516-0900 (fax)
- Fancy Vans
12375 Waldorf Square Business Center
Waldorf, Maryland 20601
- *equipment for handicap vehicles including ramps, lifts, steering*
- 1-301-843-0342
1-301-843-8153 (fax)
www.fancyvansandspeed.com

ADAPTIVE EQUIPMENT & ASSISTIVE TECHNOLOGY (cont.)

Freedom Elevator 1-301-448-5254
3540 Prince Edward Drive 1-360-233-0524 (fax)
White Plains, MD 20695
- *works with contractors and individual customers to have stair lifts, wheelchair lifts, and elevators installed in residential homes and commercial spaces*

Maryland Relay 1-800-552-7724
301 West Preston Street, Suite 100 www.mdrelay.org
Baltimore, Maryland 21201
- *free phones for those who qualify*

Maryland Technology Assistance Program (MD TAP) 1-800-832-4827-Voice
2301 Argonne Drive, Room T-17 1-866-881-7488-TTY
Baltimore, MD 21218 1-410-554-9237
www.mdtap.org
- *statewide, consumer responsive system for the delivery of technology related assistance to individuals with disabilities*

Mobility Solutions, Inc 1-800-519-0035
9343 Fraser Avenue 1-301-650-2290 (fax)
Silver Springs, Maryland 20910 www.1mobilitysolutions.com

Neighbor Care 1-800-999-4799
3460 Leonardtown Road 1-301-645-6882
Waldorf, Maryland 20601 1-301-645-3048 (fax)

Roberts Home Medical, Inc 1-800-807-7290
24 hour Emergency service 1-301-916-2611 (fax)
20465 Seneca Meadows Parkway www.robertshomemedical.com
Germantown, MD 20876

Stephen's Fund 301-884-5904
29435 Heart's Desire Way
Mechanicsville, MD 20659
- *helps children (21 and under) with disabilities obtain needed adaptive equipment*

Willow Medical 1-301-934-3046
602 E Charles Street
La Plata, MD 20646

ADULT DAY CARE

St. Mary's County Office on Aging 301-475-4200 (ext. 1050)
41780 Baldrige Street
Leonardtown, Maryland 20650

ADVOCACY ORGANIZATIONS

- The Arc of Maryland 1-888-272-3449
49 Old Solomons Island Rd, Suite 205 1-410-571-9320
Annapolis Maryland 21401 www.thearcmd.org
- *providing legislative and systems advocacy for persons with developmental disabilities*
- Community Development Division 301-475-4410
- *serves as an advocate for the development and well being of children, youth and families in order to develop self-reliant and responsible communities and citizenry*
- Community Mediation Center 301-475-9118
P.O. Box 853 www.st-marys-mediation.org
41620 Courthouse Drive
Leonardtown, Maryland 20650
- Disability Entitlement Advocacy Program (DEAP) 1-800-727-6454
311 West Saratoga Street 1-410-332-1665 (fax)
Baltimore, MD 21201
- *helps disabled citizens of Maryland with the application process for Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefits, all necessary appeals with the SSA and monitor the progress of your case and see that all required information is provided*
- On Our Own, Inc. 301-997-1066
41660 Park Avenue
Leonardtown, Maryland 20650
- *self-help consumer run mental health consumer education and advocacy group; peer support; education center; workshops; socialization group*
- The Parents' Place of Maryland 301-884-4662
Missy Alexander, Parent Educator
- *provides advocacy and education to families regarding their rights in student's special education*
- Pathfinders for Autism 1-410-769-9500
P.O. Box 10501
Baltimore, MD 21285
- *parent-sponsored, non-profit organization dedicated to improving the lives of individuals with autism and their families*
- Southern Maryland Center for Family Advocacy 301-373-4141
23918 Mervell Dean Road
Hollywood, Maryland 20636
- *provides legal services to victims of domestic violence*

ADVOCACY GROUPS (cont.)

Southern Maryland Center for Independent Living, Inc. 301-884-4498
30265 Charlotte Hall Road, #3
Post Office Box 657
Charlotte Hall, MD 20622

- *assists Southern Maryland residents, organizations and businesses by providing alternative dispute resolution services*
- *servicing Calvert, Charles and St. Mary's Counties*

St. Mary's Public Schools 301-863-4069
Partners for Success Resource Center
Susan Shannon, Parent Coordinator
Green Holly School
46060 Millstone Landing Road
Lexington Park, MD 20653

Wrights Law Special Education Law and Advocacy www.wrightslaw.com
- *offers information about special education law and advocacy for children with disabilities, for parents, advocates, educators, and attorneys.*

ALARM SYSTEMS, MEDICAL

Lifeline 1-800-380-3111
- *device for medical emergency response* www.lifelinessys.com

Link to Life 1-888-337-5433
- *device for medical emergency response* www.link-to-life.com

Life Alert 1-800-294-4553
- *device for medical emergency response* www.lifealert.net

Project Lifesaver 301-475-4200 (ext. 1900)
St. Mary's County Sheriff's Department www.projectlifesaver.org
23150 Leonard Hall Drive
Leonardtown, MD 20650
- *CARE TRAK ID bracelet that emits a tracking signal*

ALCOHOL AND DRUG ABUSE

24 HOUR CRISIS HOTLINE 301-863-6661
Alcoholics Anonymous www.aa.org

Narcotics Anonymous www.na.org

Al-Anon/Alateen 1-410-766-1984
www.marylanddc-alanon.org

ALCOHOL AND DRUG ABUSE (cont)

Alliance for Alcohol and Drug Abuse Prevention 301-475-4200 ext.1849
23115 Leonard Hall Drive
Leonardtown, Maryland 20650

Marcey House 301-475-4701
P.O. Box 622 301-475-4947 (fax)
Doctors Crossing Way marceyhouse@co.saint-marys.md.us
Leonardtown, Maryland 20650

- *residents of the State of Maryland may be eligible for treatment, provided they meet the following requirements:*
- *at least 18 years of age*
- *successfully graduate from a primary in-patient treatment facility*
- *free of any mind/mood altering drugs, except those prescribed by a physician*
- *able to adjust to group living in a residential environment*
- *able to achieve gainful employment*

St. Mary's County Recreation, Parks and Community Services 301-475-4200 ext. 1800
Community Services Division 301-475-4268 fax
Administrative Annex Building
23150 Leonard Hall Drive
Leonardtown, MD 20650

- *drug and alcohol prevention*
- *teen court program (teen drug and alcohol abuse)*

Walden Sierra 301-997-1300 ext.801
26845 Point Lookout Road www.waldensierra.org
Leonardtown, Maryland 20650

- *crisis services, counseling and substance abuse treatment.*

ALCOHOL AND DRUG ABUSE SUPPORT GROUPS

EXPLANATION OF MEETING CODES

B - Beginners Meeting
BTS-Basic Text Study
CD - Closed Discussion
IP-Pamphlet Study
NA – Narcotics Anonymous

OD - Open Discussion Meeting
OSP - Open Speaker's Meeting
SP-Speaker
ST - Step Meeting

AA Beginners Meeting
Good Samaritan Lutheran Church
20850 Langley Road
Lexington Park, Maryland 20653

301-863-4740
meets Sundays at 5:30pm
(OD, B)

ALCOHOL AND DRUG SUPPORT GROUPS (cont.)

Brown Bag Group
Lexington Park United Methodist Church
21760 Great Mills Road
Lexington Park, Maryland 20653
301-863-8500
meets Monday-Friday at noon
(OD, ST)

Came to Believe Group
The Church of the Ascension
21641 Great Mills Road
Lexington Park, Maryland 20653
301-863-8551
meets Mondays at 8:00 pm
(OD, ST)

Canopy Recovery
Church of Ascension
21641 Great Mills Road
Lexington Park, Maryland 20653
301-863-8551
meets Tuesdays at 8:30 pm
(OD, NA)

Chaptico under the Stars
Christ Church King and Queen Parish
37497 Zach Fowler Road
Chaptico, Maryland 20612
301-884-3451
meets Thursdays at 7:30pm
(OD, NA)

Charlotte Hall Group
Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622
301-884-8171
meets Thursdays at 7:00 pm
(OD)

Cover To Cover
St. Andrew's Episcopal Church
44078 St. Andrews Church Road
California, Maryland 20619
301-862-2247
meets Mondays at 7:00 pm
(B, OD, NA)

Three Oaks Center
46905 Lei Avenue
Lexington Park, Maryland 20653
301-863-9535
meets Sundays at noon
(OD)

Early Risers
Lexington Park United Methodist Church
21760 Great Mills Road
Lexington Park, Maryland 20653
301-863-9535
meets Saturdays at 7:30 am
(OD)

Hollywood Group
Rescue Squad Building
43256 Rescue Lane
Hollywood, Maryland 20636
301-481-7610
meets Tuesdays at 8:30 pm
(OD)

ALCOHOL AND DRUG ABUSE SUPPORT GROUPS (cont.)

Kingston Creek Group Patuxent Presbyterian Church 23421 Kingston Creek Road California, Maryland 20619	301-863-2033 meets Saturdays at 12:00 pm (OD)
K.I.S.S. Group Knights of Columbus Building 41605 Fenwick Street Leonardtown, Maryland 20650	301-475-1824 meets Sundays at 8:30 pm (OD)
First Friendship United Methodist Church 13723 Point Lookout Road Ridge, Maryland 20680	meets Thursdays at 7:00 pm (OD)
Laurel Grove Group Mt. Zion-Laurel Grove United Methodist Church 27018 Mt. Zion Church Road Mechanicsville, Maryland 20659	301-884-4132 meets Saturdays at 6:30 pm (OD)
Leonardtown Group St. Paul's United Methodist Church 25550 Point Lookout Road Leonardtown, Maryland 20650	301-475-7200 meets Saturdays at 8:30 pm (OD, B)
Leonardtown Beginners St. Paul's United Methodist Church 25550 Point Lookout Road Leonardtown, Maryland 20653	301-475-7200 meets Saturdays at 7:00 pm (OD, B, NA)
Leonardtown Step Group St. Paul's United Methodist Church 25550 Point Lookout Road Leonardtown, Maryland 20650	301-475-7200 meets Fridays at 7:00 pm (OD, ST)
Lexington Park Big Book Lexington Park Baptist Church 46855 Shangri-La Drive Lexington Park, Maryland 20653	301-862-2552 meets Tuesdays at 7:30 pm (OD)
Lexington Park Group Lexington Park Baptist Church 46855 South Shangri-La Drive Lexington Park, Maryland 20653	301-862-2552 meets Mondays at 8:00 pm (CD)

ALCOHOL AND DRUG SUPPORT GROUPS (cont.)

Life Support Cornerstone Presbyterian Church 23075 Town Creek Drive California, Maryland 20619	301-862-5016 meets Wednesdays at 7:30 pm (OD, NA)
Monday Night Traditions Meeting Church of Christ 44850 St. Andrews Church Road California, Maryland 20619	301-863-9410 meets Mondays at 7:00 pm (CD)
Patuxent River Group The Church of the Ascension 21641 Great Mills Road Lexington Park, Maryland 20653	301-863-8551 meets Wednesdays at 8:00 pm (CD)
Poplar Hill Group St. Georges Episcopal Church 19167 Popular Hill Lane Valley Lee, Maryland 20692	301-994-0585 meets Thursdays at 8:00 pm (CD)
Seven-O-Seven Three Oaks Center 46905 Lei Drive Lexington Park, Maryland 20653	301-863-9535 meets Fridays at 7:07 pm (IP, NA)
St. Mary's City Group Trinity Church Parish Hall St. Mary's College Campus St. Mary's City, Maryland 20686	301-862-4597 meets Sundays at 7:00 pm (OD)
Wednesday Night Woman's Group Lexington Park United Methodist Church 21760 Great Mills Road	301-863-8500 meets Wednesdays at 8:00 pm (OD)

ALZHEIMERS

Alzheimer's Association - Tuesday telephone talks – from 12:00 noon – 8:00pm	1-888-262-0101 www.alz.org/nca
Alzheimer's Foundation - <i>education, advocacy, support of research</i>	1-866-AFA-8484 www.alzfdn.org
Alzheimer's Association of Greater Washington Area Chapter Headquarters 1850 York Road, Suite D Timonium, Maryland 21093	1-410-561-9099

ALZHEIMERS (cont)

Alzheimer's Caregivers' Support Group
41780 Baldrige Street
Leonardtown, Maryland 20650

301-475-4200, ext. 1050

Project Lifesaver
St. Mary's County Sheriff's Department
23150 Leonard Hall Drive
Leonardtown, MD 20650

301-475-4200 (ext. 1900)
www.projectlifesaver.org

- *CARE TRAK ID bracelet that emits a tracking signal*

AQUA THERAPY

Calvert Physical Therapy
14090 S. Solomons Island Road, Suite 1500
Solomons, Maryland 20688
- *managed care plans*

1-301-855-1013

Chaney Physical Therapy
26045 Sotterly Heights Road
Hollywood, Maryland 20636

301-373-5827

Department of Recreation, Parks & Community Services
23150 Leonard Hall Drive
Leonardtown, Maryland 20650

301-475-4200, ext. 1801

Nova-Care Rehabilitation
23000 Moakley Street
Leonardtown, Maryland 20650
- *managed care plans*

1-301-475-5830
www.novacare.com

ASSISTED LIVING

Cedar Lane Apartments
22680 Cedar Lane Court
Leonardtown, Maryland 20650

301-475-8966

Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622

301-884-8171
vethome@charhall.org

Morningside House, St. Charles
70 Village Street
Waldorf, Maryland 20602

1-301-645-2776

Taylor Farms Assisted Living
P.O. Box 26
21748 Oscar Hayden Road
Bushwood, Maryland 20618

301-769-3366
www.taylorfarmassistedliving.com

CAMPS

Access Adventure/ Melwood Travel Services
9035 Ironsides Road
Nanjemoy, Maryland 20662

1-301-870-3226
1-301-934-3590
1-301-870-2620 (fax)

www.melwood.org/nowwehelpprecreation

Anne Arundel County Parks & Recreation
1 Harry S. Truman Parkway
Annapolis, Maryland 21401

1-410-222-7313

www.aacounty.org/recparks

- *Serving children and adults with special needs.*
- *Inclusion services available with advance notice*

Camp Atlantic
P.O. Box 7273
McLean, VA 22106

1-866-429-7878

www.campatlantic.org

- *ages 7 & up with learning disabilities, mental retardation, neurological impairment, PDD, ADD and autism.*

Camp Easter Seals Virginia
900 Camp Easter Seals Road
New Castle, VA 24127

1-540-864-5750

www.va.easter-seals.com

- *servicing children and adults with various physical and cognitive disabilities*
- *limited medical facilities available*

Camp Fairlee Manor
22242 Bay Shore Road
Chestertown, Maryland 21620

1-410-778-0566

www.fairleemanor.org

- *serves children and adults age 6 and up who have a disability such as stroke, traumatic brain injury, developmental delays, cerebral palsy, speech/language /hearing disorder, mental retardation, spina bifida and orthopedic disabilities.*
- *camper must be able to listen and follow direction of camp staff.*

Camp Greentop & Greentop Day Camp
The League for People with Disabilities
1111 East Cold Springs Lane
Baltimore, Maryland 21239

1-410-323-0500

www.leagueforpeople.org

- *ages 7-9 designed for children and adults who have physical, cognitive, emotional or multiple disabilities.*
- *participants must be successful in a 2-1 camper to counselor ratio*
- *interview required for new participants*

Camp Virginia Jaycee
2494 Camp Jaycee
Blue Ridge, Virginia 24064

1-540-947-2972

1-540-947-2043 (fax)

www.campvajc.org

CHI Centers
10501 New Hampshire Avenue
Silver Spring, Maryland 20903

1-301-445-3350

1-301-439-8117 (fax)

www.chicenters.org

CAMPS (cont)

The Greenwell Foundation/ Greenwell State Park
25420 Rosedale Manor Road P.O. Box 198
Hollywood, Maryland 20636

301-373-9775
www.greenwellfoundation.org

Kamp-A-Kom-Plish/ Melwood
9035 Ironsides Road
Nanjemoy, Maryland 20662

1-301-870-3226
1-301-870-2620 (fax)
www.kampakomplish.org

- *campers cannot have behavioral issues*

The League – Pioneers
111 East Cold Springs Lane
Baltimore, Maryland 21239

1-410-323-0500, ext 336
www.leageforpeople.org/camping

- *Ages 7-99 designed for children and adults who have physical, cognitive, emotional or multiple disabilities*
- *participants must be successful with a 3-1 camper-to-counselor ratio*

Montgomery County Recreation
4010 Randolph Road
Silver Springs, Maryland 20902

1-240-777-6870
www.montgomerycountymd.gov/rec

- *serving individuals with special needs ages 3-20*
- *inclusion services available with 3 week notice.*

New Horizons Summer Fun Camp
Recreation, Parks and Community Services
23115 Leonard Hall Drive
Leonardtown, MD 20650

301-475-4200, ext. 1800

- *six-week summer camp program for children with disabilities; children must qualify for camp*

Over the Rainbow Camp/ Kids Therapy Works
160 Randolph Road
Silver Springs, Maryland 20904

1-301-384-5081
1-301-384-7735
www.ktw4kids.com

- *serving children ages 3-16 with sensory integration disabilities, motor, speech & language autism and ADD*
- *severe and profound behaviors are not accepted*
- *screening appointment needed for new campers*

Prince George's County Parks & Recreation
6600 Kenilworth Ave.
Riverdale, Maryland 20737

1-301-454-1480
www.pgparcs.com

- *serving individuals 3-20 with special needs.*
- *inclusion services available with a 2 week notice.*

Rebounders Gymnastics
7-A West Aylesbury Road
Timonium, Maryland 21093

1-410-252-3374
1-410-252-6753 (fax)
www.rebounders.com

- *serving children and adults with disabilities including mental retardation, cerebral palsy, autism, ADD speech/visual/hearing impairments, sensory, social delays, fear of movement and coordination.*

Camps/Counseling

Camp Dreamcatcher 1-610-925-2998
617 West South Street www.campdreamcatcher.org
Kenneth Square, PA 19348
- *open 1 week in August*
- *to provide safe and therapeutic service for children infected/affected by HIV/AIDS and their families*

Point of Hope Camp 1-800-255-3042
6565 Arlington Blvd. Suite 501 www.pointofhope.org
Falls Church, VA 22042
- *open to teens 13-17 who are grieving the loss of a loved one.*
- *adult camp is open to anyone over 18 who is grieving the loss of a loved one.*

Camp Phoenix 1-410-535-0892
Calvert Hospice 1-410-535-5677 (fax)
P.O. Box 838 238 Merrimac Court www.calverthospice.org
Prince Frederick, Maryland 20678
- *summer camp for children & teens age 7-15 who have lost a loved one*
- *July –King's Landing Park, Huntingtown, Maryland*
- *August – East Johns Youth Center Lusby, Maryland*

Camp Sunrise 301-475-6423
Hospice of St. Mary's County
22699 Washington St. P.O. Box 625
Hospice Bereavement
- *for children 6-12 who have experienced the loss of a loved one.*
- *to provide the opportunity to remember and honor their loved one.*

CLOTHING

Clothes Closet 301-863-8500
Lexington Park United Methodist Church
21760 Great Mills Road
Great Mills, MD 20634
- *provides free clothing for adults and children along with other various household items*
- *open Mondays and Fridays 11 a.m.–2 p.m. & Wednesdays from 9:30 a.m.–3 p.m.*

Department of Social Services 240-895-7000
Joseph P. Carter Building 240-895-7099 fax
23110 Leonard Hall Drive www.dhr.state.md.us/stmarys.htm
P.O. Box 509
Leonardtown, Maryland 20650
- *contact for emergency needs for community resources, child support assistance, foster care,*
- *Adult Protective Services, Child Protective Services and other services*

Department of Social Services/Satellite Office 301-725-5700
21775 Great Mills Road
Lexington Park, MD 20653

CLOTHING (cont.)

St. Andrews Episcopal Church 301-862-2247
44078 St. Andrews Church Road
California, Maryland 20619
- *provides reduced price clothing. Open Wednesday and Thursday 9:00 a.m. to 12:00 p.m. and Saturdays 10:00 a.m. to 1:00 pm.*
- *free to people with referral from St. Mary's Department of Social Services*

Thrift Stores

Hooks and Hangers 301-274-3711
29940 Three Notch Road
Charlotte Hall, Maryland 20622

Vintage Values I 301-475-3655
25997 Point Lookout Road
Leonardtown, Maryland 20650

Vintage Values II 301-737-4884
21779 Tulagi Place
Lexington Park, Maryland 20653

COMMUNITY SERVICES

Dialing 2-1-1, where available, connects people with important community services and volunteer opportunities. 2-1-1 can offer access to basic human needs, physical and mental health resources, employment supports, support for older Americans and persons with disabilities, and support for children, youth and families.
www.211.org

Community Services Division 301-475-4200 ext.1849
Administrative Annex Building 301-475-4268 (fax)
23150 Leonard Hall Drive
Leonardtown, MD 20650
- *with the collaboration and assistance from a variety of State and local agencies, offers many programs that promote alcohol & drug abuse prevention, community mobilization, highway safety, and volunteerism has administered the St. Mary's County Teen Court Program since January 2003*

Economic & Community Development 301-475-4200 ext.1400
23115 Leonard Hall Dr. 301-475-4415 (fax)
Leonardtown, Maryland 20650 www.stmarysmd.com/decd
- *assists low-income residents to connect with services which enable them to move toward self-sufficiency while meeting their basic needs of food, training and employment.*

Health Connections 301-475-6019
25500 Point Lookout Road P.O. Box 527 301-475-6143 (fax)
Leonardtown, Maryland 20650
- *mobile unit sponsored by the St. Mary's County Hospital*
- *child safety seat education and installation checks and other services*

COMMUNITY SERVICES (cont.)

Lifestyles of MD, Inc
612 E. Charles Street
P.O. Box 1794
La Plata, Maryland 20646

1-301-609-9900
1-301-609-9800 (fax)
www.lifestylesofmd.org

- *provides emergency assistance, assistance with utilities, transportation, food and clothing*
- *all services can be utilized by St. Mary's county residents except those enrolled in the "Safe Nights" program*

Lions Club International
P.O. Box 363
Leonardtown, Maryland 20650

301-475-8403
www.LionsClubs.org

- *provides financial assistance to individuals for eye care through local clubs. A local club can be found by using the "club locator" button found on their website*

Make-A-Wish-Foundation
5272 River Road Suite 700
Bethesda, Maryland 20816

301-962-9474
301-962-6900 (fax)
www.midatlantic.wish.org

- *for children 2 1/2 – 18 years old diagnosed with a life- threatening medical condition*

New Horizons Summer Fun Camp
Recreation, Parks and Community Services
23115 Leonard Hall Drive
Leonardtown, MD 20650

301-475-4200, ext. 1800

- *six-week summer camp program for children with disabilities; children must qualify for camp in order to register; location: Hollywood Elementary School*

Patuxent Habitat for Humanity
21768 S. Coral Place
Lexington Park, Maryland 20653

301-863-6227
www.patuxenthabitat.org

- *Builds houses in partnership with families and through volunteer labor and donations of money and materials from the community. Applications are reviewed based on the family's willingness to become partners in the program, their ability to repay the loan and their current housing conditions.*

Rebuilding Together (formally Christmas in April)
P.O. Box 705
Hollywood, Maryland 20636

301-863-2905
www.christmasinaprilsmc.org
email-marychasen@christmasinapril.org

Senior Companion Program
Kathy Day – Outreach Coordinator
700 Yardley Drive
Prince Frederick, Maryland 20678

1-410-535-0817 (main)
301-475-5574 ext.255 (St. Mary's)
1-410-535-1010 ext.255 (Calvert)
1-301-274-4474 ext.255 (Charles)

COMMUNITY SERVICES (cont.)

- SMARTCO, Inc. 301-737-0394
Southern Maryland Applied Research & Technology Consortium, Inc. www.smartco.org
21703-E Great Mills Road
P.O. Box 1651
Lexington Park, Maryland 20653
- *donated computers and peripherals (printers, scanners, copiers, fax machines, external CD drives and hard drives) to eligible 501 (c)3 non-profit organizations*
- Special Needs Registry
<http://www.co.saint-marys.md.us/Emergencycomm/specialneedsregistry.asp>
- *a St. Mary's County Government initiative that involves many departments and agencies in the county. The registry seeks to assist individuals that may have difficulty evacuating during an emergency situation on their own and maintains a database of those who register.*
- St. Mary's County Health Department
- *General Health Services* 301-475-4330
 - *Medical Assistance Transportation* 301-475-4296
 - *Personal Care - Geriatric Evaluation Services* 301-475-4316
 - *Resource Coordination Program* 301-475-4389
 - *call about other programs* 301-475-4300
- St. Mary's County Highway Safety Program 301-475-4200, ext. 1800
Governmental Center
23115 Leonard Hall Drive
Leonardtown, MD 20650
- *inquire about child car seats provided or loaned*
- St. Mary's County Recreation, Parks and Community Services 301-475-4200 ext. 1849
23150 Leonard Hall Drive
Leonardtown, Maryland 20650
- United Way of St. Mary's County 301-862-5577
22685 Three Notch Road, Suite F www.unitedwaysmc.org
California, Maryland 20619
- *conducts fund raising to support 42 local non-profit agencies, which provide assistance including emergency services, food, youth services and health/human services.*
- University of Maryland Cooperative Extension 301-475-4482
21580 Peabody Street www.extension.umd.edu
Leonardtown, MD 20650
- *provides educational programs on home horticulture, money management, nutrition, food safety, and 4-H youth development*

CRISIS HOTLINE (Mental Health Services)

Walden Sierra
24-HOUR CRISIS HOTLINE

301-863-6661

DAY CARE

Department of Social Services (DSS)
Joseph P. Carter Building
23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, Maryland 20650

240-895-7000
240-895-7099 (fax)

www.dhr.state.md.us/stmatys.htm

- *provides voucher for day care providers for those who qualify*

Maryland Committee for Children
LOCATE Childcare Program
608 Water Street
Baltimore, MD 21202

1-410-752-7588, ext. 279
1-410-725-6286 (fax)

Office of Child Care, Southern Maryland
41670 Courthouse Drive
P.O. Box 1709
Leonardtown, Maryland 20650

301-475-3770
1-800-874-6797
301-475-4017 (fax)

- *servicing Calvert, Charles and St. Mary's counties whose primary function is to interact with local child care providers, provides training and licensing information, customers of local child care providers may call to verify if their provider is licensed or to file a complaint*

Recreation, Parks and Community Services
23150 Leonard Hall Drive
Leonardtown, MD 20650

301-475-4200, ext 1800

- *school before and after day care at Banneker, Greenview Knolls, Green Holly, Leonardtown and Lettie Dent elementary schools*

Southern Maryland Child Care Resource Center
29958 Killpeck Creek Court
Charlotte Hall, Maryland 20622

301-290-0045 (St. Mary's)
www.mdchildcare.org

- *free child care referral service; call Monday-Friday 9:00 am-3:00 pm*

DENTAL

Denta-Chek of Maryland, Inc.
7125 Thomas Edison Dr. # 105
Columbia, MD 21406

1-888-478-8833
1-410-997-3796 (fax)
www.dentachek.com

- *low cost dental insurance.*

Donated Dental Service
6410 Dobbin Road Suite F
Columbia, Maryland 21045

1-877-337-7746
1-410-964-9978 (fax)
www.nfdh.org

- *free dental service to those who qualify*

DENTAL (cont)

Dr. John Modic /Academy Dental Care
29163 Three Notch Road
Mechanicsville, Maryland 20659
- *sedative dentistry*

301-884-2299
301-884-2918 (fax)

St. Mary's County Health Department
St. Mary's Dental Program
21580 Peabody Street
Leonardtown, Maryland 20650
- *under age 19 and pregnant women*

301-475-4297

University of Maryland Dental Program
666 West Baltimore Street
Baltimore, Maryland 21201
- *current dental problems*
- *complete care*
- *special needs clinic*

1-410-706-7101
1-410-706-7102
1-410-706-7039

DEPARTMENT OF SOCIAL SERVICES

Department of Social Services (Leonardtown)
Joseph P. Carter Building
23110 Leonard Hall Drive
P.O. Box 509
Leonardtown, Maryland 20650

240-895-7000
240-895-7099 (fax)
www.dhr.state.md.us/stmatys.htm

Department of Social Services (Lexington Park)
21775 Great Mills Road
Lexington Park, Maryland 20653

301-725-5700

DEVELOPMENTAL DISABILITIES SERVICES

***DDA-funded/licensed agency**

*Abilities Network
9375 Chesapeake St., Suite 103
La Plata, MD 20646

1-301- 392-3554
www.abilitiesnetwork.org

*Arc of Southern Maryland
P.O. Box 1259
25470 Point Lookout Road, Unit H
Leonardtown, Maryland 20650

301-475-5652
301-475-3357 (fax)
www.arcsomd.org

*Catholic Charities/Lt. J.P. Kennedy Institute
21783 N. Coral Dr.
Lexington Park, MD 20653

240-725-5792

DEVELOPMENTAL DISABILITIES SERVICES (cont)

*Center for Life Enrichment
P.O. Box 610
25089 Three Notch Road
Hollywood, Maryland 20636
- *serves individuals 21 years of age and older*

301-373-8100
www.TCLE.org

The Coordinating Center - REM Program
8258 Veterans Highway, Suite 13
Millersville, MD 21108
- *coordinates all services that individuals with complex medical needs, if qualified*

1-410-987-1048
1-410-987-1685
www.coordinatingcenter.com

Developmental Disabilities Administration (DDA)
201 W. Preston Street, 4th floor
Baltimore, MD 21201

1-410-767-5600
Toll free 1-877-4MD-DHMH
TDD Line 1-800-735-2258
www.ddamaryland.org

Maryland Department of Disabilities
217 East Redwood Street Suite 1300
Baltimore, MD 21202

TTY: 1-410-767-3660
Toll free TYY: 1-800-637-4113
www.mdod.maryland.gov

- *MDOD advances the rights and interests of people with disabilities so they may fully participate in their communities*

Maryland Healthy Kids Program
201 W. Preston Street Room 214
Baltimore, Maryland 21201

1-410-767-1683
1-410-333-5039 (fax)
www.dhmh.statemd.us/healthykids

- *promotes access to and assures availability of quality healthcare for Medical assistance children, teens and young adults less than 21 years of age*

*Resource Coordination Program
St. Mary's County Health Department
P.O. Box 316
21580 Peabody Street
Leonardtown, Maryland 20650

301-475-4389
301-475-9427 (fax)

- *assists individuals with developmental disabilities apply for services with the*
- *Developmental Disabilities Administration (DDA)*
- *provides long-term case management to individuals in the DD waivers and short-term case*
- *management to those determined crisis resolution status by the DDA*
- *provides community services information for individuals with disabilities*
- *works with the SMCPs and others for Transitioning Youth exiting school at age 21*
- *teams with community providers to facilitate available community resources*

Special Olympics of St. Mary's County
Mary Lu Bucci
25926 Whiskey Creek Road
Hollywood, MD 20636

301-373-8480

DEVELOPMENTAL DISABILITIES SERVICES (cont.)

*United Cerebral Palsy of Southern Maryland
21815 Three Notch Road, Suite H
Lexington Park, MD 20653

301-863-8870
301-863-8891 (fax)
www.ucpsm.org

DOCTORS ACCEPTING MEDICAL ASSISTANCE

***** You must determine if they accept your specific MCO *****

Cardiology

Cardiology Shah Associates
37767 Market Drive
Charlotte Hall, Maryland 20622

301-884-7322

Chesapeake and Washington Heart Care
23511 Hollywood Road (Davis Building)
Leonardtown, Maryland 20650

301-475-3240

Dermatology

Arpana Shah, M.D.
37767 Market Drive
Charlotte Hall, Maryland 20622

301-884-0278

Shah Associates
26840 Point Lookout Road
Leonardtown, Maryland 20650

301-475-8091

Ear, Nose and Throat (ENT)

Edford Chambers, M.D.
22650 Merchants Drive
Leonardtown, Maryland 20650

301-475-1692

Cindy Daly, M.D.
23130 Moakley Street
Leonardtown, Maryland 20650

301-997-0909

Family Practice

Robert Bauer, M.D.
28160 Old Village Road Suite A
Mechanicsville, Maryland 20659

301-884-4666

Leon Berube, M.D.
28170 Old Village Road
Mechanicsville, Maryland 20659

301-884-3113

Family Practice (cont)

Breton Medical Group 301-737-0500
22576 MacArthur Blvd.
California, Maryland 20619

Jeffery Brown, M.D. 301-475-8885
26840 Point Lookout Road
Leonardtown, Maryland 20650

Hollywood Bean Center 301-373-7100
P.O. Box 640
24035 Three Notch Road
Hollywood, Maryland 20636

St. Mary's Health Center 301-997-1029
23140 Moakley Street
Leonardtown, MD 20650

- *reduced fee health services to low-income individuals including physical exams, disease prevention, and treatment, lab services, and case management*

St. Mary's Medical Arts Building 301-475-5023
P.O. Box 306 22650 Cedar Lane Court
Leonardtown, Maryland 20650

General Surgery

American Surgical Associates 301-997-0121
25480 Point Lookout Road
Leonardtown, Maryland 20650

Pembroke Square Surgery Center 1-301-396-8492
11370 Pembroke Square
Waldorf, Maryland 20603

Internal Medicine

William Boyd, M.D. 301-475-8071
25365 Point Lookout Road
Leonardtown, Maryland 20650

Hollywood Bean Center 301-373-7100
24035 Three Notch Road
Hollywood, Maryland 20636

Shah Associates 301-884-7322
37767 Market Street
Charlotte Hall, Maryland 20622

Neurology

Chesapeake Neurology Clinic 301-884-3084
37767 Market Drive
Charlotte Hall, MD 20622

Neurology Clinic Inc. 1-301-843-0803
1135 Pembroke court
Waldorf, Maryland 20602

OB/GYN

Gynecology of St. Mary's 301-475-2805
41650 Courthouse Drive
Leonardtown, Maryland 20650

Lisa Polko, M.D. 301-997-1788
41680 Miss Bessie Drive Suite 102
Leonardtown, Maryland 20650

Ophthalmology

N.K. Laheri 301-475-5257
26840 Point Lookout Road
Leonardtown, Maryland 20650

S.M. Sastry M.D. 1-301-884-8444
3500 Old Washington Road
Waldorf, Maryland 20602

Southern Maryland Ophthalmology 301-997-1820
40485 Merchants Lane
Leonardtown, Maryland 20650

Pediatrics

Shah Associates 301-737-0500
22576 MacArthur Blvd.
California, Maryland 20619

24035 Three Notch Road 301-373-7200
Hollywood, Maryland 20636

22335 Exploration Drive 301-863-9000
Lexington Park, Maryland 20653

Robert Miller, M.D. 301-475-7222
23000 Moakley Street
Leonardtown, Maryland 20650

Podiatry

John Bubser, M.D. Hickory Hills Shopping Center California, Maryland 20619	301-862-3338
Family Foot Care 22335 Exploration Drive Lexington Park, Maryland 20653	301-863-6601
515 Charles Street La Plata, Maryland 20646	1-301-934-3345
Foot Specialist 26772 Point Lookout Road Leonardtown, Maryland 20650	301-475-3300
Southern Maryland Foot Care Center 22335 Exploration Drive Lexington Park, Maryland 20653	301-863-6607
St. Mary's Foot and Ankle Care 37767 Market Drive Charlotte Hall, Maryland 20622	301-472-1845
22650 Cedar Lane Court Leonardtown, Maryland 20650	301-997-1500
22325 Greenview Parkway Great Mills, Maryland 20634	301-862-3338
Urgent Care Center 14090 Solomon Island Road Solomons Island, Maryland	1-410-326-9700

Radiology

American Radiology Services 3510 Old Washington Road Suite 101 Waldorf, Maryland 20603	1-301-638-2457
Breton Medical Group 22576 MacArthur Blvd. California, Maryland 20619	301-737-0500
Pembroke Imaging & MRI Center 11335 Pembroke Square Waldorf, Maryland 20603	1-301-870-8448

Radiology (cont)

Shanti Radiology 301-373-7300
Hollywood Bean Center
24035 Three Notch Road
Hollywood, Maryland 20619

St. Mary's Hospital 301-475-8981
25550 Point Lookout Road
Leonardtown, Maryland 20650

DOMESTIC VIOLENCE

Southern Maryland Center for Family Advocacy 301-373-4141
23918 Mervell Dean Road
Hollywood, Maryland 20636
- *provides legal services to victims of domestic violence*

St. Mary's Women's Center 301-862-3636
2075 Great Mills Road, Suite 106
Lexington Park, MD 20653

EDUCATION

Adult Education Program 301-475-5511, ext.145
- *persons 16 years and older who have officially withdrawn from school*

Back to School Supplies 301-862-2169
Century 21
23063 Three Notch Road
California, Maryland 20619
- *starts in July*
- *contact Judy Allen for information*

College of Southern Maryland/Leonardtown 240-725-5326
ADA Coordinator

Financial Assistance for College www.csmd.edu/financial/chart.htm

Literacy Council of St. Mary's, Inc. 301-863-4847
21677 FDR Boulevard
Lexington Park, MD 20653
- *provides basic educational tutoring for adults*
- *Tues/Thur 12-5 pm Wed. 12- 7 pm*

EDUCATION (cont.)

Maryland State Department of Education 1-410-767-0100
Division of Special Education and Support Services
200 W. Baltimore Street
Baltimore, MD 21201

Parents' Place of Maryland 301-884-4662
Local Resource: Missy Alexander
- *provides advocacy and education for parents of students with disabilities*

Partners for Success/ Susan Shannon, Parent Coordinator 301-863-4069
Green Holly School
46060 Millstone Landing Road
Lexington Park, MD 20653
- *servicing families and educators of children with disabilities ages 3 through 21. Services may include special education resources, information and referral, assistance with IEPs, workshops, consultation, lending library and information about local, state and national parent organizations for parents and educators.*

St. Mary's County Public Schools 301-475-5511
23160 Moakley Street P.O. Box 1410
Leonardtown, MD 20650
- *Melissa Chabonnet, Director of Special Education*
- *Dottie Powell, Transition Specialist*

EMPLOYMENT

Division of Rehabilitation Services (Leonardtown) 301-880-2790
23110 Leonard Hall Drive 301-475-2541 (fax)
P.O. Box 653 leonardtown@dors.state.md.us
Leonardtown, MD 20650-0653

Division of Rehabilitation Services (Lexington Park) 240-725-5785
Jobs Connection/DORS 240-725-5787 (fax)
21783 North Coral Drive
Lexington Park, MD 20653
- *focus is to assist with job choices, education and training*

Southern Maryland Workforce Services 301-880-2800
Carter Building Room 1037
23110 Leonard Hall Drive
Leonardtown, Maryland 20650

Work Force Technology Center 1-410-554-3000
2301 Argonne Drive www.dors.state.md.us
Baltimore, MD 21218

ESTATE PLANNING

Dugan, McKissick, Wood and Longmore L.L.C. 301-862-3764
22738 Maple Road, Suite 101
Lexington Park, Maryland 20653

Kimberly Talbert Myers 301-863-0500
23338 Kingston Creek Road
California, Maryland 20619

Edward Reynolds 301-863-7054
22335 Exploration Drive
Suite 2025
Lexington Park, Maryland 20653

FOOD

Catholic Charities/St. Clements Family Center 301-769-2788
215060 Colton Point Road
Avenue, MD
- *food pantry M, W and Th. 10:00 a.m. – 12:00 p.m. and 1:00 p.m. to 3:00 p.m.*

Church of the Ascension-H.O.P.E. 301-863-8551
21641 Great Mills Road
Lexington Park, MD 20653
- *open Mon – Thurs. 9:00am – 12:00pm*

Helping Hands 301-373-6990
23260 Beck Road
Hollywood, MD
- *food pantry M, W and F 10:00 a.m. – 1:00 p.m.*

Hope 301-737-2870
Great Mills Road
Lexington Park, MD
- *food pantry Monday – Thursday 9:00 a.m. – 12:00 p.m.*

Hughesville Baptist Church 1-301-274-3672
8505 Leonardtown Road 301-884-8645
Hughesville, MD
- *open Wednesday's only 9:30 – 11:45*
- *can only be accessed 1 time per month*

Lexington Park Baptist Church 301-862-9200
46855 S Shangri-La Drive
Lexington Park, MD 20653
- *food pantry open Mon-Thurs, 8:30-3:30 and Fridays 9:00 a.m. to 12:00 p.m.*

FOOD (cont.)

- Mt. Zion United Methodist Church-Hungry Team 301-884-7407
 27018 Mt. Zion Church Road
 Mechanicsville, Maryland 20659
 - *open Tuesday and Thursday, 9:00 am – 12:00 pm*
- SHARE Food 301-863-8490 or
 Knights of Columbus Hall 301-475-0027 (*leave message*)
 Leonardtown, Maryland 20650
 - *low-cost food, no income requirements,*
 - *Independence Cards accepted*
- St. Cecelia Church 301-862-4600
 47950 Mattapany Road
 Lexington Park, MD 20653
 - *open Monday & Thursday from 9 a.m.-12 p.m.*
 - *only serves those who live south of Hermanville Road; bring ID with address*
- St. Clements Family Center 301-769-2788
 21333 Colton Point Road
 P.O. Box 113
 Avenue, Maryland 20609
 - *food pantry open from 1:00 pm – 3:00 pm Mon, Wed, & Fri. Will need ID and SS card-*
 - *can be accessed 1 time per month*
- St. Mary's Caring Soup Kitchen 301-863-5700
 20850 Langley Road Building A
 Lexington Park, Maryland 20653
 - *provides hot meals – no take outs*
 - *open for breakfast, 8:30 a.m. - 10:00 a.m. and lunch 11:30 am- 1:00 pm*
- St. Mary's Helping Hands Inc. 301-373-6990
 P.O. Box 1658
 Leonardtown, Maryland 20650
 - *open Monday, Wednesday and Friday, 10:00 a.m. to 2:00 p.m.*
- St. Paul's United Methodist Church 301-475-7200
 25550 Point Lookout Road
 Leonardtown, Maryland 20650
 - *open Tuesday and Thursday, 11:00 a.m. – 12:30 p.m.*
 - *call after 9:00 a.m. for an appointment for a grocery order*
- St. Vincent De Paul 301-863-8193
 Immaculate Heart of Mary
 22375 Three Notch Road
 Lexington Park, Maryland 20653
 - *open Monday, Wednesday and Friday, 9:00 a.m. – 11:00 a.m.*
 - *open 6:00 pm - 7:30 pm most Wednesdays – by appointment only*

FOOD (cont.)

Zion United Methodist Church
21291 Three Notch Road
Lexington Park, Maryland 20653
- *open Thursdays, 5:30 p.m. – 7:00 p.m.*

301-863-5161

HEALTH SERVICES

Department of Human Resources
Attendant Care Program (ACP)
Office of Personal Assistance Services
311 W. Saratoga St., Rm. 845
Baltimore, MD 20201

1-410-767-7479

- *provides help to individuals with long-term or severe physical disabilities who require services such as in-home assistance with personal care, etc., if qualified*

First Call For Help
P.O. Box 2141, 10250 La Plata Road
La Plata, Maryland 20646

1-800-492-0618

www.unitedwaycharles.org

- *a free service of United Way that provides information and referrals for community services*

Health Share of St. Mary's County
(Apply at the Department of Social Services)

240-895-7000

- *low income medical care that serves people who do not qualify for medical assistance*

Maryland Public Health Hot Topics Line

1-866-866-2769

- *MD DHMH Public Health Services*

Primary Adult Care (PAC) Program

1-800-226-2142

- *replaces Maryland Pharmacy Assistance Program & Maryland Primary Care Program*
- *health care program for adults with limited income and assets.*
- *covers pharmacy, primary health care, mental health care and some limited additional health services.*

St. Mary's County Health Department
21580 Peabody Street
Leonardtwn, Maryland 20650

301-475-4330

- *Adult Evaluation and Review Services (AERS)* 301-475-4176
- *Bioterrorism Program* 301-475-4330
- *Communicable Disease Program* 301-475-4419
- *Infants & Toddlers' Program* 301-475-4393
- *MD Children's Health Program (MCHP)* 301-475-4330
- *Medical Transportation Program* 301-475-4296
- *Personal Care Program* 301-475-4176
- *Reproductive Health & Family Planning* 301-475-4330
- *Resource Coordination Program* 301-475-4389
- *WIC (by appointment only)* 1-877-631-6182
- *Women's Wellness Program* 301-475-4391

HEALTH SERVICES (cont)

St. Mary's Health Center
23140 Moakley Street
Leonardtown, MD 20650

301-997-1029

- *reduced fee health services to low-income individuals including physical exams, disease prevention, and treatment, lab services and case management. Medicare and Medicaid accepted*

HEARING SERVICES

Hearing Aid Corporation of So. MD
23171 Three Notch Road
California, Maryland 20619

301-862-5377

The Hearing and Speech Agency
5900 Metro Drive
Baltimore, MD 21215

1-410-318-6780-Voice
TTY: 1-410-318-6758

- *dedicated to meeting the speech, language, and hearing needs of Maryland's children and adults. They help our low-income clients explore all possible financial resources, and offer financial assistance to those who need it wherever possible*

Hearing Specialty Group
12070 Old Line Centre, Suite 209
Waldorf, Maryland 20602

1-301-638-3440
www.hearingspecialtygroup.com

MD Office of Deaf and Hard of Hearing
E. Redwood St., Suite 1300
Baltimore, MD 21202

1-410-767-6290-Voice
1-800-201-7165 –MD Relay
odhh@gov.state.md.us

- *provides expertise related to deaf and hard of hearing issues to Maryland citizens and facilitates ability to access resources and services*

Maryland Relay
301 West Preston Street, Suite 1008-A
Baltimore, Maryland 21201

1-800-552-7724
www.mdrelay.org

- *free phones for those who qualify*

Maryland School for the Deaf
Office of the Superintendent
101 Clarke Place P.O. Box 250
Frederick, MD 21705-0250

1-301-360-2000
1-301-360-2001 (TTY)
1-410-298-1642 (fax)
www.msd.edu

Professional Sign Language Interpreter, Jody Cacko
27292 Porter Drive
Mechanicsville, MD 20659

301-373-3539

- *provides interpreting and instruction services*

HOME HEALTH PRODUCTS

Chesapeake Rehab Equipment
2700 Lord Baltimore Drive
Baltimore, MD 21244
1-800-777-6981
1-410-298-4555
1-410-298-1642 (fax)
www.chesrehab.com

Gamma Medical Systems
4451 Georgia Pacific Blvd., Suite S
Frederick, MD 21704
1-301-874-3390

Home Health Products Express
Mimi Quade, LLC
Hughesville, Maryland 20637
240-298-7329
301-884-2945
Email: mariquade@aol.com

Medical Supply Group
14599 NW 8th Street
Sunrise, Fl. 33325
1-800-278-0227
1-800-964-9901 (fax)
www.medicalsupplygroup.com

North Shore Care
650A Anthony Trail
Northbrook, IL 60062
1-800-563-0161
1-847-559-0098 (fax)
www.northshorecare.com

Pharmaco, Inc.
10403 Hospital Drive, Suite 101
Clinton, MD 20735
medical equipment rental and Leasing
1-301-856-1492
www.pharmaco.com

Roberts Home Medical Inc.
9003-K Yellow Brick Road
Baltimore, Maryland 21237
1-800-439-2421
1-410-391-6800
1-410-391-6800 (fax)
www.RobertsHomeMedical.com

HOME HEALTH SERVICES

Adventist Home Health
12041 Bournefield Way Suite B
Silver Springs, MD 20904
1-800-734-0090
- *provides services to Mechanicsville and Charlotte Hall areas only*

Chesapeake Potomac Home Health
7627 Leonardtown Road
Hughesville, Maryland 20637
1-301-656-4343
1-301-274-9000
1-301-274-9009 (fax)
www.cpha.org

Covenant Health Services/ Mary Bynum
10115 Bartley Way
Lanham, Maryland 20706
1-301-404-6377

HOME HEALTH SERVICES (cont)

Home Call, Inc.
12070 Old Line Center, Suite 211
Waldorf, Maryland 20601

1-800-444-0096
1-301-632-6260

MedStar Health Visiting Nurse Association (VNA)
4061 Power Mill Road Suite 210
Calverton, Maryland 20705

1-800-862-2166
www.medstarhealthvna.org

Southern Maryland Home Health
23000 Moakley Street, Suite 205
Leonardtown, MD 20650

301-475-5016

HOMELESS SHELTERS

Angel's Watch Regional Center
P.O. Box 613
8395 Leonardtown Road
Hughesville, Maryland 20637

- *serves only women and their children*

1-301-274-0680
1-301-274-0681 (fax)
www.catholiccharitiesdc.org

Department of Social Services
23110 Leonard Hall
Leonardtown, Maryland 20650

- *assistance for temporary housing/must meet qualifications*

240-895-7000

Leah's House
P.O. Box 203
Callaway, Maryland 20620

- *serves only women and their children*

301-994-9580
www.leahshousemd.org

Project Echo, Inc.
300 Main Street
P.O. Box 2764
Prince Frederick, Maryland 20678

- *provides emergency shelter for men (6 beds) women and children that are homeless in Southern Maryland. Services provided are meals, referrals and case management.*
- *Calvert County residents have priority over other counties.*

1-410-257-0003

Three Oaks Center
46905 Lei Drive
Lexington Park, Maryland 20653

301-863-9535
301-863-0245 (fax)
www.threeoakscenter.org

HOSPITALS

Calvert Memorial Hospital
100 Hospital Road
Prince Frederick, Maryland 20678

1-410-535-4000
1-301-855-1012
www.calverthospital.com

Civista Medical Center
5 Garrett Avenue
La Plata, Maryland 20646

1-301-609-4000
www.civista.org

Southern Maryland Hospital Center
7503 Surratts Road
Clinton, Maryland 20735

1-301-868-8000
www.southernmarylandhospital.com

St. Mary's Hospital
25550 Point Lookout Road P.O. Box 527
Leonardtown, Maryland 20650

301-475-8981
www.smhwecare.com

HOUSING

Housing Authority
21155 Lexwood Drive, Suite C
Lexington Park, MD 20653

301-866-6590
301-737-7929 (fax)
www.co.saint-marysmd.us

LEGAL

Domestic Violence Hotline

1-800-799-7233
www.ndvh.org

- *abuse counseling, domestic violence shelters, counseling programs (for victims and batterers); referral for legal help*
- *24 hrs a day*

Employment Law
200 Constitution Ave NW
Washington D.C 20219

1-866-487-2365
www.dol.gov

- *answers employment law questions about your rights in the workplace. The hotline attorneys will give you legal information on issues such as: discrimination, sexual harassment, family or medical leave issues or unpaid wages*

Family Law Helpline

1-800-845-8550
www.peoples-law.gov

- *operated by the Women's Law Center and the Legal Aid Bureau*

Landlord – Tenant Helpline

1-410-243-6007

- *basic legal information for landlords and tenants* www.peoples-law.org/housing/tenant

LEGAL (cont.)

Legal Aid Bureau, Inc.
P.O. Box 249 15364 Prince Frederick Road
Hughesville, Maryland 20637

1-301-884-5935
1-301-274-0713 (fax)
www.mdlab.org

- *must meet income qualifications for help*
- *open Monday - Friday, 9:00 a.m. to 5:00 p.m.*
- *provides free legal services to those who qualify financially in the areas of housing (evictions and unsafe housing), credit problems, consumer (including bankruptcy and debt collection), family law, medical assistance, Social Security and other public benefits*
- *also provides legal services to the elderly regardless of income and to children in neglect and abuse cases (through the Department of Social Services)*
- *deals with limited domestic cases*

Maryland Disabilities Law Center
1800 N. Charles Street 4th Floor
Baltimore, Maryland 21201

1-800-233-7201
1-410-727-6387 (TDD)
1-410-727-6389 (fax)
www.mdicbalto.org

Maryland Foundation of American Civil Liberties Union (ACLU)
3600 Clipper Mill Road, Suite 350
Baltimore, Maryland 21211

1-410-889-8555
www.aclu-md.org

Maryland Volunteer Lawyer Service (MVLS)
1 N. Charles Street, Suite 222
Baltimore, Maryland 21201

1-800-510-0050
1-410-547-6537
www.mvlslaw.org

Public Defenders Office
Carter Building
23110 Leonard Hall Drive
Leonardtown, Maryland 20650

301-880-2830 ext.2840
www.opd.state.md.us

Senior Helpline

1-800-896-4213 ext.7750
www.mdjustice.org/mdlabs/seniorhotline

- *most types of civil legal problems - age 60 & over*

Southern Maryland Center for Family Advocacy
23918 Mervell Dean Road P.O. Box 760
Hollywood, MD 20636

301-373-4141
www.smcfa.net

- *provides legal services to victims of domestic violence*

MEDICAL EQUIPMENT (loaners)

ACTS
P.O. Box 54
Bushwood, Maryland 20618

301-769-4199

- *devices or equipment for loan and donation*

MENTAL HEALTH SERVICES

Crisis Hotline

Walden Sierra

301-863-6661

Belite Horizon Medical Services
26825 Point Lookout Road
Leonardtown, Maryland 20650

301-997-0125
301-997-0126 (fax)

Center for Children and CASA
Davis Professional Building
23507 Hollywood Road, Suite 2
Leonardtown, Maryland 20650

301-475-8860
301-475-3843 (fax)

- *accepts MA and most other insurances*
- *provides therapy and medication management*
- *provides services for children and adults*

Cecil B. Harris, Ph.D.
23137 Three Notch Road
California, Maryland 20619

301-863-7995

- *accepts MA and most insurances*

Dalton J. Johnson and Associates
1013 Savanna Drive
La Plata, MD 20646

301-934-0033

- *children, adolescents and family counseling center*

National Alliance on Mental Illness (NAMI)
Southern Maryland P.O. Box 25
46940 Shangri La Drive Suite 107
Lexington Park, Maryland 20653

301-737-1988
301-737-1772 (fax)
www.namismd.org

Pathways Clinic
44101 Airport View Drive
Hollywood, Maryland 20636

301-373-3065
301-373-6143 (fax)
www.pathwaysinc.org

- *accepts most insurances*
- *provides therapy and medication management*

Psychotherapeutic Services of Southern Maryland
41900 Fenwick Street Suite 5
Leonardtown, Maryland 20650

301-475-9315
301-475-9317 (fax)

St. Mary's County Family Connection Center
21161 Lexington Drive Suite B
Lexington Park, Maryland 20653

301-866-5332
301-863-2260 (fax)

TRICO Corporation
46940 S. Shangri La Drive Suite 15
Lexington Park, Maryland 20653

301-862-4961
301-862-5554 (fax)
www.tricocorp.org

- *accept all insurances including MA; cannot accept patients under 18*

MENTAL HEALTH SERVICES (cont.)

Tri County Youth Services Bureau 75 Industrial Park Drive P.O. Box 1798 Waldorf, Maryland 20602	1-301-645-1837 1-301-645-9169 www.tcysb.org
<ul style="list-style-type: none"> - <i>community counseling service for children, adolescents and their families</i> - <i>servicing Calvert, Charles and St. Mary's counties.</i> 	
Walden Sierra/ Ancor 30007 Business Center Drive Charlotte Hall, Maryland 20622	301-997-1300 ext.831 301-290-0280 (fax) www.waldensierra.org
Walden Sierra 44871 St. Andrews Church Road California, Maryland 20619	301-997-1300 ext.860 301-997-1321 (fax)
26845 Point Lookout Road Leonardtown, Maryland 20650	301-997-1300 ext.801 301-997-1321 (fax)
21803 –A Three Notch Road Lexington Park, Maryland 20653	301-997-1300 ext 881 301-866-9189 (fax)

MILITARY RESOURCES

Fleet and Family Support Center 21993 Bundy Road Building 2090 NAS Patuxent River, MD 20670	301-342-4911 www.milspouse.org
<ul style="list-style-type: none"> - <i>provides services designed to strengthen personal and family competencies to meet the unique challenges of the military lifestyle</i> 	
Military One Source	1-800-342-9647 www.militaryonesource.com
<ul style="list-style-type: none"> - <i>assistance for active duty, Guard and reserve (regardless of activation status) ,child care and their families.</i> - <i>Available 24/7 to provide counseling, discuss money matters, deployment, spouse employment, moving, etc.</i> 	
Navy exceptional Family Member Program (EFMP) 47149 Buse Road NAS Patuxent River, MD 20670	301-342-4041 301-342-1418 (fax) www.npcnavy.mil
<ul style="list-style-type: none"> - <i>provides support to military family members with special needs</i> 	
Specialized Training of Military Parents (S.T.O.M.P.) East coast office: 115 Mazak Court Ft. Bragg, NC 28307	1-240-994-0500 www.stomproject.org
<ul style="list-style-type: none"> - <i>federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs</i> 	

NURSING CARE

Chesapeake Shores 301-863-7244
21412 Great Mills Road
Lexington Park, Maryland 20653

Charlotte Hall Veterans Home 301-884-8171
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622

Ombudsman program-Office on Aging 301-475-4444
- *advocates for nursing home residents*

Rare and **E**xpensive case **M**anagement(REM) 1-800-565-8190 (prior to enrollment)
201 W. Preston Street Room 210 1-800-492-6006 (after enrollment hotline)
Baltimore, Maryland 21201 1-410-333-5426 (fax)
- *a case managed fee for service alternative to HealthChoice Managed Care Organization (MCO) participation for recipients with specified rare and expensive conditions*

Solomon's Nursing Center 1-410-326-0077
13325 Dowell Road
Solomons, Maryland 20688

St. Mary's Nursing Center 301-475-8000
21585 Peabody Street
Leonardtwn, Maryland 20650

PARENTING CLASSES

Health Connections at St. Mary's Hospital 301-475-6019

Recreation, Parks & Community Services 301-475-4200, ext.1847
- offers a 14 week Strengthening Families Program
- this program is open through referrals from other agencies

PARKS /Local

www.co.saint-marys.md.us

Cardinal Gibbons Park 301-475-4200, ext.1800
48913 Seaside View
Ridge, Maryland 20680

Cecil Park 301-475-4200, ext.1800
19241 St. George's Church Road
Valley Lee, Maryland 20692

PARKS /Local (cont.)

Chancellor's Run Regional Park 21905 Chancellor's Run Road Great Mills, Maryland 20634	301-737-5670, ext. 1670
Chaptico Park 26600 Budd's Creek Road Mechanicsville, Maryland 20659	301-475-4200, ext.1800
Dorsey Park 24275 Hollywood Road Leonardtown, Maryland 20650	301-475-4200, ext.1800
Elm's Beach Park 19350 Back Door Road Lexington Park, Maryland 20653	301-475-4200, ext.1800
Fifth District Park 37880 New Market Road Mechanicsville, Maryland 20659	301-475-4200, ext.1800
Hollywood Soccer Complex 44345 Joy Chapel Road Hollywood, Maryland 20636	301-475-4200, ext.1800
Jarboesville Park 21474 Williams Drive Lexington Park, Maryland 20653	301-475-4200, ext.1800
John Baggett Park 26929 Three Notch Road Mechanicsville, Maryland 20659	301-475-4200, ext.1800
John G. Lancaster Park 21550 Willows Road Lexington Park, Maryland 20653	301-475-4200, ext.1800
Laurel Ridge Park 38425 Golden Beach Road Mechanicsville, Maryland 20659	301-475-4200., ext.1800
Miedzinski Park 23145 Leonard Hall Drive Leonardtown, Maryland 20650	301-475-4200, ext.1800
Myrtle Point Park 24050 Patuxent Drive California, Maryland 20619	301-475-4200, ext.1800

PARKS /Local (cont.)

Nicolet Park 21777 Bunker Hill Drive Lexington Park, Maryland 20653	301-475-4200, ext.1800
Piney Point Lighthouse Park 44701 Lighthouse Road Piney Point, Maryland 20674	301-769-2222 ext.301
Seventh District Park 23035 Colton's Point Road Bushwood, Maryland 20618	301-475-4200, ext.1800
St. Andrews Estates Park 44110 St. Andrews Lane California, Maryland 20619	301-475-4200, ext.1800
St. Clements Shore Park 22300 Meadow Lane Leonardtwn, Maryland 20650	301-475-4200, ext.1800
Town Creek Park 45805 Dent Drive Lexington Park, Maryland 20653	301-475-4200, ext.1800

PARKS (State)

Greenwell State Park 25420 Rosedale Manor Lane Hollywood, Maryland 20636	301-373-9775
Point Lookout State Park 11175 Point Lookout Road Ridge, Maryland 20680	301-872-5688
St. Clements Island Park 38370 Point Breeze Road Colton's Point, Maryland 20626	301-872-5688
St. Mary's River State Park 21250 Camp Cosoma Road Callaway, Maryland 20620	301-872-5688

PHYSICAL FITNESS/THERAPY

Chaney Physical Therapy 26045 Sotterly Heights Road Hollywood, Maryland 20636	301-373-5827
Coordinated Movements 29770 Three Notch Road # 201 Charlotte Hall, Maryland 20622 - <i>PT, OT and Speech & Language Services</i>	1-301-290-0800
Gateau Physical Therapy 22454 Three Notch Road Suite 103 Lexington Park, Maryland 20653	301-862-5177
NovaCare Outpatient Rehabilitation 23000 Moakley Street Suite 101 Leonardtown, Maryland 20650	301-475-5830
Personalized Therapy 22593 Three Notch Road California, MD 20619	301-862-2505 www.personalizedtherapyllc.com
Regional Rehab at St. Mary's (NRH) 24035 Three Notch Road P.O. Box 940 Hollywood Md. 20636 - <i>specializing with stroke patients and paralysis</i>	301-373-2588
Southern Maryland Physical Therapy and Chiropractic 23127 Three Notch Road California, MD 20619	301-862-9187
Theory-In Motion, Inc. Russell & Kathy Therrien 10025 H.G. Trueman Road, Suite 105 Lusby, MD 20657 - <i>offering Tai Chi, Qigong, Yoga, Reflexology & speech services. Kathy is an Integral Yoga teacher with a particular passion for helping out kids with special needs</i>	301-481-3390 email-taijiguy@md.metrocast.net

POISON CONTROL CENTER

Poison Control National Hotline - <i>open 24 hours a day – 7 days a week</i>	1-800-222-1222
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PRESCRIPTION ASSISTANCE

Department of Social Services
23110 Leonard Hall Drive
Leonardtown, Maryland 20650

240-895-7027

Free Medicine Program

1-800-921-0072

www.freemedicineprogram.com

- *help patients obtain prescription drugs and medications free of charge by helping the apply for patient assistant programs through drug manufacturers*

Health Share of St. Mary's, Inc.
Department of Social Services/ Governmental Center
23115 Leonard Hall
Leonardtown, Maryland 20650

301-475-4759

- *facilitates access to primary healthcare and provided co-pays for prescriptions for adults without health insurance not covered by existing plans.*

Maryland Health Insurance Program HIV/AIDS
500 North Calvert St. 5th floor
Baltimore, Maryland 21202

1-800-205-6308

1-410-767-6535

- *statewide program, funded primarily through the Ryan White CARE Act, that helps low to moderate income Maryland residents who are HIV infected receive assistance purchasing the medications they need to treat HIV*

Maryland Pharmacy Assistance Program
P.O. Box 386 1800 Washington Blvd.
Baltimore, Maryland 21203-0386

1-800-492-5231

www.dhmd.state.md.us/mma/mpap

- *provides help to qualified Maryland residents regardless of age, who are not eligible for the Maryland Medical Assistance Program. Eligibility is not limited to the elderly and disabled and is based on the financial resources available to the family unit*

MedBank of Maryland, Inc.
14090 Solomon's Island Road
Solomons, Maryland 20688

1-877-435-7755

www.medbankmd.org

- *helps low-income, chronically ill, uninsured & underinsured individuals get prescription medications at low or no cost*

Merck Patient Assistance Program

1-800-727-5400

- *provides prescription assistance to those who are uninsured, meet income guidelines, are U.S. citizens, and have a prescription for a Merck medication*

www.merck.com/merckshelps/

Needy Meds

www.needymeds.org

120 Western Avenue P.O. Box 219
Gloucester, MA 01930

- *web based information resource for people who need assistance paying for medications*

PRESCRIPTION ASSISTANCE (cont.)

Patient Medication Assistance

1-866-353-9377

www.patientmedicationassistance.com

- *helps individuals receive their medication under drug assistance programs*
- *monthly fee for services does apply*

Partnership for Prescription Assistance

1-888-477-2669

www.pparx.org

- *brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need. Offers a single point of access to more than 475 public and private assistance programs*

Primary Adult Care (PAC) Program

1-800-226-2142

www.dhmh.state.md.us/mma/pac

(Replaces Maryland Pharmacy Assistance Program & Maryland Primary Care Program)

- *health care program for adults with limited income and assets. Maryland residents 19 or older and not eligible for Medicare may apply. Covers pharmacy, primary health care, mental health care and some limited additional health services.*

Senior Prescription Drug Assistance Program

1-800-551-5995

www.marylandspdap.com

- *provides a subsidy to eligible individuals who are enrolled in the Medicare Prescription Drug Program and who do not qualify for help under the Social Security Administration*

PSYCHIATRISTS

Belite Horizon Medical Services
26825 Point Lookout Road
Leonardtown, Maryland 20650

301-997-0125
301-997-0126 (fax)

Pathways
44065 Airport View Drive
Hollywood, Maryland 20636

301-373-3065
301-373-6143 (fax)

PSYCHOLOGISTS

Maryland Psychological Association
- *free Referral Service*

1-800-528-9686

Community Counseling Service
616 E. Charles Drive
La Plata, MD 20646

1-301-884-8044

Cecil B. Harris, Ph.D., ABPP
23137 Three Notch Road
California, MD 20619

301-863-7995

PSYCHOLOGISTS (cont)

Alissa Jones, Ph. D, P.A. 301-862-3042
23127 Three Notch Rd.
California, MD 20619
- *Monday – Thursday*
- *by appointment only*

Carol Marcy, Ph.D 301-373-2222
43288 Joy Lane
Hollywood, MD 20636

REHABILITATION SERVICES

www.nursinghomedirectory.org
*nursing home directory/locator

Charles County Nursing/Rehab Center 1-301-934-1900
10200 La Plata Road www.ccnrc.com
La Plata, Maryland 20646

Chesapeake Shores 301-863-7244
21412 Great Mills Road
Lexington Park, Maryland 20653

St. Mary's Nursing Center 301-475-8000
21585 Peabody St. www.stmarysnursingcenter.com
Leonardtown, Maryland 20650

Solomon's Nursing Center 1-410-326-0077
13325 Dowell Road P.O. Box 1509
Solomons, Maryland 20688

RESPIRE RESOURCES

Arc of Southern Maryland 301-475-5652
P.O. Box 1259 25470 Point Lookout Road
Leonardtown, Maryland 20650
- *resources for individuals with developmental disabilities*

Cedar Lane Senior Living Community/Janice Pruitt 301-475-8966
22680 Cedar Lane Court www.cedarlaneapts.com
Leonardtown, Maryland 20650

Family Caregivers Support Program 301-475-4200 ext. 1057
23115 Leonard Hall Drive www.stmarysmd.com/doa
Leonardtown, Maryland 20650

RESPIRE RESOURCES

- Hospice of St. Mary's 301-475-2023
P.O. Box 625 23507 Hollywood Road
Leonardtown, Maryland 20650
- *offers services to the terminally ill*
- St. Mary's County Department of Aging 301-475-4200 ext 1050
23115 Leonard Hall Drive P.O. Box 653
Leonardtown MD 20650
- *provides respite, caregiver support services, caregiver training, medical supplies, and medical equipment for family members caring for disabled adults 60 and over. Caregivers receive services that conform to their specific needs*
- St. Mary's County Nursing Home 301-475-8000
21585 Peabody St.
Leonardtown, MD 20650
- *provides 24 hour nursing care*
- St. Mary's Department of Social Services 240-725-7000
P.O. Box 509 23115 Leonard Hall Drive
Leonardtown, Maryland 20650
- *serves the developmentally and functionally disabled population*

SENIOR PROGRAMS

- St. Mary's County Department of Aging 301-475-4200 ext 1050
23115 Leonard Hall Drive
P.O. Box 653
Leonardtown, MD 20650
- *senior centers are available to all persons aged 60 and over.*
- *lunch is available with a 24-hour notice; donations for lunch*
- Garvey Center 301-475-4444, ext.1050
23115 Leonard Hall Drive
Leonardtown, Maryland 20650
- Loffler Senior Center 301-737-5670
Chancellors Run Regional Park
21905 Chancellors Run Road
Great Mills, Maryland 20634
- Northern Senior Center 301-475-4002, ext.1001
29655 Charlotte Hall Road
Charlotte Hall, Maryland 20622
- Oakley Senior Site 301-769-2979
P.O. Box 307
Avenue, Maryland 20609

SENIOR PROGRAMS (cont)

Ridge Nutrition Site 301-872-5439
13390 Point Lookout Road
Ridge, Maryland 20680
- Wednesdays only

Senior Information 301-475-4444, ext.1050
- *free benefit information*
- *Senior Care Program*
- *health insurance counseling*
- *meals on Wheels*
- *retired and senior volunteer program*
- *computer classes*
- *trips*
- *arts and crafts sessions*
- *adult learning series*
- *senior Olympics*
- *golf tournaments*
- *health activities and support groups*
- *financial counseling / tax preparations* 301-475-4513

55 alive driver safety program 301-737-5670
- *defense driving course for persons over age 50* 301-475-4200
- *Ed White (Charlotte Hall)* 301-884-8950

Senior Rides Program 301-475-4200, ext. 1066)
23115 Leonard Hall Drive
Leonardtown, MD 20650
- *provides transportation to appointments, shopping, etc. both in and outside the county*
- *cost ranges between \$6 and \$30 depending on length of trip*

SERVICE ANIMALS

Canine Companions for Independence 1-800-572-2275
Northeast Regional Center www.cci.org
286 Middle Island Road
Medford, NY 11735
- *enhances the lives of people with disabilities by providing highly trained assistance dogs*

Fidos for Freedom Inc. 1-410-880-4178
P.O. Box 5508 www.fidosforfreedom.org
Laurel, MD 20726
- *non-profit organization that strives to increase the quality of life for people through the use of hearing dogs, service dogs, and therapy dogs*

SERVICE ANIMALS (cont)

Shore Service Dogs, Inc.
P.O. Box 2251
Salisbury, MD 21802

1-410-742-1775
www.shoreservicedogs.com

- *provides custom trained Service Dogs that help return mobility and independence to people's lives*

SMOKE DETECTOR INFORMATION & FIRE EXTINGUISHERS

Melvin Tennyson

301-863-2139

- *free smoke detectors for the deaf.*

SOCIAL CLUBS

The Agape Club
Lexington Park United Methodist Church
21760 Great Mills Road
Lexington Park, Maryland 20653

240-434-5358
www.lpumchurch.org

- *meets the 2nd Friday of every month 6:00 pm – 7:30 pm*
- *socialization, music, pizza and drinks*

Boys and Girls Clubs of Southern Maryland
9021 Dayton Ave. P.O. Box 413
North Beach, Maryland 20714

1-410-257-0007
www.bgcsmd.net

- *to inspire/enable all young people ,especially from disadvantaged circumstances to realize their full potential as productive, responsible and caring citizens.*

On Our Own, Inc.
41660 Park Avenue
Leonardtown, Maryland 20650

301-997-1066

- *self-help consumer run mental health consumer education and advocacy group; peer support; education center; workshops; socialization group*

The Warriors
The Arc of Southern Maryland
25470 Point Lookout Road
Leonardtown, Maryland 20650

301-475-5652 ext.109
(Pam Main)

- meets the 3rd Monday of each month from 5:00 pm – 7:00 pm*
- group activities: socialize with other teens: pizza and soda*

SOCIAL SECURITY ASSISTANCE

Center for Independent Living (301) 884-4498
30265 Charlotte Hall Rd.
Charlotte Hall, MD 20659

- *provides advocacy for individuals with disabilities for benefits with the SSA*

Disability Entitlement Advocacy Program (DEAP) 1-800-727-6454
311 West Saratoga Street
Baltimore, MD 21201

- *helps disabled citizens of Maryland with the application process for Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefits*

Social Security Administration 1-800-772-1213
6400 Old Branch Ave. www.socialsecurity.gov
Camp Springs, Maryland 20748

- *2nd Wednesday of the month SSA staff are at the College of Southern Maryland from 9:00-2:00*
- *4th Wednesday of the month SSA staff are at Maryland Higher Education Center from 9:00-1:30*

SOCIAL SERVICE ORGANIZATIONS

Big Brothers & Big Sisters of Southern Maryland 301-290-0501
30065 Business Center Drive
Charlotte Hall, Maryland 20622

Christmas in April/Rebuilding Together 301-863-2905
P.O. Box 705 email: mary.chasen@christmasinaprilsmc.org
Hollywood, MD 20636

Department of Social Services 240-895-7000
23115 Leonard Hall Drive
Leonardtown, Maryland 20650

Red Cross 301-475-4705
P.O. Box 387
Leonardtown, Maryland 20650

- *not always manned; if not, call the Patuxent River office* 301-342-4100

St. Mary's Women's Center 301-862-3636
2075 Great Mills Road Suite 106
Lexington Park, Maryland 20653

- *a not-for-profit community organization that provides free or low cost assistance to women for assistance in a legal referral pro-bono, for domestic violence and support groups*

SOCIAL SERVICE ORGANIZATIONS (cont.)

Tri-County Community Action Committee
P.O. Box 280
Hughesville, Maryland

301-475-5574

- *a non-profit organization committed to combating poverty in Southern Maryland striving to provide a variety of self-sufficiency services to the residents of Calvert, Charles and St. Mary's*
- *Economic and Employment Development Project (EEDP)*
- *Head Start Program*
- *Office of Home energy Programs (OHEP)*
- *Senior companion Program*
- *Self-Help Housing*

SPEECH AND LANGUAGE SERVICES

Child & Adult Rehab Services
85 High Street #7
Waldorf, Maryland 20601

1-301-645-6540

Coordinated Movements
29770 Three Notch Road
Charlotte Hall, Maryland 20622

301-290-0800

Hawkins Associates
20296 Popular Ridge Road
Lexington Park, Maryland 20653

301-863-9007

Theory-In Motion, Inc. / Russell & Kathy Therrien
10025 H.G. Trueman Road, Suite 105
Lusby, MD 20657

301-481-3390

email-taijiguy@md.metrocast.net

- *offering Speech Services, Tai Chi, Qigong, Yoga, & Reflexology*

SUPPORT GROUPS

Alzheimer's Association Tuesday Telephone Talks
- *Every Tuesday 12 noon- 8pm*

1-888-262-0101

www.alz.org/nca

Alzheimer's Caregiver Support Group
Department of Aging Garvey Senior Center
23115 Leonard Hall Drive
Leonardtown, MD 20650

301-475-4200, ext 1050

Autism Spectrum Disorder Support Group of Southern Maryland
- *meets 3rd Wednesday monthly/ 6:30 pm-8:00 pm*

301-862-7535

301-997-0794

email-griestbeary@verizon.net

SUPPORT GROUPS (cont)

Cancer Support Group 301-475-6070
St. Mary's Hospital
Leonardtown, Maryland 20650
- 1st and 3rd Wednesday from 7:00 pm – 8:30 pm

Hospice of St. Mary's, Inc 301-475-2023
22699 Washington Street
P.O. Box 625
Leonardtown, Maryland 20650
- to provide physical, emotional and spiritual care to terminally ill patients and bereavement support to those families and the community.

Southern Maryland Brain Injury Support Group 1-301-934-4561
Spring Dell Center
6040 Radio Station Road
La Plata, MD 20646
- 2nd Thursday monthly – 6:00pm -7:30 pm

Southern Maryland Neuropathy Support Group 301-737-0623
Leonardtown Library
23250 Hollywood Road
Leonardtown, Maryland 20650
- meets 3rd Saturday each month at 2:00 pm in the meeting room

THRIFT STORES

Hooks and Hangers 301-274-3711
29940 Three Notch Road
Charlotte Hall, Maryland 20622

Vintage Values I 301-475-3655
25997 Point Lookout Road
Leonardtown, Maryland 20650

Vintage Values II 301-737-4884
21779 Tulagi Place
Lexington Park, Maryland 20653

TRANSPORTATION

Keller Bus Service 1-301-645-5734
Waldorf, Maryland 20601 1-301-843-1881
- mass transit

St. Mary's County Medical Assistance Transportation 301-475-4296
21580 Peabody Street
Leonardtown, Maryland 20650
- for MA recipients

TRANSPORTATION (cont)

St. Mary's County Transit System/Public Transportation (STS) 301-475-5100
44825 St. Andrews Church Road
California, Maryland 20619
- *county transportation system*

St. Mary's County Transportation Mobility Coordination 301-866-9024
44829 St. Andrews Church Road – P.O. Box 406 301-866-6797 (fax)
California, Maryland 20619
- *provides information on available transportation options, how to use the STS transit bus system and guidance on completing Paratransit applications for STS transportation*

VanGo 1-301-934-9305
8190 Port Tobacco Road 1-301-870-3388
Port Tobacco, Maryland 20677
- *connects with STS for Charles County Public Transportation*

Wheelchair Getaways 1-301-699-2238
5002 Lehigh Ave.
College Park, MD 20740
- *handicapped accessible van rentals*

UTILITIES ASSISTANCE

Catholic Charities /St. Clements Family Center 301-769-2788
21333 Colton's Point Road
Avenue, Maryland 20609
- *10:00 am –12:00 and 1:00pm -3:00pm*
- *closed Thursday's*

Department of Social Services 240-895-7000
23115 Leonard Hall Drive
Leonardtown, Maryland 20650

H.O.P.E 301-737-2870
21641 Great Mills Road
Lexington Park, Maryland 20653

Immaculate Heart of Mary Church 301-863-8193
22375 Three Notch Road
Lexington Park, Maryland 20653
- *assists Great Mills and Lexington Park residents with rent, electric, heating, food pantry, and prescription expenses. Phone open: Monday, Wednesday, & Friday from 9:30 a.m. - 12 p.m.*

UTILITIES ASSISTANCE (cont.)

Lifestyles of MD, Inc. 1-301-609-9900
612 E. Charles Street
P.O. Box 1794
La Plata, MD 20646
- *provides emergency assistance with utilities, transportation, & food/clothing*

Tel-Life 1-800-525-0145
- *low cost phone service through Verizon*
- *all applications taken over the phone; must meet certain eligibility criteria*

Tri-County Community Action Committee 301-475-5574
8371 Leonardtown Road
P.O. Box 280
Hughesville, Maryland 20637
- *Monday through Friday; 8:30 a.m. to 4:30 p.m.*

VISION SERVICES

Eyeglasses

The following accepts MA (must determine if they accept your MCO, however)

Bayshore Eyecare 301-862-2436
22741 Three Notch Road
Lexington Park, Maryland 20653

Bayshore Eyecare 301-884-4774
29015 Three Notch Road Suite 6
Mechanicsville, Maryland 20659

Sterling Optical 301-863-6950
45315 Alton Lane (next to K-Mart)
California, Maryland 20619

VISION SERVICES/Other

American Council of the Blind 1- 202-467-5081
1155 15th Street N.W.
Washington, D.C. 20005
www.abc.org

American Foundation for the Blind 1-212-502-7600
Manhattan, New York 10001
www.afb.com

VISION SERVICES/Other

- DORS 301-880-2790
 23110 Leonard Hall Drive
 P.O. Box 653
 Leonardtown, MD 20650-0653
 - *provides assistance with glasses and vision exams for those who qualify for program*
- DORS-Jobs Connection 240-725-5785
 21783 North Coral Drive
 Lexington Park, MD 20653
- Eye Care America 1-800-222-3937
 - *public service program that works to reduce avoidable blindness and severe visual impairment. They offer multiple eye care programs. Many eye care services are provided at no out-of-pocket cost to those who qualify* www.eyecareamerica.org
- Library for the Blind and Physically Handicapped 1-800-964-9209
 415 Park Avenue www.lbph.lib.md.us
 Baltimore, MD 21201
- Maryland School for the Blind and Physically Handicapped 1-410-444-5000
 3501 Taylor Avenue www.marylandschoolfortheblind.org
 Baltimore, Maryland 21236
 - *for individuals legally blind, visually limited, physically limited and reading disabled, e.g., dyslexia*
- National Federation of the Blind 1-410-659-9314
 1800 Johnson Street www.nfbmd.org
 Baltimore, MD 21230
- Lions Club International
 - *financial assistance to individuals for eye care through local clubs. A local club can be found by using the "club locator" button found on their website at* www.LionsClubs.org
- National Eye Institute 1-301-496-5248
 2020 Vision Place www.nei.nih.gov
 Bethesda, MD 20892
- New Eyes for the Needy www.neweyesforthe needy.org
 - *provides prescription eyeglasses to qualified individuals through a voucher program*
- Vision USA 1-800-766-4466
 243 North Lindbergh Blvd.
 St. Louis, MO 63141
 - *nationwide program that provides basic eye health and vision care services free of charge to the many uninsured, low-income people and their families who have no other means of obtaining care*

ST. MARY'S COUNTY OFFICIALS

Board of County Commissioners

Francis "Jack" Russell	President	301-475-4461
Kenny Dement	District 1	
Thomas A. Mattingly Sr.	District 2	
Larry Jarboe	District 3	
Daniel H. Raley	District 4	

Board of Education

Board of Education	301-475-5511
P.O. Box 641	
23160 Moakley Street	
Leonardtown, Maryland 20650	

Dr. Michael J. Martirano, Superintendent of Schools , Secretary/Treasurer
 Dr. Salvatore L. Raspa, Chairman District 1
 William M. Mattingly, Vice-Chairman District 3
 Cathy Allen, Member District 2
 Mary M. Washington – Member District 4
 Marilyn Crosby, Member at Large
 Kate Rocheteau – Student Member

State's Attorney's Office

Richard Fritz	301-475-2066
P.O. Box 1755	
41605 Courthouse Drive	
Leonardtown, Maryland 20650	

Child Support Division	301-475-4696
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District Court Division	301-475-4890
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Sheriff's Department

Timothy K. Cameron	301-475-4200 (ext.1900)
St. Mary's County Sherriff's Office	
23150 Leonard Hall Drive	
Leonardtown, MD 20650	

Maryland State Police

State Police Barracks T	301-475-8955
23200 Leonard Hall Drive	
Leonardtown, Maryland 20650	

MARYLAND STATE GOVERNMENT OFFICIALS

Governor Martin O'Malley
100 State Circle
Annapolis, Maryland 21401

1-410-974-3901
1-800-811-8336

Lt. Governor Anthony G. Brown
100 State Circle
Annapolis, Maryland 21401

1-410-974-3901
1-800-811-8336

Senator Roy Dyson
James Senate Office Building Room 102
110 College Avenue
Annapolis, Maryland 21401

1-410-841-3673
1-301-858-3673

District Office
P.O. Box 5
20247 Point Lookout Road Unit 2
Great Mills, Maryland 20634

301-994-2826

Email: roy.dyson@senate.state.md.us

Delegate John F. Wood, Jr. 29-A
Lowe House Office Building Room 422
84 College Avenue
Annapolis, Maryland 21401

1-410-841-3170
1-301-858-3170

District Office
P.O. Box 406
28231 Three Notch Road
Mechanicsville, Maryland 20659

301-884-2345

Email: john.wood@house.state.md.us

Delegate John Bohanan, Jr. 29-B
Lowe House Office Building Room 415
84 College Avenue
Annapolis, Maryland 21401

1-410-841-3227
1-301-858-3227

District Office
46940 S. Shangri Drive
Lexington Park, Maryland 20653

301-866-4000

Email: john.bohanan@house.state.md.us

Delegate Anthony O'Donnell 29-C
216 Lowe House Office Building Room 216
Annapolis, Maryland 21401

1-410-841-3314
1-301-858-3314

District Office
P.O. Box 865 11840 H.G. Truman Rd
Solomon's, Maryland 20688

1-410-326-0081

Email: anthony.odonnell@house.state.md.us

UNITED STATES CONGRESS

5th Congressional Election District

Representative Steny Hoyer
1705 Longworth House Office Building
Washington D.C. 20515

1-202-225-4131

District Office
7905 Malcolm Road
Clinton, Maryland 20735

1-301-856-0240

U.S. Senators

Benjamin Cardin
509 Hart Senate Office Building
Washington, D.C. 20510

1-202-224-4524

Email: cardin.senate.gov/contact/

Barbara A. Mikulski
503 Hart Senate Office Building
Washington, D.C. 20510

1-202-224-4654

Email: mikulski.senate.gov/mailform.html