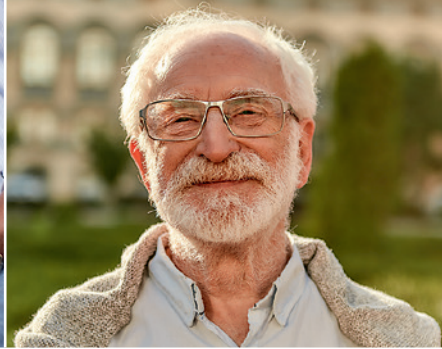


IONA SENIOR SERVICES

Resource GUIDE

IONA
Age Well. Live Well.

DACL
DEPARTMENT OF AGING AND COMMUNITY SERVICES
LIVE BOLDLY



A **FREE** comprehensive guide to aging and caregiving resources in the Washington, DC metropolitan area

HELP IN YOUR LANGUAGE

If you need help in your language, please call (202) 895-9447 for free interpreter assistance.

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語言協助

如果您需要用 (中文)接受幫助，請電洽 (202) 895-9447，將免費向您提供口譯員服務

AIDE LINGUISTIQUE

Si vous avez besoin d'aide en Français appelez-le (202) 895-9447 et l'assistance d'un interprète vous sera fournie gratuitement.

언어 지원

한국어로 언어 지원이 필요하신 경우 (202) 895-9447 로 연락을 주시면 무료로 통역이 제공됩니다.

AYUDA EN SU IDIOMA

Si necesita ayuda en Español, por favor llame al (202) 895-9447 para proporcionarle un intérprete de manera gratuita.

GIÚP ĐỠ VỀ NGÔN NGỮ

Nếu quý vị cần giúp đỡ về tiếng Việt, xin gọi (202) 895-9447 để chúng tôi thu xếp có thông dịch viên đến giúp quý vị miễn phí.



Resource Guide

21st edition

We are pleased to present the 21st edition of Iona's free Resource Guide. We hope you find this guide useful and informative and encourage you to call Iona Senior Services at 202-895-9448 and ask for our Helpline for more information or to ask questions.

Iona Tenleytown:

4125 Albemarle Street NW
Washington, DC 20016

Iona Congress Heights:

3303A Stanton Road SE
Washington, DC 20020

202-895-9448 | info@iona.org | www.iona.org

Iona's *Resource Guide* is provided to the community free of charge thanks to support from the DC Department of Aging and Community Living. However, we depend on philanthropic support to continue providing it and our vital services to the community. For over 45 years, Iona has served as a trusted nonprofit provider of essential aging and caregiving services in the metropolitan Washington, DC area.

Here are some ways to support our work:

Donate online at www.iona.org

Mail a check to:

Iona Senior Services

4125 Albemarle Street, NW Washington, DC 20016

Call 202-895-9416 to make a gift of stocks, mutual funds, or to make a charitable contribution from a Donor Advised Fund

PLEASE NOTE:

The Iona *Resource Guide* includes nonprofit organizations, government agencies, and advertisers (as indicated).

Iona does not endorse or guarantee the quality of services of any listed agency or advertiser. We encourage consumers to request further information and references from the service providers before utilizing their services. We welcome readers' comments about this guide and the services listed. Email us at info@iona.org.



Supported by the DC Department
of Aging and Community Living

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ABOUT IONA

Since 1975, Iona has been a trusted provider of essential services for older adults, caregivers, and community members in the metropolitan Washington, DC area. Iona's mission is to support people as they experience the challenges and opportunities of aging. We educate, advocate, and provide community-based services to help people age well and live well. We envision a community that celebrates, values, respects, and protects the contributions and possibilities of every individual.

Iona Programs and Services

For more information about any of Iona's programs or services, please call (202) 895-9448 and ask for the Helpline, email us at info@iona.org, or visit our website at www.iona.org.

Iona Helpline

Iona's Helpline specialists are available Monday through Friday from 9:00 AM to 5:00 PM to answer questions about Iona's programs, community resources, and aging-related programs available locally and across the country. Call us at (202) 895-9448 and ask for the Helpline or email info@iona.org.

CARE MANAGEMENT, CONSULTATION, AND COUNSELING

Iona Care Management

Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. At a rate of \$175 an hour, Iona Care Managers are available to older adults and family caregivers to provide resource referrals, guidance on aging and healthcare issues, and hands-on coordination of services.

Iona Care Management taps into our expertise on aging and our deep knowledge of local resources to create and follow through with a plan that ensures the best care for you or an older adult in your life. Our team specializes in working with older adults, caregivers, and professional associates to navigate and problem solve the most difficult challenges that come with aging and caregiving.

Here are a few ways Iona Care Management can help:

- Local and long-distance family support
- Consultations around aging in place; making a move; managing family conflicts; caregiver support; monitoring health, legal and financial planning; discharge planning; and more
- Custom guidance and referrals around housing options
- Healthcare advocacy during health crises or other emergencies
- Coordination and arrangement of home care services
- Escorts to medical appointments, social outings, and more
- Future-planning guidance for down-the-line needs

Iona Care Management serves all DC wards, and some zip codes in Montgomery County. There are no geographic restrictions for consultation.

For more information about Iona Care Management, the pricing structure, or to request a free 15-minute consultation, please call 202-895-9448 and ask for the Helpline or email info@iona.org. Longer consultations are available to provide advice, concrete next steps, and customized referrals.

Community Care Management

Iona provides free care management services to DC residents aged 60 and older who live in Ward 3 and qualify financially. There is no charge for services (donations are welcome, but not required). As there is often a waiting list for these services, we give priority to those most in need.

Iona Community Care Managers can:

- Assess how well an older adult is managing on their own, and what care might be needed
- Arrange and monitor home care and other services
- Schedule medical appointments and facilitate doctor/patient communication
- Provide short-term crisis management
- Apply for government benefits/services
- Provide other supports as needed

Dementia Navigators

Available to older adults aged 60+ who have memory loss and their care partners who attend Sibley Hospital's Club Memory®, this program provides information, assistance, and resource counseling from expert social workers. Dementia Navigators is subsidized by the DC Department of Aging and Community Living.

Money Management Program

This program provides money management services (such as managing bills and personal funds) and aims to prevent the financial exploitation of low-income DC residents who are 60+ and living with memory loss. The Money Management Program is made possible through a grant from the DC Department of Aging and Community Living.

Reassurance Calls

Reassurance calls provide socially isolated older adults (age 60+) who live in DC with a regular phone call from an Iona staff member. These calls offer older adults an opportunity to connect and receive ongoing support and referrals to services to ensure their needs are met.

Counseling Services

Iona's licensed clinical social workers provide individual psychotherapy to help older adults and caregivers cope with the emotional challenges of aging and caregiving. Through a collaborative approach, our psychotherapists use a variety of techniques that foster improved self-awareness, emotional healing, personal growth, and better relationships.

Counseling services can help address:

- Feelings of depression or anxiety
- Difficulties dealing with memory loss, a medical condition, or increased dependence on others
- Grief and loss
- Transitioning to retirement
- Adjusting to a change in roles or responsibilities in a relationship
- Caregiving stress

Support Groups

Iona provides support groups on a variety of topics including the challenges of aging, memory loss, vision loss, living as an LBGQTQ older adult, and caregiving. Support groups offer a much-needed anchor by providing older adults and caregivers with a space to connect with others experiencing similar situations.

To view a complete list of Iona's support groups, visit our website at www.iona.org.

FOOD AND NUTRITION PROGRAMS

Nutrition Counseling

Iona's licensed dietitians and nutritionists provide professional clinical nutrition services and medical nutrition therapy via telephone and in-office and home visits. They provide information and answer food and nutrition questions; assess current food, food security, and nutrition needs; and work collaboratively with Iona staff to maximize older adults' food situation.

Nutrition Education

Group nutrition education is provided by Iona's licensed dietitians and nutritionists through the St. Alban's Active Wellness program, a monthly produce market, printed flyers and newsletters, and virtual events.

Nutrition Supplements

Through a grant from the DC Department of Aging and Community Living, Iona offers liquid high-calorie and high-protein nutrition supplements to eligible older adults aged 60+ who are already enrolled in qualifying Iona programs to help them maintain a healthy and well-balanced diet.

Food Pantry Plus

Iona's Food Pantry Plus provides shelf-stable food, incontinence products, full-sized toiletries, cleaning products, and paper goods to current Iona clients on an as-needed basis.

COMMUNITY PROGRAMS

Around Town DC

Made possible through support from the DC Department of Aging and Community Living, Around Town DC provides free in-person and virtual recreation, socialization, and health-related classes and activities for DC residents aged 60 and older. From cooking and painting to improv and yoga, Around Town DC has something for everyone. Visit www.aroundtowndc.org to see the schedule and sign up.

Active Wellness at St. Alban's

Active Wellness at St. Alban's is a community dining site and in-person hub for Around Town DC programming. DC residents aged 60+ can join us Monday to Friday for a free hot meal (reservations required) and participate in a variety of fitness, art, music, and other activities in the morning and afternoon. Special events like concerts and aging workshops are also offered regularly, and there is a fresh produce market once a month. Visit www.aroundtowndc.org to see the schedule and sign up.

Aging Solo

Aging Solo is a national award-winning online learning opportunity designed to help you take charge of your aging. As we get older, facing health crises and end-of-life decisions become inevitable. Aging Solo will help you reflect on your priorities, map out your support network, and put plans in place.

Topics addressed in Aging Solo include:

- Your social network and support network
- Healthcare decision-making and end-of-life choices
- Aging in place
- Making a move
- Your next steps

Aging Solo is available for purchase online, with sliding scale options available for individuals and organizations. Your purchase of Aging Solo includes:

- A PDF handbook with a planner, reflection questions, resources, and helpful discussion of aging-related topics
- Six videos that expand on topics in the handbook and feature discussions with aging experts and older adults who have implemented the lessons from Aging Solo into their own lives
- A PDF Facilitator's Guide with tips on scheduling, marketing, and organizing an Aging Solo course for your group or organization (organizations only)

All you need to complete Aging Solo is an Internet connection, and you can go at your own pace. You can go through the handbook and videos on your own or respond to the reflection questions with a friend or partner. Visit www.iona.org/agingsolo to learn more or to purchase.

The Lois & Richard England Gallery at Iona Tenleytown

Open Monday through Friday, 9:00 AM to 5:00 PM, the Lois & Richard England Gallery (4125 Albemarle St NW, Washington, DC 20016) showcases local older artists, Wellness & Arts Center participants, and other creative endeavors.

Volunteer Opportunities

Iona has many rewarding volunteer opportunities for people of all ages, skills, and experiences. Volunteers at Iona are essential, serving in nearly every facet of our work. Direct-service volunteers help deliver groceries and produce or provide companionship for older adults who are homebound. They also assist activity staff at our Wellness & Arts Center, Washington Home Center, and Active Wellness at St. Alban's program.

Behind-the-scenes volunteers support Iona's advocacy, event planning, communications, community outreach, reception desk, and administrative work. Iona also welcomes experienced professionals and student interns in business, counseling, nursing, social work, nutrition, administration, and more. Volunteer opportunities are available for adults, youth, and families. For more information, please email volunteer@iona.org or call (202) 895-9419.

Loan Closet

Iona provides free, lightly-used transport devices and other supplies to older adults and caregivers in the Washington, DC area for as long as needed. Items in our loan closet include:

- Wheelchairs (non-electric)
- Transport chairs (lightweight wheelchairs that need to be pushed)
- Rollator walkers (with and without seats)
- Tub seats and transfer benches
- Commodes
- Hand-held grabbers
- Canes

If you are in need of an item, please contact us at 202-895-9448 and ask for information about our loan closet. We also accept donations of unopened hygiene products. To make a donation or borrow an item, please contact 202-895-9448.

OUTREACH AND PARTNERSHIPS

Caregiver Outreach

Iona's Caregiver Outreach Coordinator provides information, education, and assistance to DC family caregivers, as well as outreach and support to community organizations that serve family caregivers. This program is in partnership with the DC Caregivers' Institute (DCCI).

Ward 3 Outreach

As a Ward 3 Lead Agency with the DC Department of Aging and Community Living, Iona provides outreach including distribution of materials to apartment buildings and building managers, attending community meetings, and relationship building with community partners. Iona's Ward 3 Outreach Coordinator is available to facilitate tours at Iona and attend community events to share information about Iona's programs. Contact Pleasance Silicki at psilicki@iona.org or 202-895-9452.

Faith Community Partnerships

Iona partners with faith communities to support members who are experiencing challenges related to aging or caregiving. Services include educational programs, coaching and referrals to services, and supportive counseling. Iona's expert staff can also provide training and consultation for clergy, staff, and volunteers.

Village Partnerships

Iona partners with Villages to provide educational programs and individual support for members. Iona's expert staff can also provide training and consultation for Village staff and volunteers.

Corporate Eldercare

Iona can complement an organization's Employee Assistance Program (EAP) with employee support for maintaining work/life balance while caring for older relatives. Through confidential and comprehensive support, our licensed eldercare managers are available to provide:

- Customized assessments and care planning
- In-depth information and referrals on local and long-distance resources for employees and family members
- Supportive counseling about the practical and emotional aspects of caregiving
- Workplace educational programs on caregiving topics such as legal and financial planning, memory loss, and family communication

Legal Assistance

By appointment only, the Legal Counsel for the Elderly and Self Help Office at Iona provides free paralegal services at Iona Tenleytown to DC residents aged 60+. Counsel can provide legal advice and answer questions, help you complete a small claims complaint, check for benefits, help you ask for DC services, or refer you to area lawyers. If you would like to schedule an appointment, please call the Legal Counsel for the Elderly Legal Hotline at 202-434-2120.

Advocacy

Iona has helped tens of thousands of metropolitan DC residents through our efforts to expand quality long-term care choices for older adults with chronic care needs, improve pedestrian safety, and educate the public and government leaders on aging-related concerns. Iona hosts two advocacy groups, which are described below.

DC Coalition on Long Term Care (LTC)

Comprised of consumers, advocates, and health-care providers, the LTC works to expand quality long-term care options for DC older adults and individuals with disabilities. The DC Coalition advocates for improvements in home care, assisted living, workforce development, and more.

Citizens Advisory Groups (CAGs)

Iona hosts two Citizens Advisory Groups: one in Ward 3 and one in Ward 8. Each CAG seeks to draw more attention and resources to the needs of older adults, including continuing opportunities for them to contribute to the community. As a mini commission on aging, each CAG works to identify critical community issues affecting older adults in DC Wards 3 and 8, promote collaboration among older adult groups, and educate the community on aging issues.

ADULT DAY HEALTH SERVICES

Adult Day Health Services are an excellent option for adults who want to continue living at home, but also need daytime supervision and health monitoring. Adult day health centers provide companionship and socialization for older adults with memory loss and cognitive and physical disabilities and provide much-needed respite for family caregivers.

**Iona's Wellness & Arts Center
at Iona Tenleytown**

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

**Iona's Washington Home Center
at Iona Congress Heights**

202-895-9448

3303A Stanton Road SE, Washington, DC 20020

Iona's award-winning Wellness & Arts Center and Washington Home Center support older adults living with memory loss and cognitive and physical disabilities by offering individualized therapeutic, social, and health services during the day in a medically supervised environment. Creative arts activities, physical and cognitive exercises, caregiver respite and support, Memory Cafes, and wellness programs help our participants and their families thrive. Our comprehensive approach, which utilizes a professional and compassionate staff of registered nurses, certified nursing assistants, program specialists, social workers, and art therapist, earned the Wellness & Arts Center the distinction of a "Center for Excellence in Dementia Care" by the Alzheimer's Foundation of America – the first day center on the east coast to receive such a distinction. Transportation options can be arranged, and we offer a variety of payment options and financial assistance for older adults and their families.

www.iona.org

DISTRICT OF COLUMBIA**Genevieve N. Johnson Senior Daycare Center 202-723-8537**

4817 Blagden Avenue NW, Washington, DC 20011

Provides a combination of geriatric day care, recreation/socialization, and health promotion services for frail elderly in need of assistance with mobility, the well elderly with independent mobility, and seniors wanting to participate in various activities of interest.

[Email: info@gnjseniordaycare.com](mailto:info@gnjseniordaycare.com)

www.gnjseniordaycare.com

PSI Services III Inc 202-547-3870

5820 Dix Street NE, Washington, DC 20019

A medically supervised active treatment program for persons 55 years and older who are living in the community and who have a chronic medical condition and include expanded services for seniors with special emotional, medical, and intellectual needs. PSI provides day habilitation programs, allied health services, and newly developed telehealth to beneficiaries.

www.psifamilyofservices.com

MARYLAND (MONTGOMERY & PRINCE GEORGE'S COUNTIES)**Crescent Ridge Senior Day Care Center 301-567-1885**

7001 Oxon Hill Road, Oxon Hill, MD 20745

Provides nursing/medical care, health education, medication management, rehabilitative care, recreational therapy, family education and support services, information referral, community integration, nutrition services, and transportation.

www.crescentridgeadultdaycenter.com

Easter Seals Adult Day Program 301-588-8704

Harry and Jeanette Weinberg Intergenerational Center

1420 Spring Street, Silver Spring, MD 20910

Assists seniors and adults with a variety of health problems including physical disabilities, depression, and Alzheimer's disease by offering programs and resources to provide the best possible care for spouses, parents, adult children, or other loved ones who needs assistance with daily living.

www.qwbr.easterseals.com

Friends Club Bethesda

301-469-0070

Bradley Hills Presbyterian Church

6601 Bradley Boulevard, Bethesda, MD 20817

A therapeutic social program that brings together active gentlemen in early to middle-stages of Alzheimer's disease in a caring, safe, and secure environment. The program is specially designed to meet the social and emotional needs of men who are experiencing memory loss due to diagnosed dementia. Also provides a caregiver support group.

www.friendsclubbethesda.org

Helping Hands

Adult Day Services

301-856-5553, 301-736-6622

7121 Old Alexandria Ferry Road, Clinton, MD 20735

5400 Norfield Road, Capitol Heights, MD 20743

Medical Adult Day Program offering a secure, safe, stimulating, and supportive environment where participants can socialize, enjoy peer support, and engage in specialized activity programs. Health and social services are always available.

www.helpinghandsadulldayservices.com

Holy Cross Hospital Medical Adult Day Center

301-754-7150

9805 Dameron Drive, Silver Spring, MD, 20902

Provides a safe, supportive environment for adult daily care and a viable alternative to nursing home residential care. Seniors can continue to live at home and spend their days in a structured, senior- focused activity center, while giving caregivers needed respite.

www.holycrosshealth.org/medical-adult-day-center

Kensington Club Gorlitz Social Day Program

301-255-4204

12320 Parklawn Drive, Rockville, MD 20850

A program designed for older adults that offers activities, camaraderie, and coping skills for people in the early stages of diagnosed memory loss. Participants enjoy stimulating cognitive and physical programs, morning coffee, and lunch. Caregivers receive respite and support.

www.jconnect.org/department/gorlitz-social-day-program-kensington-club-parklawn

We Care Adult Day Care Center **301-925-1515**
1717 Largo Road, Upper Marlboro, MD 20774
Provides Adult Day Services for DC residents. Accepts Medicaid for qualified individuals.
www.manta.com/c/mm5mf9k/we-care-adult-services-inc

Winter Growth, Inc. **301-774-7501**
18110 Prince Philip Drive, Olney, MD 20832
Provides community-based services for older and disabled adults through adult day and assisted living services.
www.wintergrowthinc.org

VIRGINIA

ARCH National Respite Network and Resource Center **703-256-2084**
Helps caregivers and professionals locate respite services in their community.
www.archrespite.org

Arlington County Walter Reed Adult Day Health Care Center **703-228-5340**
2909 16th Street South, Arlington, VA 22204
Provides daytime care, health-related services, and planned activities for the elderly or disabled adults in a safe, stimulating environment.
www.aadhc.org

City of Alexandria Adult Day Services Center Lee Center, City of Alexandria, Division of Aging and Adult Services **703-746-5676**
1108 Jefferson Street, Alexandria, VA 22314
Provides respite for caregivers and day services in a safe, supervised environment for older persons who should not be home alone. Program includes therapeutic activities and health monitoring by a registered nurse. Medicaid payment accepted; sliding fee scale for low-income Alexandrians. Transportation can be arranged.
www.alexandriava.gov/older-adult-services/program/adult-day-services-center

ADULT DAY HEALTH SERVICES

Fairfax County Adult Day Health Care **703-246-8743**

12000 Government Center Parkway, Fairfax, VA 22035

Offers affordable quality care, meaningful activities, new friendships, and peace of mind.

www.fairfaxcounty.gov/neighborhood-community-services/adult-day-health-care

Lewinsville Center **703-734-1718**
1609 Great Falls Street, McLean, VA 22101

Lincolnia Center **703-914-0330**
4710 North Chambliss Street, Alexandria, VA 22312

Mount Vernon Center **703-704-6050**
8350 Richmond Highway, #137, Alexandria, VA 22309

Herndon Harbor Center **703-435-8729**
875 Grace Street, Herndon, VA 20170

Insight Memory Care Center (Advertiser) **703-204-4664**

3953 Pender Drive, Suite 100, Fairfax, VA 22030

Insight offers quality day programs for individuals in all stages of dementia. For those with Mild Cognitive Impairment (MCI) or early memory loss, Insight's early-stage programs promote brain health, while creating connection with peers in a supportive environment.

Our signature program, the Adult Day Health Center, provides a safe, engaging, and therapeutic environment for individuals with mild to late-stage memory impairment. It is the only dementia-specific day center in the DC metro area and still the only adult day health center in Northern Virginia with programs for people in the later stages of dementia.

www.insightmcc.org

ADULT EDUCATION, ARTS, RECREATION, AND EXERCISE

Iona Senior Services

202-895-9448

4125 Albemarle Street NW Washington, DC 20016

Iona's mission is to support people as they experience the challenges and opportunities of aging. We help older adults celebrate the spirit of lifelong learning by offering in-person and virtual classes, activities, and events throughout the year, with topics spanning arts, recreation, fitness, and more. Our Active Wellness program at St. Alban's provides in-person opportunities for socializing and wellness through exercise classes, games, educational workshops, a monthly produce market, nutrition education, concerts, and field trips. Around Town DC provides in-person and virtual classes, activities, and events on a broad variety of critical topics like arts, housing, aging solo, fitness, nutrition, technology, and more.

[For more information, please visit www.aroundtowndc.org](http://www.aroundtowndc.org)

DISTRICT OF COLUMBIA

Active Wellness at St. Alban's

202-895-9448

3001 Wisconsin Avenue NW, Washington, DC 20016

Active Wellness at St. Alban's is a community dining site and in-person hub for Around Town DC programming. DC residents aged 60+ can join us Monday through Friday for a free hot meal (reservations required) and participate in the morning and afternoon for a variety of fitness, art, music, and other activities. Special events like concerts and aging workshops are also offered regularly, and there is a fresh produce market once a month. Visit www.aroundtowndc.org to see the schedule and sign up.

www.iona.org

Bodywise Program

202-274-6623

4200 Connecticut Avenue NW, Bldg. 71, 5th Floor,
Washington, DC 20008

A program specifically designed to promote health, wellness, and fitness for persons 60 years of age or older in DC. The program consists of water (swimming is not required), stretch, walk, and chair exercise classes.

www.udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology

Chinese Culture and Community Service Center 301-820-7200

9318 Gaither Road, Suite 215, Gaithersburg, MD 20877

Offers nutritious meals to seniors over 60 and the opportunity to participate in various exercise activities, social, and cultural exchange.

www.ccacc-dc.org

**DC Department of Aging and
Community Living (DACL)**

202-724-5626

Senior Wellness Centers are designed to help Seniors continue to live boldly by taking charge of their health, wellness, and social life. DACL Centers help Seniors to find new hobbies, explore new topics, or connect with new friends. Daily activities, group lunches, exercise equipment, computer labs, and a friendly atmosphere keep seniors healthy, connected, and thriving.

<https://dacl.dc.gov/service/senior-wellness-centers-0>

Ward 1:

Bernice Fonteneau Senior Wellness Center 202 727-0338
3531 Georgia Avenue NW

www.maryscenter.org/social-services/senior-wellness-center

Wards 2 and 3:

Around Town Satellite Wellness Program 202-895-9485
4125 Albemarle Street NW

www.aroundtowndc.org

Ward 4:

Hattie Holmes Senior Wellness Center 202-291-6170
324 Kennedy Street NW

www.maryscenter.org/contact-and-locations/senior-wellness-centers-2/hattie-holmes-senior-wellness-center

Ward 5:

Model Cities Senior Wellness Center 202-635-1900
1901 Evarts Street NE

www.seaburyresources.org/model-cities-senior-wellness-center

Ward 6:

Hayes Senior Wellness Center 202-727-0357
500 K Street NE

www.hayesswc.com

Ward 7:

Washington Seniors Wellness Center 202-581-9355
3001 Alabama Avenue SE

Ward 8:

Congress Heights Senior Wellness Center 202-563-7225
3500 Martin Luther King Jr. Avenue

DC Department of Parks and Recreation**Senior Services Division****202-673-7647, 202-741-8716**

Maintains Senior Services staff and programming at six DPR recreation centers and one aquatic facility. Also offers additional programming for seniors at eleven DPR recreation centers and five aquatic facilities.

www.dpr.dc.gov/page/dpr-senior-service-centers

Ward 4:

Emery Recreation Center 202-576-3211
5801 Georgia Avenue NW

Fort Stevens Recreation Center 202-541-3754
1327 Van Buren Street NW

Lamond Recreation Center 202-576-9541
20 Tuckerman Street NW

Ward 5:

Theodore Hagans Cultural Center 202-576-3017
3201 Fort Lincoln Drive NE

Ward 6:

William H Rumsey Aquatic Facility 202-724-4495
635 North Carolina Avenue SE

Ward 7:

Therapeutic Recreation Aquatic Center 202-695-5708
3030 G Street SE

Therapeutic Recreation Center 202-698-1794
3030 G Street SE

Ward 8:

Fort Stanton Recreation Center 202-671-1040
1812 Erie Street SE

DPR also offers additional and non-dedicated Senior programs at the following locations:

Ward 3:

Chevy Chase Community Center 5601 Connecticut Avenue NW	202-282-2204
Guy Mason Recreation Center 3600 Calvert Street NW	202-727-7527
Wilson Aquatic Facility 4551 Fort Drive NW	202-730-0583

Ward 4:

Riggs LaSalle Community Center 501 Riggs Road NE	202-576-5224
Takoma Aquatic Facility 300 Van Buren Street NW	202-576-9285

Ward 5:

North Michigan Park Recreation Center 1333 Emerson Street NE	202-541-3522
Turkey Thicket Aquatic Facility 1100 Michigan Avenue NE	202-576-9235
Turkey Thicket Recreation Center 1100 Michigan Avenue NE	202-576-9238

Ward 6:

Kennedy Recreation Center 1401 7th Street NW	202-671-4794
King Greenleaf Recreation Center 201 N Street SW	202-645-7454

Ward 7:

Hillcrest Recreation Center 3100 Denver Street SE	202-645-9200
Deanwood Aquatic Facility 1350 49th Street NE	202-671-3078

Deanwood Recreation Center 202-671-3077
1350 49th Street NE

Ward 8:

Bald Eagle Recreation Center 202-671-5123
100 Joliet Street SW

Ferebee Hope Aquatic Facility 202-645-3916
3999 8th Street SE

Southeast Tennis & Learning Center (SETLC) 202-645-6242
701 Mississippi Avenue SE

**Osher Lifelong Learning Institute
of American University (OLLI) 202-895-4860**

4400 Massachusetts Avenue NW, Washington, DC 20016

OLLI is an association of, by, and for people in the Washington, DC area who wish to continue to study and learn.

www.lli-dc.org

Sibley Senior Association 202-364-7602

5255 Loughboro Road NW, Washington, DC 20008

Provides exercise classes, seminars, and support groups for seniors aged 50 and older.

www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness

Smithsonian Associates 202-633-3030

PO Box 23293, Washington, DC 20026

Produces informative, enlightening, entertaining, and insightful programs to engage all ages who have keen interest in the arts and sciences, the past, present, and future of world cultures.

www.smithsonianassociates.org

So Others Might Eat (SOME) Senior Services **202-797-8806**

1667 Good Hope Road SE, Washington, DC 20020

Offers a variety of programs that meet the special needs of the city's most vulnerable seniors, including affordable housing. Services for adults 60+ support health and well-being, provide a safe space for abused and neglected elderly, and allow seniors to safely age in place with dignity. Additionally, SOME Senior Services provide opportunities for volunteerism and community engagement through its food delivery program and annual Senior Summer Camp.

www.some.org

University of the District of Columbia (UDC)**Community College****202-274-5800, 202-274-6518**

5171 S. Dakota Avenue NE, Washington, DC 20017

Offers ongoing educational classes and learning opportunities.

www.udc.edu/cc/about

Vida Senior Centers**202-483-5800**

1842 Calvert Street NW, Washington, DC 20009

Improves the wellness, self-sufficiency, and independence of Spanish-speaking seniors residing in DC and the metro area. Vida is a community gathering place for Latin seniors and provides food security, health information, education, and social interactions with other Latin seniors.

www.vidaseniorcenter.org

YMCA**202-862-9622, 202-232-6700**

1112 16th Street NW, 7th Floor, Washington, DC 20036

The Fit & Well Seniors program caters to the needs of seniors residing in DC. Offers free land and aquatic classes in all eight Wards of DC, health and lifestyle assessments, inter-generational activities, and social clubs. Locations also in Maryland and Virginia.

<http://www.ymcadc.org/>

YWCA

Supports women and girls across the National Capital area to have the resources and support necessary to achieve personal, professional, and educational success. Areas of focus include career education and training, youth mentoring and development, and advocacy and racial justice.

www.ywcanca.org

MARYLAND

Friendship Heights Village Center **301-656-2797**

4433 South Park Avenue, Chevy Chase, MD 20815

Offers special programming for senior citizens.

www.friendshipheightsmd.gov

Glen Echo Park (National Park Service) **301-634-2222**

7300 McArthur Boulevard, Glen Echo, MD 20812

Presents vibrant arts and cultural programs, performances, demonstrations, classes and summer camps.

www.glenechopark.org

Holy Cross Health Senior Services **301-754-7000**

Offers Fitness and Wellness Programs, and an array of educational classes, health screenings, and intellectually stimulating programs for active senior adults 55 year of age and older.

www.holycrosshealth.org/find-a-service-or-specialty/senior-services/

Live and Learn Bethesda **301-740-6150**

4805 Edgemoor Lane, Bethesda, MD 20814

Provides adult education classes to the local communities. Live & Learn Bethesda was created to enrich the communities by offering interesting, informative, and stimulating classes with a wide range of topics.

www.liveandlearnbethesda.org

Montgomery County Recreation (MCR)

Department's Senior Centers

240-777-4980

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902

Montgomery County Recreation has many ways for independent adults, 55+, to stay active and healthy through activities, classes, and events.

www.montgomerycountymd.gov/rec/activitiesandprograms/seniors

Damascus Senior Center 240-777-6995
9701 Main Street, Damascus

Holiday Park Senior Center 240-777-4999
3950 Ferrara Drive, Wheaton

Long Branch Senior Center 240-777-6965
8700 Piney Branch Road, Silver Spring

Margaret Schweinhaut Senior Center 240-777-8085
1000 Forest Glen Road, Silver Spring

North Potomac Senior Center 240-773-4805
13850 Travilah Road, Rockville

Wheaton Senior Center 240-773-4830
11701 Georgia Avenue, Wheaton

White Oak Senior Center 240-777-6944
1700 April Lane, Silver Spring

Prince George's County Department of Parks and Recreation

301-446-3400

7833 Walker Drive Greenbelt, MD 20770

Provides programs designed to help meet the needs, wants, and aspirations of seniors 60+ as they age in place in the county.

www.pgparcs.com/903/Seniors

Camp Springs Senior Activity Center 301-449-4990
6420 Allentown Road, Camp Springs

Evelyn Cole Senior Activity Center 301-386-5525
5720 Addison Road, Seat Pleasant

Gwendolyn Britt Senior Activity Center 301-699-1238
4009 Wallace Road, North Brentwood

John E. Howard Senior Activity Center 301-735-2400
4400 Shell Street, Capitol Heights

Langley Park Senior Activity Center 301-408-4343
1500 Merrimac Drive, Hyattsville

Laurel-Beltsville Senior Activity Center 301-206-3350
7120 Contee Road, Laurel

Southern Area Aquatics and Recreation Complex 301-782-1455
13601 Missouri Ave, Brandywine

Seasoned Adults Growing Educationally (SAGE)

301-546-PGCC (7422)

301 Largo Road, Largo, MD 20774

A tuition-free program of stimulating courses for Maryland residents 60 and older. Classes take place in over 25 convenient, community-based venues throughout Prince George's County.

www.pgcc.edu/sage

Washington Metro Oasis

240-800-3745

Westfield Montgomery Mall (Macy's Home Store, 2nd Floor),
Bethesda, MD 20817

Promotes successful aging through lifelong learning, healthy living,
and social engagement for adults 50 and older.

www.washington-metro.oasisnet.org

VIRGINIA

Alexandria Aging & Adult Service Division's Senior Centers

703-746-5999

Charles Houston Senior Center
901 Wythe Street, Alexandria

703-746-5456

St. Martin de Porres Senior Center
4650 Taney Avenue, Alexandria

703-751-2766

www.alexandriava.gov/older-adult-services/program/therapeutic-recreation-for-older-adults

Alexandria Department of Parks & Cultural Activities

703-746-5414

Offers a wide variety of recreational programs and social activities for Alexandrians ages 55+.

www.alexandriava.gov/recreation-programs/seniors

Arlington County Senior Centers**703-228-4747**

Office of 55+ Program, Lubber Run Center, 300 N. Park Drive, Arlington, VA 22203

Arlington County has community centers that offer a wide variety of 55+ programs and services. Activities include exercise and sports, travel trips, social events, classes and guest speakers, discussion groups and clubs, games, crafts, music and more.

www.arlingtonva.us/Government/Departments/Parks-Recreation/Programs/55-Membership/Centers-Programs-55

Arlington Mill Community Center 703-228-7369
909 S. Dinwiddie Street, Arlington

Aurora Hills Community Center 703-228-5722
735 S. 18th Street, Arlington

Langston-Brown Community Center 703-228-6300
2121 N. Culpepper Street, Alexandria

Lubber Run Community Center 703-228-4767
300 N. Park Drive, Arlington

Walter Reed Community Center 703-228-0949
2909 S. 16th Street, Arlington

**Fairfax County Senior Centers Department
of Neighborhood and Community Services****703-324-4600**

Recreation centers help older adults pursue hobbies, fitness goals, special interests (such as art, music, and technology), friendships and enjoy a wide variety of activities with their peers. Meals and transportation options are also available.

www.fairfaxcounty.gov/neighborhood-community-services/senior-centers

Bailey's Senior Center 703-820-2131
5920 Summers Lane, Falls Church

City of Fairfax Senior Center 703-359-2487
4401 Sideburn Road, Fairfax

City of Falls Church Senior Center 703-248-5020
223 Little Falls Street (next to City Hall), Falls Church

Herndon Senior Center 703-464-6200
873 Grace Street, Herndon

Hollins Hall Senior Center 1500 Shenandoah Road, Alexandria	703-765-4573
James Lee Senior Center 2855 Annandale Road, Falls Church	703-534-3387
Kingstowne Center for Active Adults 6488 Landsdowne Center, Alexandria	703-339-7676
Lewinsville Senior Center 1613 Great Falls Street, McLean	703-442-9075
Lincolnia Senior Center 4710 North Chambliss Street, Alexandria	703-914-0330
Little River Glen Senior Center 4001 Barker Court, Fairfax	703-503-8703
Lorton Senior Center 7722 Gunston Plaza, Lorton	703-550-7195
Pimmit Hills Senior Center 7510 Lisle Avenue, Falls Church	703-734-3338
Providence Senior Center 3001 Vaden Drive, Fairfax	703-865-0520
South County Senior Center at the Original Mount Vernon High School 8330 Richmond Highway, Suite 325, Alexandria	703-704-6216
Sully Senior 14426 Albemarle Point Place, Chantilly	703-322-4475
Wakefield Senior Center at Audrey Moore RECenter 8100 Braddock Road, Annandale	703-321-3000

UNITED STATES**Road Scholar (formerly Elderhostel)****800-454-5768**

11 Avenue de Lafayette, Boston, MA 02111

A not-for-profit organization that offers educational tours for adults in all 50 states and more than 150 countries.

www.roadscholar.org/

PROGRAMS AT CONGREGATIONS

Many congregations, throughout the DC metropolitan area, host lunch sites and community programs. Those in northwest DC are listed.

Adas Israel Congregation Adas-Behrend

Senior Fellowship

202-362-4433

2850 Quebec Street NW, Washington, DC 20008

Adas Israel and their Sisterhood, in partnership with the Jewish Council on the Aging, and the Edlavitch JCC, offers a hot kosher lunch and programs for seniors each weekday. Daily programs are for D.C. residents aged 60 and over.

www.adasisrael.org/senior-fellowship

Edlavitch Jewish Community Center of Washington, DC

(DCJCC)

202-518-9400

1529 16th Street NW, Washington, DC 20036

Welcoming center for Jewish and community connections in the nation's capital where individuals and families come together to enrich mind, body, and soul. Programs offer opportunities to meet others who are 50 and older.

www.edcjcc.org

National Presbyterian Church

202-537-0800

4101 Nebraska Avenue NW, Washington, DC 20016

Coordinates a monthly luncheon and activities for older adults.

www.nationalpres.org; Watch Live link: www.nationalpres.or/watch

St. Paul's Lutheran Church

202-966-5489

4900 Connecticut Avenue NW, Washington, DC 20008

Programs for members 50 years and older every Wednesday from 11:00 AM - 2:00 PM (hot lunch served at noon).

www.stpaulslutherandc.org

Temple Micah

202-342-9175

2829 Wisconsin Avenue NW, Washington, DC 20007

The Aging Together Team conducts programs to meet the needs of older members through workshops, retreats, and small group sessions. Monthly “Lunch and Learn” sessions cover a variety of topics accompanied by a homemade meal. Sacred Circle Dancing is held twice a week in the sanctuary, where attendees gently dance to moving meditations; participants with mobility difficulties are welcome.

www.templemicah.org

Washington Hebrew Congregation

202-362-7100

3935 Macomb Street NW, Washington, DC 20016

Julia Bindeman Suburban Center

301-279-7505

11810 Falls Road, Potomac, MD 20854

Organizes social, learning, and community service events for all ages; adult communities for those in their 60s-70s (Empty Nesters) and senior citizens (Prime Timers). Locations in Northwest D.C. and Potomac, Maryland.

<https://www.whctemple.org/>

ADVOCACY

Iona Citizens Advisory Groups (CAGs)

202-895-9425

4125 Albemarle Street NW, Washington, DC 20016

Iona hosts two Citizens Advisory Groups: one in Ward 3 and one in Ward 8. Each CAG seeks to draw more attention and resources to the needs of older adults, including continuing opportunities for them to contribute to the community. As a mini commission on aging, each CAG works to identify critical community issues affecting older adults in DC Wards 3 and 8, promote collaboration among older adult groups, and educate the community on aging issues.

www.iona.org

DC Coalition on Long Term Care (LTC)

202-895-9435

4125 Albemarle Street NW, Washington, DC 2001

Comprised of consumers, advocates, and health-care providers, the LTC works to expand quality long-term care options for DC older adults and individuals with disabilities. The DC Coalition advocates for improvements in home care, assisted living, workforce development, and more.

www.iona.org

DC Senior Advisory Coalition (S.A.C.)

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

3303A Stanton Road SE, Washington, DC 20020

The S.A.C. seeks to be the unifying voice advocating to improve the quality of life for and with older adults in the District of Columbia, to be the go-to trusted resource in the community on policies and priorities for older DC residents, and to work toward a thoughtful and shared community vision of aging and aging services well into the future.

www.dcsac.org

AARP (Advertiser)

202-434-7700

100 M Street SE, Suite 650, Washington, DC 20003

Supporting services for seniors in the metropolitan region, and throughout the U.S. AARP DC provides the 50+ in our nation's capital with free events and enriching experiences for members and their guests to promote advocacy, awareness, and fun.

www.aarp.org/dc

(See AARP DC's ad on page 35)



AARP DC is looking for virtual volunteers.

With virtual volunteering, you can help your community from the comfort of your home. And we'll be there with training and support to make it all easy and fun.

We're currently looking for:

- Virtual event hosts, facilitators and chat monitors
- Social media amplifiers
- Online presenters
- Phone volunteers

Learn more at aarp.org/dc



Advancing States**202-898-2578**

241 18th Street S, Arlington, VA 22202

Represents the nation's 56 officially designated state and territorial agencies on aging to design, improve, and sustain state systems delivering long-term services and supports for older adults, people with disabilities, and their caregivers.

www.advancingstates.org/about-advancing-states

Alliance for Retired Americans**202-637-5399**

815 16th Street NW, 4th Floor, Washington, DC 20006

Unites retirees who are committed to a common goal of building the most effective organization to advocate for America's seniors at the national, state, and local levels.

www.retiredamericans.org

American Geriatrics Society (AGS)**212-308-1414**

40 Fulton Street, Suite 809, New York, NY 10038

Provides leadership to healthcare professionals, policy makers, and the public by implementing and advocating for programs in patient care, research, professional and public education, and policy.

www.americangeriatrics.org

American Society on Aging**800-537-9728**

605 Market Street, Suite 1111, San Francisco, CA 94105

Supports the commitment, knowledge, and skills of those who seek to improve the quality of life of older adults and their families.

www.asaging.org

DC Hunger Solutions**202-640-1088**

1200 18th Street NW, Suite 400, Washington, DC 20036

Seeks to improve public policies and maximize participation in nutrition programs to end hunger in the Nation's Capital.

www.dchunger.org

**National Caucus & Center on Black Aging, Inc.
(NCBA)****202-637-8400**

1220 L Street NW, Suite 800, Washington, DC 20005

Dedicated to preserving the dignity and enhancing the lives of low-income elderly African Americans.

www.ncba-aged.org

National Committee to Preserve**202-216-0420**

Social Security and Medicare

111 K Street NE, Suite 700, Washington, DC 20002

Conducts advocacy to protect, preserve, promote, and ensure the financial security, health, and well-being of current and future generations of maturing Americans.

www.ncpssm.org**National Council on Aging (NCOA)****571-527-3900**

251 18th Street South, Suite 500, Arlington, VA 2202

Works with local and national partners to give older adults tools and information to stay healthy and financially secure, and advocates for programs and policies to improve the lives of all seniors, especially the most vulnerable.

www.ncoa.org**National Hispanic Council on Aging (NHCOA)****202-347-9733**

2201 12th Street NW, Suite 101, Washington, DC 2000

NHCOA is the leading national organization working to improve the lives of Hispanic older adults, their families, and caregivers. It is a strong voice dedicated to promoting, educating, and advocating for research, policy, and practice in the areas of economic security, health, and housing.

www.nhcoa.org**National Indian Council on Aging****505-292-2001**

8500 Manual Blvd NE, Suite B-470, Albuquerque, NM 87112

Advocates for improved, comprehensive health, social services, and economic well-being for American Indian and Alaska Native Elders.

www.nicoa.org**USAging****202-872-0888**

100 New Jersey Avenue SE, Suite 350, Washington, DC 20003

The leading voice on aging issues for Area Agencies on Aging and a champion for Title VI Native American aging programs. Through advocacy, training, and technical assistance, it helps older adults and people with disabilities live with optimal health, well-being, independence, and dignity in their homes and communities.

www.usaging.org

**Women's Institute for a Secure Retirement
(WISER)**

202-393-5452

1001 Connecticut Avenue NW, Suite 730, Washington, DC 20036

Supports women's opportunities to secure adequate retirement income through education, advocacy, workshops, and partnerships.

www.wiserwomen.org

OMBUDSMAN PROGRAMS

Long-term care ombudsmen investigate complaints against nursing homes and other long-term care facilities and, in some jurisdictions, also investigate complaints when service is provided in the home.

DC Long-Term Care Ombudsman Program

202-434-2190

c/o Legal Counsel for the Elderly

601 E. Street NW, 4th Floor, Washington, DC 20049

Strengthens and augments advocacy efforts for District residents receiving long-term care services in nursing homes, assisted living residences, and community residential facilities.

www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/dc-long-term-care-ombudsman.html

**Maryland Long Term Care Ombudsmen
And Area Agencies on Aging**

301-265-8450

Extensive List of Long Term Care Ombudsman in Maryland counties.

www.dibbern.com/ombudsman/md-long-term-care-ombudsman.htm

**Montgomery County Long Term Care
Ombudsman**

240-777-3369

401 Hungerford Drive, 4th Floor, Rockville, MD 20850

www.montgomerycountymd.gov/HHS-Program/ADS/OMBUDSMAN/OmbudIndex.html

**Northern Virginia Long Term Care
Ombudsman**

703-324-7948

12000 Government Center Parkway, Fairfax, VA 22035

Serves Alexandria, Arlington, Fairfax, and Loudon through their Area Agencies on Aging.

www.fairfaxcounty.gov/familyservices/older-adults/long-term-care-ombudsman-program

ALZHEIMER'S DISEASE AND DEMENTIA CARE

(See also: Adult Day Health Services, Home Care and Home Health Services, Government Agencies, and Senior Service Agencies.)

Iona Senior Services

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

3303A Stanton Road SE, Washington, DC 20020

Iona offers comprehensive services to help older adults and their caregivers navigate the challenges associated with memory loss, including care management, money management, caregiver consultations, support groups, individual counseling, adult day health programs, Memory Cafés, and more.

www.iona.org

Alzheimer's Association, National Capital Area Chapter

703-359-4440

Supports counties in the metropolitan Washington region. Also offers resources on Mild Cognitive Impairment.

www.alz.org/nca

Alzheimer's Association, National Office (24-hour helpline)

800-272-3900

225 North Michigan Avenue, 17th Floor,

Chicago, IL 60601

Offers a 24-hour hotline, community resources, and has 70 chapters in the United States.

www.alz.org

Alzheimer's & Related Dementias Education & Referral Center (ADEAR)

800-438-4380

A program of the National Institute on Aging, ADEAR strives to be a current, comprehensive, unbiased source of information about Alzheimer's Disease.

www.nia.nih.gov/health/alzheimers

Alzheimer's Foundation of America

866-232-8484

322 8th Avenue, 7th Floor, New York, NY 10001

Provides optimal support, services, and education to individuals, families, and caregivers affected by Alzheimer's disease and related dementias.

www.alzfdn.org

Club Memory® at Sibley Memorial Hospital

202-364-7602

5255 Loughboro Road NW, Washington, DC 20016

Club Memory® is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and their care partners.

www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/club-memory.html

Lewy Body Dementia Association (LBDA)

800-539-9767

912 Killian Hill Road SW, Lilburn, GA 30047

Dedicated to raising awareness of Lewy Body Dementias (LBD); supporting people with LBD, their families, and caregivers; and promoting scientific advances.

www.lbda.org

BENEFITS AND APPLYING FOR THEM

[Benefitscheckup.org](https://benefitscheckup.org)

1-800-794-6559

A national online tool to connect older adults and people with disabilities to benefits. It helps determine which programs you may be eligible for and then helps you find out where to apply online or how to get help from a benefits counselor. Programs include Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Programs, Medicaid, and Medicare Part D Low Income Subsidy (LIS) Extra Help.

<https://benefitscheckup.org/#/prescreen>

Centers for Medicare

& Medicaid Services (CMS) 1-800-633-4227, 1-800-Medicare

7500 Security Boulevard, Baltimore, Maryland 21244

The official site for Medicare and Medicaid information and services.

Chat with an agent 24/7 to compare health and drug plans and to find providers.

www.medicare.gov

State Health Insurance Assistance Program

(SHIP)

202-727-8370 (DC), 1-800-243-3425 (MD)

1-800-552-3402 (VA)

The State Health Insurance Assistance Programs (SHIPs) provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

dacl.dc.gov/service/health-insurance-counseling (DC)

www.vda.virginia.gov/vicap.htm (Virginia)

www.aging.maryland.gov/Pages/state-health-insurance-program.aspx (Maryland)

TRICARE

1-877-874-2273

7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22042-5101

TRICARE health care program covers active-duty service members,

National Guard and Reserve members, retirees, their families,

survivors, certain former spouses, and others registered in the Defense Enrollment Eligibility Reporting System (DEERS).

www.tricare.mil

U.S. Department of Veterans Affairs

Main 800-698-2411

Benefits 800-827-1000

Health Care 877-222-VETS

810 Vermont Avenue NW, Washington, DC 20420

Website provides links to Veterans Affairs regional benefit offices and other VA facilities. Provides information, resources, and guidance for Veterans to access housing, medical care, disability, education and training, careers and employment, pension, and many more benefits.

www.choose.va.gov

www.va.gov/washington-dc-health-care

U.S. Social Security Administration

800-772-1213

1300 D Street SW, Washington, DC 20237

Delivers a broad range of services online and through a national network of offices. Users can apply for benefits, track and verify their earnings, check the status of a claim or appeal, request a replacement Social Security card (in many areas), get an instant benefit verification letter, and manage benefits.

www.ssa.gov

CARE MANAGEMENT AND ELDERCARE CONSULTATIONS

Social work and nurse care managers help older adults, and their families address caregiving needs. Typically trained in social work or nursing, care managers help by assessing an older adult's needs, developing a long term-care plan, arranging for services, and monitoring for future needs.

Iona Care Management

Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. At a rate of \$175 an hour, Iona Care Managers are available to older adults and family caregivers to provide resource referrals, guidance on aging and healthcare issues, and hands-on coordination of services.

Iona Care Management taps into our expertise on aging and our deep knowledge of local resources to create and follow through with a plan that ensures the best care for you or an older adult in your life. Our team specializes in working with older adults, caregivers, and professional associates to navigate and problem solve the most difficult challenges that come with aging and caregiving.

Here are a few ways Iona Care Management can help:

- Local and long-distance family support
- Consultations around aging in place; making a move; managing family conflicts; caregiver support; monitoring health, legal and financial planning; discharge planning; and more
- Custom guidance and referrals around housing options
- Healthcare advocacy during health crises or other emergencies
- Coordination and arrangement of home care services
- Escorts to medical appointments, social outings, and more
- Future-planning guidance for down-the-line needs

Iona Care Management serves all DC wards, and some zip codes in Montgomery County. There are no geographic restrictions for consultation.

For more information about Iona Care Management, the pricing structure, or to request a free 15-minute consultation, please call 202-895-9448 and ask for the Helpline or email info@iona.org. Longer consultations are available to provide advice, concrete next steps, and customized referrals.

Community Care Management

Iona provides free care management services to DC residents aged 60 and older who live in Ward 3 and qualify financially. There is no charge for services (donations are welcome, but not required). As there is often a waiting list for these services, we give priority to those most in need.

Iona Community Care Managers can:

- Assess how well an older adult is managing on their own, and what care might be needed
- Arrange and monitor home care and other services
- Schedule medical appointments and facilitate doctor/patient communication
- Provide short-term crisis management
- Apply for government benefits/services
- Provide other supports as needed

Ageing Life Care Association (formerly National Association of Professional Geriatric Care Managers) **520-881-8008**

1747 Pennsylvania Avenue NW, Suite 1000, Washington, DC 20006

Ageing Life Care Professionals who are trained to provide a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love. The website helps consumers search for Ageing Life Care professionals in their local areas.

www.ageinglifecare.org

Aging Well Eldercare (AWE) (Advertiser) 301-593-5285

12501 Prosperity Drive, Suite 450, Silver Spring, MD 20904

Our seventeen fully vaccinated AWEsome Aging Life Care™ Managers provide expert recommendations and individualized support to you and your family. Our care management team includes social workers, nurses, gerontologists and a physical therapist. We offer comprehensive in-home assessments in the Metro DC area and Maryland suburbs as well as video/office consultations. We have a unique WellSenior™ program for aging adults who want to plan for potential future care needs. We also provide concierge companion services for social engagement and life enrichment.

www.care-manager.com

Corewood Care 301-909-8117

Oversees and supervises a caregiver's delivery of quality services for an elderly patient. Ensures that the patient receives comprehensive, compassionate care that helps make managing their health and daily life easier.

www.corewoodcare.com/care-management-services

JSSA Aging in Place (Jewish Social Services Agency)

Northern Virginia 240-800-JSSA
3025 Hamaker Court, Suite 450, Fairfax, VA 22031

Rockville-Fallsgrove 240-800-JSSA
200 Wood Hill Road, Rockville, MD

Rockville-Montrose 240-800-JSSA
6123 Montrose Road, Rockville, MD

A diverse team of care managers works with older adults and their caregivers to access/learn about available community resources and develop a care plan based on your or your loved one's changing needs. Care Management includes regular phone calls and visits, connection to community resources, and guidance and support for older adults, caregivers, and/or family members as life situations change. Geriatric Care Consultations are short-term and focused on identifying needs, accessing resources, and developing and implementing an action plan.

www.jssa.org

Mid-Atlantic Aging Life Care Association (formerly Mid-Atlantic Professional Geriatric Care Managers, Inc.)

Private practitioners whose goal is to advance the social, psychological, and health care for older adults, others with chronic needs, and their families. Members conduct their practices in Delaware, Maryland, Virginia, West Virginia, Pennsylvania, and DC. Website includes a search directory to find Aging Life Care Experts in your area.

www.midatlanticalca.org

Seabury Care Management

202-364-0020

555 Water Street SW, Washington, DC 20024

Provides professional expertise, guidance, service coordination, and life care planning to help older adults improve and maintain quality of life.

www.seaburycaremanagement.org

DC SUBSIDIZED GERIATRIC ASSESSMENT AND CARE MANAGEMENT

Miriam's Kitchen

202-452-8926

2401 Virginia Avenue NW, Washington, DC 20037

Offers benefits and one-to-one help for those who are homeless.

www.miriamskitchen.org

So Others Might Eat (SOME) Senior Services

202-797-8806

[71 O Street NW, Washington, DC 20001](http://71OStreetNW.Washington,DC20001)

Offers a variety of programs that meet the special needs of the city's most vulnerable seniors, including affordable housing. Services for adults 60+ support health and well-being, provide a safe space for abused and neglected elderly and allow seniors to safely age-in-place with dignity. Additionally, SOME Senior Services provide opportunities for volunteerism and community engagement through its food delivery program and annual Senior Summer Camp.

some.org/services/social-services/senior-services

CAREGIVER RESOURCES

(See also [Adult Day Health Services and Support Groups](#))

Iona Senior Services

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

3303A Stanton Road SE, Washington, DC 20020

Iona's Caregiver Outreach Coordinator provides information, education, and assistance to DC family caregivers, as well as outreach and support to community organizations that serve family caregivers. This program is in partnership with the DC Caregivers' Institute (DCCI).

www.iona.org

ARCH National Respite Network and Resource Center

703-256-2084

Helps caregivers and professionals locate respite services in their community.

www.archrespite.org/home

Caregivers Action Network (CAN)

855-227-3640

1150 Connecticut Ave NW, Suite 501, Washington, DC 20036

Works to improve the quality of life for caregivers by providing education, peer support, and resources to family caregivers across the country.

www.caregiveraction.org

Caring Bridge

651-452-7940

2750 Blue Water Road, Eagan, MN 55121

Free networking website for family and friends of people with serious medical illnesses. Enables people to easily get updates and offer support and encouragement.

www.CaringBridge.org

DC Caregivers' Institute **202-464-1513**

1234 Massachusetts Ave NW, #C1002, Washington, DC 20005

Supports and educates unpaid caregivers, family members, and friends who have primary responsibility for older, vulnerable DC residents. The program strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation. Services include financial reimbursements for caregiving-related expenses through a monthly flex account. Caregivers must be DC residents caring for a DC senior aged 60 and older.

<https://dacl.dc.gov/service/caregiver-programs>

DACL Caregiver Programs **202-724-5626**

500 K Street NE, Washington, DC 20002

Supports caregivers of DC seniors by providing caregiver education, spring cleaning, and reimbursement for caregiving expenses.

<https://dacl.dc.gov/service/caregiver-programs>

Department of Veterans' Affairs **Staying Strong Caregivers Program** **855-260-3274**

Offers support and resources for caregivers of veterans, including accessing benefits and connections to local Caregiver Support Coordinators.

www.caregiver.va.gov/strong/index.asp

Easter Seals Serving DC MD VA, Inc. **800-886-3771**

1420 Spring Street, Silver Spring, MD 20910

Includes families as active members of any therapy program and offers the support families need. Offers caregivers a variety of resources.

www.qwbr.easterseals.com

Fairfax Co. Family Caregiver Support Program **703-324-7948**

12011 Government Center Parkway, Fairfax, VA 22035

Offers three programs to provide respite to caregivers: up to 6 hours of care per week from a certified nursing assistant to relieve a full-time family caregiver; up to 6 hours a month from a trained volunteer to provide oversight and companionship; and five Adult Day Health Care Centers.

www.fairfaxcounty.gov/familyservices/older-adults/family-caregiver-support-programs

Family Caregiver Alliance (FCA) **800-445-8106**
235 Montgomery Street, Suite 930, San Francisco, CA 94104
Supports and sustains caregivers with national, state, and local programs and resources. The Family Care Navigator is sponsored by the National Center on Caregiving (NCC) and helps caregivers locate support services by state.
www.caregiver.org

Holy Cross Caregiver Resource Center **301-754-7152**
9805 Dameron Drive, Silver Spring, MD 20902
Provides information, resources, support groups, and emotional and spiritual support for those caring for an elderly relative or friend who is ill or disabled.
www.holycrosshealth.org/find-a-service-or-specialty/senior-services/family-and-caregiver-resources/caregiver-resource-center

Lotsa Helping Hands
118 North Peoria Street, Chicago, IL 60607
Free website provides care coordination assistance.
www.lotsahelpinghands.com

National Alliance for Caregiving (NAC) **202-918-1013**
1730 Rhode Island Avenue NW, Suite #812, Washington, DC 20036
Focuses on advancing family caregiving through research, innovation, and advocacy. Alliance members include grassroots organizations, professional associations, service organizations, disease-specific organizations, government agencies, and corporations.
www.caregiving.org or www.familycaregiving101.org

UDC Senior Companion/Respite Aide Program **202-274-6697**
4200 Connecticut Avenue NW, Building 32, #203, Washington, DC 20008
Recruits and trains volunteers aged 55 years and older to serve other DC residents with respite services, to ease the burden of caregiving. Volunteers assist frail elderly persons with errands, light housekeeping, meal preparation, and other activities. Volunteers and Respite Aides serve clients for 4 hours a day, Monday through Friday and receive a stipend through UDC's Institute of Gerontology.
www.udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology/

CAREGIVER RESOURCES

Virginia Family Caregiver Solution Center

866-393-0957

Provides respite resources and information for caregivers across the lifespan, including parents of children with disabilities and adults with disabilities, and for caregivers of older adults.

www.virgininavigator.org/vf

CLINICS

Free Clinic

703-979-1425

2921 11th Street South, Arlington, VA 22204

Provides free, high-quality medical care to low-income, uninsured Arlington County adults.

www.arlingtonfreeclinic.org

Bread for the City Medical and Dental Clinic

202-265-2400

1525 7th Street NW, Washington, DC 20001

1700 Good Hope Road SE, Washington, DC 20020

Provides primary medical care to uninsured and low-income children and adults including examinations, dental care, job physicals, screenings, and gynecological care. The clinic also provides examinations, medications, lab tests, and referrals to DC residents, regardless of ability to pay.

www.breadforthecity.org

Catholic Charities' Medical Clinics 202-939-2400,301-434-8985

1618 Monroe Street NW, Washington, DC 20010

12247 Georgia Avenue, Silver Spring, MD 20902

Provides primary care and acute care to adults and children, health education, and treatment of some chronic diseases for uninsured Latinos.

www.catholiccharitiesdc.org/medicalclinics

Columbia Road Health Services (CRHS)

202-328-3717

1660 Columbia Road NW, Washington, DC 20009

Provides medical, counseling, and social services to patients regardless of their ability to pay. To address the comprehensive health needs of its patient population, CRHS offers primary medical care, social services, and mental health counseling under one roof.

www.unityhealthcare.org

Community Clinic, Inc. (CCI)

866-877-7258

8630 Fenton Street, Suite 1204, Silver Spring, MD 20910

Operates Federally Qualified Health Centers (FQHC) serving residents of Montgomery and Prince George's counties, including those who are uninsured or under-insured. CCI provides primary health care, food supplement services, and dental services. Six locations in the area.

www.cciweb.org

Community of Hope

4 Atlantic St SW, Washington, DC 20032 202-540-9862

Champlain Street NW, Washington, DC 20009 202-540-9857

2120 Bladensburg Road NE, Washington, DC 20018 202-540-9857

Operates Federally Qualified Health Centers (FQHC) that provide quality, primary medical health care and dental services to patients regardless of their ability to pay.

www.communityofhopedc.org/healthcare

Elaine Ellis Center of Health (EECH)

1627 Kenilworth Avenue NE, Washington, DC 20019 202-803-2340

10001 Rhode Island Avenue, College Park, MD 20740 301-441-1605

A Federally Qualified Health Center (FQHC) dedicated to providing affordable comprehensive, preventive, and primary healthcare services to individuals residing in public housing and the surrounding areas, regardless of their ability to pay.

www.eechealth.com

Family and Medical Counseling Services, Inc. 202-889-7900

2041 Martin Luther King Jr. Avenue SE, #303, Washington DC 20020

5936 Martin Luther King Jr. Highway, Seat Pleasant, MD 20743

A Federally Qualified Health Center (FQHC) that employs state-of-the-art, community-based approaches to provide comprehensive services that promote the emotional and physical health of families and individuals, regardless of income or social status. Offers case management, substance abuse treatment, mental health care, HIV/AIDS care.

www.fmcsinc.org

Friendship Place**202-364-1419**

4713 Wisconsin Avenue NW, Washington DC 20016

Offers a model for addressing homelessness, with customized programs that empower participants to rebuild their lives, find homes, get jobs, and reconnect with friends, family and the community, permanently. Services include drop-in medical and mental health care, training and job services, nutrition, housing, and case management.

www.friendshipplace.org

Greater Baden Medical Services (GBMS) **301-888-2233**
 7450 Albert Road, 3rd Floor, Brandywine, MD 20613
 Operates Federally Qualified Health Centers (FQHC) that serve communities in southern Prince George's County, Charles County, and St. Mary's County, Maryland. Services include primary health care, case management, mental health care, and dental services.
www.gbms.org

HealthWorks for Northern Virginia **703-443-2000**
 1141 Elden Street, Herndon, VA 20170
 163 Fort Evans Road NE, Leesburg, Virginia 20176
 11484 Washington Plaza West, Reston, VA 20190
 A Federally Qualified Health Center (FQHC) that provides health care in a home setting to those who have limited or no health insurance. HealthWorks provides medical and dental services regardless of age or ability to pay, whether patients have insurance or not. Services are made affordable with deeply discounted fees for those who qualify based on household income and family size.
www.hwnova.org

Hirsh Health Center (Advertiser) **301-816-5004**
[Ring House, 1801 East Jefferson Street, Rockville, MD 20852](http://RingHouse.com)
 Specializes in primary geriatric care and is open to residents of Charles E. Smith Life Communities. Also welcomes seniors from the surrounding Rockville area.
www.smithlifecommunities.org/care-services/hirsh-medical-center/
www.smithlifecommunities.org
 (See Charles E. Smith ad on page 169)

La Clinica Del Pueblo **202-462-4788**
 2831 15th Street NW, Washington, DC 20009
 3166 Mt Pleasant Street NW, Washington, DC 20010
 Employs innovative, culturally, and linguistically appropriate strategies that break down barriers to accessing health care and eliminates disparities in the health status of the Latino community. Services include medical, chronic care, HIV care, entitlement services (Medicaid, Medicare), mental health care, and substance abuse treatment.
www.lcdp.org

Neighborhood Health**703-535-5568**

6677 Richmond Highway, Alexandria, VA 22306

Federally Qualified Health Centers (FQHC) that provide medical homes for patients and partners to address patients' concerns and holistically treat through medical, behavioral health, and dental programs. Has 10 clinics throughout Arlington and Fairfax Counties.

www.neighborhoodhealthva.org**Primary Care Coalition of Montgomery County,
Silver Spring Low Cost Clinic****301-628-3415**

8757 Georgia Avenue, Silver Spring MD, 20910

Seeks to provide access to high quality, culturally sensitive primary care and specialty care services to uninsured children and adults in Montgomery County.

www.primarycarecoalition.org/**So Others Might Eat (SOME)****Medical and Dental Clinic****202-797-8806**

60 O Street NW, Washington, DC 20001

The Medical Clinic offers a full range of services, including primary care, lab work and chronic disease management. The Clinic also offers mental health and addiction services. The Dental Clinic provides both emergency and comprehensive oral care to patients, including prevention, basic care, restorations, root canals, extractions, and dentures. The Eye Clinic is one of the only free eye clinics in the city. The ophthalmologist conducts general eye exams and treats patients suffering from diabetes, glaucoma, AIDS, and eye injuries.

www.some.org/services/healthcare**Unity Health Care Center****202-469-4699**

1100 New Jersey Avenue SE, Suite 500, Washington, DC 20003

A Federally Qualified Health Center (FQHC) with 29 service sites, located in every DC Ward to provide comprehensive primary health care services.

www.unityhealthcare.org/find-a-health-care-center**U.S. Department of Veterans Affairs Community Clinics**

Provides care through six community healthcare clinics located in DC, MD, and VA.

www.washingtondc.va.gov/locations/

Whitman-Walker Health**202-745-7000**

Has three locations:

1525 14th Street NW, Washington, DC 20005

2301 Martin Luther King Jr. Avenue SE, Washington, DC 20020

1377 R Street NW, Washington, DC 20009

Mission is to be the highest quality, culturally competent community health center serving greater Washington's diverse urban community, including individuals who face barriers to accessing care, and with a special expertise in LGBTQ and HIV care.

www.whitman-walker.org

COMPUTER CLASSES

Iona Senior Services

202-895-9448

Iona's Active Wellness at St. Alban's and Around Town DC programs provide opportunities for socializing, life long learning, and wellness classes. Available activities include computer classes, workshops on Google Suite products and using social media, technology assistance, and more.

www.aroundtowndc.org

Academy of Hope

202-269-6623, 202-373-0246

601 Edgewood Street NE, Suite 25, Washington, DC 20017

Ward 8: 421 Alabama Avenue SE, Washington, DC 20032

Provides basic adult education in a manner that changes lives and improves the community. Offers computer classes as well as other instruction (i.e., GED).

www.aohdc.org

Adventist Community Services of Greater Washington (ACSGW)

301-585-6556

Empowers those in need through emergency care, life education, and community development. Provides case management, food, clothing, emergency financial assistance, health and fitness programs, technology education, and job-training.

www.acsgw.org

Arlington County Community Outreach Program

Computer classes for newly arrived and low-income Arlington residents. Operates out of five sites. (Computer classes are also available through the Department of Parks and Recreation.)

www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Community-Outreach-Program

Byte Back

866-692-5682

899 North Capitol Street NE, Suite 850, Washington, DC 20002

Provides computer literacy and employment readiness skills to underserved communities throughout Washington, DC. Aims to improve economic opportunities by providing computer and technology courses to low-income D.C. residents.

www.byteback.org

Chinatown Service Center**202-898-0061**

500 I Street NW, Room 107, Washington, DC 20001

Provides social services to Asians in the Metropolitan area. Offers computer classes and other educational programming.

www.cccdc.com/chinatown-service-center

City of Alexandria Department of Recreation**703-746-5575**

Multiple neighborhood recreation centers throughout the City. Power Plus class, "Today's Technology for Baby Boomers," delves into cell / smart phones, social media (Facebook), computers and gaming, Internet searches, Skype / webcam technology, and the latest from Microsoft and Google.

www.alexandriava.gov/recreation-programs/seniors

DC Public Library**202-727-0321**

901 G Street NW, Washington, DC 20001

Offers free computer classes that provide hands-on training to adults that build confidence in using computers in the library, at home or work, or when job-seeking.

www.dclibrary.org/node/10

Fairfax County Senior Centers**703-324-4600**

Multiple locations around the county.

Fairfax County residents aged 55+ may join any of the 13 senior centers sponsored by the Dept. of Neighborhood and Community Services. Centers offer classes, health and wellness programs, computer and Internet access, trips and tours, and opportunities to socialize.

www.fairfaxcounty.gov/neighborhood-community-services/technology-programs/technology-for-seniors

**Korean Community Service Center
of Greater Washington****703-354-6345**

Multiple locations around the area; offers bilingual English/Korean classes, including classes in basic computer skills, Internet, and software programs.

www.kcscgw.org

COMPUTER CLASSES

Mission of Love Charities

301-333-4440

6180 Old Central Avenue, Capitol Heights, MD 20743

For older adults aged 60+. Provides opportunities to learn basic computer skills and receive information on wellness, health screenings, assisted transportation, and other information on topics of concern.

www.molinc.org

Montgomery County Recreation

240-777-6840

3950 Ferrara Drive, Wheaton, MD 20906

Multiple locations throughout the County. Offers a wide selection of daily events and activities, classes, intergenerational opportunities, computer education, fitness rooms, and health programs.

www.montgomerycountymd.gov/rec/where/seniors/index.html

Prince George's County

Department of Parks and Recreation

301-699-2255

Multiple Senior Centers throughout the County.

Offers classes on fundamental and advanced computer skills.

www.pgpc.com/Things_To_Do/Senior_Activities.htm

Seasoned Adults Growing Educationally (SAGE) 301-546-7422

Seasoned Adults Growing Educationally (SAGE), a tuition-free program, offers computer courses for residents aged 60+.

www.pgcc.edu/sage

Southeast Ministry

202-562-2636

3111 Martin Luther King Jr. Avenue SE, Washington, DC

The Byte Back program offers computer skills classes.

www.southeastministrydc.org

United Community Ministries

703-768-7106

8305 Richmond Hwy, Suite 4A, Alexandria, VA 22309

Offers employment and computer skills classes at the Work Center.

www.ucmagency.org/WFD.html

CONSUMER INFORMATION

Arlington County Human Rights Commission **703-228-3929**

2100 Clarendon Boulevard, Suite 318, Arlington, VA 22201

Receives, investigates, and reconciles complaints from those who believe they have been victims of unlawful discrimination.

www.arlingtonva.us/Government/Commissions-and-Advisory-Groups/Human-Rights-Commission

Arlington County Office of Citizen and Consumer Affairs **703-228-3120**

2100 Clarendon Boulevard, Suite 302, Arlington, VA 22201

Mediates complaints, conducts investigations, prosecutes offenders of consumer laws, licensure for and regulates a variety of professionals, promotes strong consumer protection legislation, provides educational materials, and advocates in the consumer interest.

www.arlingtonva.us/Government/Topics/Consumer-Protection-Clearinghouse

Better Business Bureau (BBB) of the Greater Mid-Atlantic **202-393-8000**

1411 K Street NW, Suite 1000, Washington, DC 20005

Sets standards for ethical business behavior and monitors compliance. It helps consumers identify trustworthy businesses, and those that are not.

www.bbb.org/washington-dc-eastern-pa

City of Alexandria Office of Human Rights **703-746-3140**

City Hall, P.O. Box 178, Alexandria, VA 22313

Receives and mediates complaints alleging unlawful discrimination, negotiates settlements, conducts studies, holds hearings, and advises the Council or City Manager on human rights issues.

www.alexandriava.gov/HumanRights

Consumers' Checkbook Magazine **800-213-7283**

1625 K Street NW, 8th Floor, Washington, DC 20006

Rigorous ratings of local auto repair shops, plumbers, veterinarians, banks, doctors, dentists, carpet cleaners, and many more businesses.

www.checkbook.org

CONSUMER INFORMATION

DC Department of Consumer and Regulatory Affairs (DCRA)

202-442-4400

1100 4th Street SW, Washington, DC 20024

Protects the health, safety, economic interests, and quality of life of residents, businesses, and visitors in DC by ensuring code compliance and regulating business.

www.dkra.dc.gov

DC Office of the Attorney General (OAG)

202-727-3400

400 6th Street NW, Washington, DC, 20001

Brings court actions to stop deceptive business practices and obtain compensation for consumers. OAG represents collective consumers and does help consumers and merchants resolve their disputes.

<https://oag.dc.gov/consumer-protection>

DC Office of Human Rights (OHR)

202-727-4559

441 4th Street NW, Suite 570 N, Washington, DC 20001

Helps settle complaints of unlawful discrimination in the areas of employment, housing, education, and public accommodation. It has jurisdiction for complaints of discrimination in the private sector and Washington, DC government.

www.ohr.dc.gov

DC Office of the People's Counsel

202-727-3071

1133 15th Street NW, Suite 500, Washington, DC 20005

Advocates for DC consumers of natural gas, electric, and telephone services. Provides assistance for resolution of consumer complaints against utility services.

www.opc-dc.gov

Fairfax County Consumer Affairs Branch

703-222-8435

12000 Government Center Parkway, Fairfax, VA 22035

Provides mediation and arbitration for tenant-landlord complaints and works closely with the Tenant-Landlord Commission.

www.fairfaxcounty.gov/consumerclaim

**Fairfax County Office of
Human Rights and Equality****703-324-2953**

12000 Government Center Parkway, Suite 318, Fairfax, VA 22035

Receives and investigates complaints filed by a person who believes he/she/they have been discriminated against, on the basis of race, color, sex, sexual preference, religion, national origin, marital status, age, familial status, or disability in the areas of employment, housing, public accommodation, education, or credit.

www.fairfaxcounty.gov/ohrep/hrd**Maryland Attorney General,
Consumer Protection Division****410-576-6300**

200 St. Paul Place, Baltimore, MD 21202

Provides mediation services to consumers to help resolve complaints against businesses and health insurance carriers, and provides information about complaints filed against businesses. Offers hotlines for:

Consumer Complaint	410-528-8662
Medical Billing Complaints	410-528-1840
Health Plan Decision Appeals line	877-261-8807

www.oag.state.md.us/contact.htm**Montgomery County Office
of Consumer Protection (OCP)****240-777-3636**

100 Maryland Avenue, Suite 3600, Rockville, MD, 20850

Responsible for enforcing consumer protection laws that prohibit unfair and deceptive business acts to ensure a fair marketplace for consumers and businesses. It investigates and resolves consumer complaints, engages in consumer education and outreach, licenses certain businesses, and administers several programs.

www.montgomerycountymd.gov/ocp**Montgomery County Office of Human Rights** **240-777-8450**

21 Maryland Avenue, Suite 330, Rockville, MD, 20850

Investigates incidents of hate/violence and complaints of discrimination. Victims of hate/violence crimes can seek compensation for replacement of property.

www.montgomerycountymd.gov/humanrights

CONSUMER INFORMATION

Prince George's County Human Relations Commission

240-695-7220

14741 Governor Oden Bowie Drive, Suite L105,
Upper Marlboro, MD 20772

Protects the civil rights of individuals who work and live in Prince
George's County, Maryland.

www.princegeorgescountymd.gov/2116/Human-Rights

U.S. Consumer Product Safety Commission

301-504-7923

Consumer hotline 800-638-2772

4330 East-West Highway, Bethesda, MD 20814

Provides information on product recalls, safety issues, statistics, and
reports on consumer product safety.

www.cpsc.gov

Virginia Attorney General Consumer Protection Section

804-786-2042

202 North Ninth Street, Richmond, VA 23219

The central clearinghouse for the receipt, evaluation, investigation,
and referral of consumer complaints; also offers alternative dispute
resolution services.

www.oag.state.va.us

DRIVER SAFETY

AAA Mature Operator Program

877-457-0711

AAA Public Affairs MS72, 1000 AAA Drive, Heathrow, FL 32746

Offers defensive driving courses designed to meet the information needs and interests of older adult drivers over 55 years of age.

[Senior Driving \(aaa.com\)](http://www.aaa.com)

www.cluballiance.aaa.com/automotive/driver-training

AARP Driver Safety Resource Program

888-687-2277

601 E Street NW, Washington, DC 20049

Provides resources that help a person find a smarter, safer, and more-sustained life behind the wheel. Site enables users to create a custom Driving Plan, find out about state re-licensing laws, and explore the Driving Resource Center. Also offers driver safety courses.

www.aarp.org/auto/driver-safety/driving-skills-refresh

www.aarp.org/home-family/getting-around/driving-resource-center/driving-welcome

Insurance Institute for Driver Safety (IIHS)

703-247-1500

4121 Wilson Boulevard, 6th floor, Arlington, VA 22203

Provides information on driver and car safety, licensing rules, etc.

www.iihs.org

Johns Hopkins Driving Program 443-997-5476, 410-740-7838

Howard County General Hospital/JHM, Columbia, MD 21044

Offers driving evaluation and skills training delivered by occupational therapists.

MedStar National Rehabilitation Hospital

Adaptive Driving Program

202-877-1035

McLean, VA 703-288-8260

Baltimore, MD 443-444-5500

102 Irving Street NW, Washington, DC 20010

Program is available for people with disabling injuries or illnesses who want to return to driving or learn to drive for the first time.

www.medstarhealth.org/services/driver-training-services

EMERGENCY SERVICES AND SHELTERS

(See also Mental Health and Counseling Resources)

Always phone 911 in a life-threatening emergency

The following numbers are for non-emergency services.

Adult Protective Services

Available 24 hours per day, seven days a week, APS investigates reports of abuse, neglect, self-neglect, and exploitation of adults.

Arlington County 703-228-1700, TTY: 703-228-1788
www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Programs/APS

City of Alexandria 703-746-5778
www.alexandriava.gov/older-adult-services/program/adult-protective-services

District of Columbia 202-541-3950 (hotline), 202-724-5626
Now housed within the Department of Aging
and Community Living (DACL)
<https://dacl.dc.gov/service/adult-protective-services-0>

Fairfax County 703-324-7450, TTY: 711
www.fairfaxcounty.gov/familyservices/older-adults/adult-protective-services

Montgomery County 240-777-3000
www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSAdultProtectSvc-p176.html

Prince George's County 1-888-832-3858 (hotline)
www.princegeorgecountyva.gov/residents/social_services/adult_protective_services.php

American Red Cross National Capital and Greater Chesapeake Region

703-584-8400

8550 Arlington Boulevard, Fairfax, VA 22031
(Regional Headquarters)

See website for other locations throughout DC, MD, and VA.

www.redcross.org/local/dc-va-md-de/about-us/locations.html

Arlington County Fire Department 703-558-2222

Provides comprehensive fire prevention and education, delivers emergency medical and public safety services, and responds to environmental emergencies. See website for fire station locations.

www.arlingtonva.us/Government/Departments/Fire

Arlington County Police Department 703-558-2222

Officers proactively patrol neighborhoods to identify and prevent crime, educate, and enforce laws to ensure safe travel on roadways and work collaboratively with the community to build strong partnerships which are vital to public safety.

www.arlingtonva.us/Government/Departments/Police-Department

Arlington County Public Safety Communications and Emergency Management 703-558-2222

[1400 North Uhle Street, Suite 300, Arlington, VA 22201](http://1400NorthUhleStreet,Suite300,Arlington,VA22201)

Coordinates emergency preparedness and response capabilities, resources, and outreach for the Arlington community. Critical service areas of the Public Safety and Emergency Management Office (PSCEM) include emergency preparedness, including public involvement, integrated training and protocols, and day-to-day operation of the Emergency Communications Center.

www.arlingtonva.us/Government/Departments/OEM

Baltimore Gas and Electric (BGE)

Downed power lines/outages 877-778-2222

Natural gas smell 877-798-7798

[www.bge.com/Outages/ExperiencingAnOutage/Pages/
ReportAnOutage.aspx](http://www.bge.com/Outages/ExperiencingAnOutage/Pages/ReportAnOutage.aspx)

Bethesda-Chevy Chase Rescue Squad (BCCRS) 301-652-0077

5020 Battery Lane, Bethesda, MD 20814

Provides state-of-the-art emergency medical, fire, and rescue services to the Bethesda-Chevy Chase area and surrounding Maryland communities.

www.bccrs.org

City of Alexandria Fire Department

Plans for and delivers responsive and caring emergency service, mitigates emergencies and disasters, prevents the loss of life, protects property, and enforces applicable construction, fire, and building maintenance codes for City residents to maintain and enhance public safety.

www.alexandriava.gov/Fire

City of Alexandria Police Department

703-746-1870

3600 Wheeler Avenue, Alexandria, VA 22304

Provides competent, courteous, professional, and community-oriented police services.

www.alexandriava.gov/Police

CrisisLink (PRS)

Crisis Link Regional Hot Line 703-527-4077

National 9-8-8 Suicide and Crisis Lifeline 9-8-8, TTY: 711

National Lifeline Phone 800-273-8255

Text Connect 85511

Crisis Link Suicide
Prevention Chat Line SuicidePreventionLifeline.org/chat

10455 White Granite Drive, Suite 400, Oakton, VA 22124

Crisis & Suicide Prevention Hotline, Chat, and Textline that offers crisis intervention, suicide prevention, and support to individuals to foster self-sufficiency by providing problem-solving skills and information on community resources so callers and texters can better cope with emotional trauma, personal and family crises. Immediately connects an individual with a trained and licensed professional to offer help, hope, and healing. CareRing offers a daily phone check-in for elderly, disabled, and homebound individuals to prevent minor problems from becoming major emergencies.

www.prsinc.org/crisislink

DC Homeland Security and Emergency Management Agency (HSEMA)**202-727-6161**

2720 Martin Luther King, Jr. Avenue SE, Washington, DC 20032

Supports and coordinates homeland security and emergency management efforts, ensuring that DC is prepared to protect against, plan for, respond to, and recover from all threats and hazards.

www.hsema.dc.gov**DC Hypothermia Watch Program and Shelter Hotline****202-399-7093 or 311**

Protects residents experiencing homelessness from hypothermia and other extreme weather injuries. Outreach to protect citizens is conducted throughout the year by teams from DHS and the DC Department of Behavioral Health (DBH).

www.dhs.dc.gov/service/hypo-hyperthermia-watch**DC Metropolitan Police Department (MPD)****202-727-9099 or 311 for city services**

441 4th Street NW, 7th Floor, Washington, DC 20001

The primary law enforcement agency for Washington, DC.

www.mpdc.dc.gov**Dominion Virginia Power Outage Center****866-366-4357**

To report outages, downed power lines, and street repairs.

www.dominionenergy.com/virginia/report-outage-or-emergency**ElderSAFE Center at Charles E. Smith Life Communities (Advertiser)****301-816-5099 Helpline**

6121 Montrose Road, Rockville, MD 20852

This center provides safe temporary shelter and medical care for older adults experiencing elder abuse (physical, sexual, financial, psychological, and/or neglect). The shelter serves older adults throughout DC, MD, and Northern Virginia.

www.smithlifecommunities.org

(See the Charles E. Smith ad on page [169](#))

Fairfax County Fire and Rescue Department **703-246-2126**

12099 Government Center Parkway, Fairfax, VA 22035

Provides fire suppression, emergency medical, technical rescue, hazardous materials, water rescues, life safety education, fire prevention, and arson investigation services.

www.fairfaxcounty.gov/fire-ems

Fairfax County Office of Emergency Management and Security **571-350-1000**

4890 Alliance Drive, Fairfax, VA 22030

Coordinates emergency mitigation, preparedness, response and recovery services to the residents of Fairfax County with the appropriate Fairfax County agencies and external partners. Also manages the public alert and warning systems for Fairfax County.

www.fairfaxcounty.gov/emergencymanagement

Fairfax County Police Department **703-691-2131**

12099 Government Center Parkway, Fairfax, VA 22035

Provides ethical leadership through engagement with the community to prevent and fight crime, and to improve safety at work and in the community.

www.fairfaxcounty.gov/police/fairfax-county-police-department

Fire and Emergency Medical Services Department **202-673-3320**

2000 14th Street NW, 5th Floor, Washington, DC 20009

Preserves life and promotes health and safety through pre-hospital treatment and transport, fire prevention, fire suppression, and rescue activities.

www.fems.dc.gov

Kuehner Place Shelter for Abused and Neglected Elderly **202-797-8806, ext 1311,
202.292.4493 (to apply)**

1667 Good Hope Road SE, Washington, DC 20020

Offers temporary, affordable shelter for seniors in need of emergency housing. Supportive services of So Others Might Eat (SOME) also available.

www.some.org/services/housing/senior-housing

**Montgomery County Fire
and Rescue Service****240-683-6520, 311 city services**

100 Edison Park Drive, Gaithersburg, MD 20878

Protects lives, property and the environment with comprehensive risk reduction programs and safe and effective emergency response provided by highly skilled career and volunteer service providers representing the County's diverse population.

www.montgomerycountymd.gov/mcfrs/**Montgomery County****Police Department****301-279-8000, 311 city services**

100 Edison Park Drive, Gaithersburg, MD 20878

Safeguards life and property, preserves the peace, prevents and detects crime, enforces the law, and protects the rights of all citizens.

www.montgomerycountymd.gov/pol**Montgomery County Office of Emergency Management and
Homeland Security**

100 Edison Park Drive, Suite 1S31, Gaithersburg, MD 20878

Coordinates efforts including emergency alert notifications and emergency management information systems. Coordinates emergency alert notifications and emergency management information systems and conducts regular trainings and exercises to improve the county's local and regional emergency response capabilities.

www.montgomerycountymd.gov/oemhs**National Domestic Violence Hotline****800-799-SAFE**

Trained advocates are available 24/7 to talk, chat or text confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

www.thehotline.org**National Sexual Assault Hotline****800-656-HOPE**

Calls are instantly connected to the nearest Rape, Abuse, and Incest National Network Center (RAINN). Callers can talk or chat with a trained responder. Calls are anonymous and confidential.

www.rainn.org/resources

EMERGENCY SERVICES AND SHELTERS

PEPCO Emergency Power Outage Center

877-737-2662

To report a power outage, a downed power line or a street light problem online or on the phone 24/7.

www.pepco.com/Outages/ReportAnOutage/Pages/default.aspx

EMPLOYMENT

DISTRICT OF COLUMBIA

40 Plus of Greater Washington

202-387-1582

1325 G Street NW, Suite 500, Washington, DC 20005

Offers a proven system of hands-on training and a supportive community for experienced professionals aged 40 and above.

www.40plus-dc.org

DC Department of Aging and Community Living (DACL)

202- 724-5626

500 K Street NE, Washington, DC 20002

SeniorWorks II and Older Workers Employment Placement Training Programs help DC residents 55 years of age and older with job-hunting skills that can lead to a job.

www.dacl.dc.gov

DC Job Bank

Department of Employment Services

202-724-7000

4058 Minnesota Avenue NE, Washington, DC 20019

Offers a job bank and other opportunities.

www.dcnetworks.org

Friendship Place

202-364-1419

4713 Wisconsin Avenue NW, Washington DC 20016

Offers a model for addressing homelessness, with customized programs that empower participants to rebuild their lives, find homes, get jobs, and reconnect with friends, family and the community, permanently. Services include drop-in medical and mental health care, training and job services, nutrition, housing, and case management.

www.friendshipplace.org

MARYLAND**Adventist Community Services****of Greater Washington (ACSGW)****301-585-6556**

501 Sligo Avenue, Silver Spring, MD 20910

Empowers those in need through emergency care, life education, and community development. Provides case management, food, clothing, emergency financial assistance, health and fitness programs, technology education, and job-training. Job-training programs include: English as a Second Language (ESOL), General Educational Development (GED), computer basics, advanced computer certification programs, and Job Quest workshops.

www.acsgw.org**Career Gateway (Jewish Council for the Aging) 301-255-4215**

The week-long Career Gateway program is for jobseekers over 50 looking to pivot in their career or return to the workforce. Includes add-on tech classes and optional one-on-one job search mentor. Open to all.

www.accessjca.org/career-gateway**Casa de Maryland, Inc.****301-431-4185**

8151 15th Avenue, Hyattsville, MD 20783

Offers workers' centers where specialists register and screen workers (mostly Spanish-speaking individuals), place them in jobs, and conduct followup. Also provides assistance with driver's license applications.

www.wearecasa.org**Center for Workforce Inclusion****301-578-8900**

8403 Colesville Road, Suite 200, Silver Spring, MD 20910

CWI is committed to making it possible for older adults, particularly low-income individuals, formerly incarcerated individuals, veterans, and women to participate fully in determining their own future and the future of their communities. It administers several Federal employment programs.

www.centerforworkforceinclusion.org

Jewish Council for the Aging (JCA)**301-255-4200**

12320 Parklawn Drive, Rockville, MD, 20852

Offers training and mentoring for jobseekers 50 and older. The Senior Community Service Employment Program (SCSEP) provides on-the-job training for low-income individuals, ages 55 and older who live in Montgomery and Frederick counties, MD.

www.accessica.org**JSSA Employment Services (Jewish Social Services Agency)**

At JSSA, we believe everyone has the right to meaningful work and independence, and we help our neighbors with disabilities find fulfilling jobs. We see you for who you are and support you in realizing your dreams, empowering students and adults with the skills and confidence they need. Our distinctive model of train-to-hire programs and on-the-job coaching has produced job placement and retention rates far above the national standard.

Rockville-Fallsgrove

240-800-JSSA

200 Wood Hill Road, Rockville

Silver Spring

240-800-JSSA

9900 Georgia Avenue, Silver Spring

Northern Virginia

240-800-JSSA

3025 Hamaker Court, Suite 450, Fairfax

www.jssa.org**Maryland Workforce Exchange Dept. of
Labor, Licensing and Regulation****866-252-0465**

1100 North Eutaw Street, Room 316, Baltimore, MD 21201

Offers a Job Bank, career centers, and training opportunities.

<https://mwejobs.maryland.gov/vosnet/Default.aspx>**Prince George's County One-Stop Career Center** **301-618-8425**

1801 McCormick Drive, Suite 120, Largo MD, 20774

Provides a wide range of resources for businesses and job seekers.

www.employpg.org

EMPLOYMENT

Senior Community Service

Employment Program (SCSEP)

301-255-4200

12320 Parklawn Drive, Rockville, MD 20852

Offers training and mentoring for job seekers 50 and older. The Senior Community Service Employment Program provides on-the-job training for low-income men and women ages 55 and older who live in Montgomery and Frederick counties, MD.

www.accessjca.org

Worksource Montgomery

(Montgomery County One Stop Career Centers)

Wheaton

301-929-6880

11510 Georgia Avenue, 1st Floor,

Germantown

240-406-5485

12900 Middlebrook Road, First Floor

Centers offer employment services for both job seekers and business owners.

www.worksourcemontgomery.com

VIRGINIA

Arlington Employment Center

703-228-1400

2100 Washington Boulevard, 1st Floor, Arlington, VA 22204

Offers training and support for job seekers and employers.

www.arlingtonva.us/Government/Programs/AEC

City of Alexandria

Workforce Development Center

703-746-5990

1900 North Beauregard Street, Suite 300, Alexandria, VA 22311

A certified career center, equal opportunity employer, and service provider with a commitment to affirmative action.

www.alexandriava.gov/WorkforceDevelopment

Fairfax County Employment

Resource Centers

703-533-5400

Provides employment services by appointment only.

www.fairfaxcounty.gov/familyservices/employment-and-training/services

United Community Ministries**703-768-7106**

8305 Richmond Highway, Suite 4A, Alexandria, VA 22309

Offers employment and computer skills classes at the Work Center.

www.ucmagency.org/WFD.html**Virginia Career Works**

Fairfax Annandale Center

7611 Little River Turnpike (West Wing), Suite 300W, Annandale, VA 22003

Helps those who need help finding a job or a better job.

www.fairfaxcounty.gov/familyservices/employment-and-training**Virginia Workforce Connection**

Multiple locations throughout the state.

Offers a Job Bank and Workforce Center listing.

www.vawc.virginia.gov**Virtual 50+ Employment Expo
(Jewish Council for the Aging)****703-652-1518**

These online programs bring jobseekers over 50 together with area employers who have openings. Workshops provide job-search skills. Focus on Maryland and Northern Virginia employers.

www.accessica.org/employment-expos**UNITED STATES****Encore****415-430-0141**

P.O. Box 29542, The Presidio, San Francisco, CA 94129

Offers free, comprehensive information that helps people transition to jobs in the nonprofit world and the public sector for “encore careers” that combine personal meaning, continued income, and social impact in the second half of life.

www.encore.org

National Association for Hispanic Elderly

National Office

626-564-1988

Asociación Nacional Pro Personas Mayores

234 East Colorado Boulevard, Suite 300, Pasadena, CA 91101

Serves the needs of Hispanic elderly and other low-income persons and offers several employment programs. It administers work programs for the Community Service Employment Program (SCSEP), Agricultural Conservation Experienced Services Program (ACES), and Senior Environmental Employment Program (EPA/SEE).

www.anppm.wordpress.com

National Caucus & Center on

Black Aging, Inc. (NCBA)

202-637-8400

1220 L Street NW, Suite 800, Washington, DC 20005

NCBA provides employment training through its Senior Community Service Employment Program (SCSEP) and job placement for qualified seniors through the Senior Environmental Employment (SEE) Program.

www.ncba-aged.org

National Council on Aging (NCOA)

571-527-3900

251 18th Street South, Suite 500, Arlington, VA 2202

Works with local and national partners to give older adults tools and information to stay healthy and financially secure, and advocates for programs and policies to improve the lives of all seniors, especially the most vulnerable.

<https://www.ncoa.org/older-adults/money/work-retirement>

National Experienced Workforce Solutions

703-558-4200

3811 North Fairfax Drive, Suite 900, Arlington, VA 22203

Dedicated to promoting experienced workers as a valuable and critical component of the nation's workforce. It administers work programs for the National Resources Conservation Service of the U.S. Department of Agriculture and the Senior Environmental Employment Program for the Environmental Protection Agency.

www.newsolutions.org

U.S. Department of Labor Career One-Stop **877-872-5627**

Website provides links to state job banks and tools to help job seekers, students, businesses and career professionals. Includes the Senior Community Service Unemployment Program: a community service and work-based job training program for older Americans that provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers.

www.careeronestop.org

U.S. Department of Veterans Affairs **800-698-2411**

810 Vermont Avenue NW, Washington, DC 20420

Website provides links to Veterans Affairs regional benefit offices and other VA facilities. Provides information, resources, and guidance for Veterans to access housing, medical care, disability, education and training, careers and employment, pension, and many more benefits.

www.choose.va.gov

END-OF-LIFE CARE

HOSPICE AND PALLIATIVE CARE SERVICES

Hospice and palliative care programs provide pain management and supportive services to people with certain life-limiting diagnoses. Typically, care is provided by an interdisciplinary team, including physicians, nurses, clergy, social workers, aides, and volunteers. Care may be received at home or in an in-patient setting. Many insurance providers, including Medicare and Medicaid, cover hospice services.

Capital Caring (Advertiser) **(Referrals/Start of Care)**

800-869-2136

Since 1977, Capital Caring Health has provided Hospice, Palliative Care, and Bereavement Counseling that has improved care for nearly 200,000 patients and their families in Maryland, Virginia, and Washington, DC, by addressing what matters most to individuals. No matter where you live, and regardless of your ability to pay, Capital Caring Health's clinical teams are there for you, 24 hours a day, 7 days a week. Call us today if you are experiencing any of the following symptoms: significant pain, weight loss, sleeplessness, fatigue, breathlessness, loss of mobility, many trips to the doctor or emergency room, emotional distress, or caregiver stress.

www.capitalcaring.org

(See Capital Caring ad on page 79)

CaringMatters

301-869-4673

518 South Frederick Avenue, Gaithersburg, MD 20877

CaringMatters provides compassionate social support services, without charge, through a trained volunteer network, serving children, adults and families in Montgomery County facing serious illness, caregiving challenges, end-of-life, and grief.

www.CaringMatters.org

Holy Cross Home Care and Hospice**301-557-4663**

Holy Cross Home Care and Hospice provides comfort, support, and compassionate care to patients with life-limiting illnesses and their families in a manner that cherishes the dignity and uniqueness of individuals. The people-centered care model is a collaboration between patients, loved ones, and the health care team, which consists of physicians and nurses, social workers, hospice aides, bereavement counselors, and spiritual care providers and volunteers. Hospice care offers services such as nursing assessments, pain management and symptom control, medication reconciliation and coordination, coordination and delivery of medical equipment, personal care, spiritual support and bereavement services, and respite care.

www.hchomecarehospice.org

TODAY IS THE DAY
*to get the help
 you need*

Caring for our neighbors as
 if they were members of our
 own family since 1977.

capitalcaring.org | 800.869.2136

 Capital Caring Health **45**
Advanced Home Care & Hospice
 for All Ages at All Times YEARS

Inova Hospital Palliative Care Program **855-694-6682**

Offers palliative care in its hospitals. The medical specialty service aims to relieve physical, psychological, and spiritual suffering, and improve quality of life for all patients and families dealing with life-threatening illnesses at any stage of the illness.

www.inova.org/our-services/palliative-care

JSSA Hospice (Jewish Social Service Agency) **240-800-JSSA**

6123 Montrose Road, Rockville, MD 20852

At JSSA, we know how overwhelming it is to navigate end-of-life care. Our interdisciplinary team of registered nurses, physicians, social workers, chaplains, hospice aides, and volunteers guides you and your family through the process with compassion, collaboration, and respect. We recognize diverse cultural and racial perspectives about end-of-life and honor and support your individual preferences. Services are available in Montgomery County, MD.

www.jssa.org/services/hospice

Medstar Washington Hospital Center **202-877-7000**

110 Irving Street NW, Washington, DC 20010

Palliative care provides pain relief and symptom management for patients with advanced heart failure. Several locations in DC and MD.

www.medstarhealth.org/services/palliative-care

Hospice care focuses on patient and family care that addresses the physical, emotional, spiritual and practical needs of the patient. Care can be offered in a patient's home, nursing homes, assisted living centers, hospitals and our Hospice House in Calloway, MD.

www.medstarhealth.org/services/hospice-care

Montgomery Hospice & Prince George's Hospice

Main Office **301-921-4400**

1355 Piccard Drive, Suite 100, Rockville

Prince George's Office **301-921-4400**

10450 Lottsford Rd, Suite 262, Bowie

A nonprofit hospice serving residents of Montgomery County and Prince George's County, MD.

www.montgomeryhospice.org

Professional Healthcare Resources**703-752-8700**

Provides interdisciplinary hospice teams who work collectively to provide supportive care to patients and their families who live in Annandale, VA and in Washington, DC.

<https://www.phri.com>

Sibley Memorial Hospital Palliative Care**202-537-4000**

5255 Loughboro Road NW, Washington, DC 20016

Provided by an interdisciplinary team, led by a physician, and certified nurse practitioner. This team draws on the skills and experience of professionals from nursing, social work, pharmacy, respiratory, and nutrition services, pastoral counseling, and others, as appropriate. The team works with your physician to create a comprehensive plan to ease suffering and pain whether you are the patient or a family member.

www.sibley.org

Suburban Hospital**301-896-3139**

8600 Old Georgetown Road, Bethesda, MD 20814

Provides palliative care for patients while they are in the hospital with a serious illness - relieving pain, symptoms, and stress, and offering the best quality of life for patients and their caregivers. It may be provided through all states of illness and through curative medical treatments.

www.hopkinsmedicine.org/suburban_hospital/medical_services/palliative-care

Veterans Affairs Medical Center**Geriatrics and Extended Care Program****202-745-8240**

50 Irving Street NW, Washington, DC 20422

Palliative Care can be combined with treatment that is aimed at curing or controlling an illness. It can be started at the time of a diagnosis and may be provided throughout the course of an illness to improve the quality of life in mind, body, and spirit.

www.va.gov/geriatrics/pages/Palliative_Care.asp

Hospice Care is comfort care provided to those with a terminal condition, with less than 6 months to live, and are no longer seeking treatment other than palliative care. Hospice Care can be provided at home, in an outpatient clinic or in an inpatient setting.

www.va.gov/geriatrics/pages/Hospice_Care.asp

VITAS Healthcare

833-787-0068

VITAS hospice team members visit individuals in Washington DC and in Prince William and Fairfax counties in Northern Virginia. Interdisciplinary hospice teams bring care to wherever an individual calls home.

www.vitas.org

END OF LIFE CARE ORGANIZATIONS

These organizations provide general information and education on end-of-life issues and care options.

Compassion & Choices

800-247-7421

101 Southwest Madison Street, #8009, Portland, OR 97207

Seeks to improve care, expand options, and empower people to chart their own end-of-life journey. Offers news and information through chapters in DC, MD, and VA.

www.compassionandchoices.org

Death with Dignity

503-228-4415

P.O. Box 2009, Portland, Oregon 97208

Promotes Death with Dignity laws based on the Oregon Death with Dignity Act, both to provide an option for dying individuals and to stimulate nationwide improvements in end-of-life care. The website tracks status of legislation in each state.

www.deathwithdignity.org

Hospice and Palliative Care Network of Maryland

Lead and advances quality hospice and palliative care by serving as an advocate and resource for all Marylanders. The website offers directories of hospice and palliative care providers in Maryland.

www.hnmd.org

Hospice Foundation of America (HFA)

202-457-5811

1707 L Street NW, Suite 220, Washington, DC 20036

Educates the public and health care professionals about death, dying and grief. HFA also funds research about hospice care, supports specific hospice and/or grief initiatives, and financially assists hospice providers in times of disaster.

www.hospicefoundation.org

National Hospice & Palliative Care Organization 703-837-1500
1731 King Street, Suite 100, Alexandria, VA 22314

Works to expand access to a proven person-centered model for healthcare that provides patients and their loved ones with comfort, peace, and dignity during life's most intimate and vulnerable experiences. Ensures equitable access to high quality interdisciplinary, person-centered care for those living with serious illness.

www.nhpco.org

Virginia Association for Hospices & Palliative Care (VAHPC) 804-740-1344

P.O. Box 70025, Richmond, VA 23255

An online community that advocates for quality care for all persons with life limiting illnesses. Promotes hospice and palliative care education and ethical practices, and serves as a united voice and resource for its members.

www.virginiahospices.org

FINANCIAL SERVICES AND TAX PREPARATION

AARP Foundation Tax-Aide Program

888-OUR-AARP
TTY: 877-434-7598

Provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

www.aarp.org/money/taxes/aarp_taxaide

Arlington County Public Library Tax Preparation Assistance

Central Library
1015 North Quincy Street

703-829-6192

Columbia Pike Library
816 South Walter Reed Drive

703-879-4696

During tax season, the library offers free tax preparation help at two locations for low to moderate income taxpayers. Appointments are required; no walk-ins allowed.

www.library.arlingtonva.us/explore/financial-planning/free-tax-preparation-help

Catholic Charities/Archdiocese of Washington/Virtual Volunteer Income Tax Assistance (VITA)

Individuals register online and are then contacted by an IRS-trained tax volunteer.

www.catholiccharitiesdc.org/vita

City of Alexandria Tax Preparation Assistance

703-831-2918

2525 Mount Vernon Avenue, Alexandria, VA 22301

Offers free tax preparation assistance to lower-income residents. Spanish-speaking volunteers are available on-site and electronic filing is available.

www.alexandriava.gov/economic-support/free-tax-preparation

City of Alexandria Tax Services and Enforcement 703-746-4800

301 King Street, Suite 1700, Alexandria, VA 22314

Offers tax relief programs, assisting taxpayers with Virginia State income tax returns, and collecting delinquent City taxes. Residents of the City of Alexandria who are 65 years of age or older or who are permanently and totally disabled may be eligible for the City's Real Estate Tax Relief or Deferral Program for Elderly or Disabled Persons.

www.alexandriava.gov/TaxRelief

Community Tax Aid**202-547-7773**

1012 14th Street NW, Suite 425, Washington, DC 20005

Provides full-service Federal and State income tax preparation and representation services at no charge to low-income individuals and families in the Washington, DC metropolitan area.

www.communitytaxaiddc.org

DC Earned Income Tax Credit Campaign (EITC)

Offers high quality, no-cost tax preparation services and connections to asset building opportunities for DC individuals and families. The website includes a list of tax preparation sites throughout the District.

www.disb.dc.gov/page/earned-income-tax-credit-campaign

DC Office of Tax and Revenue**(OTR)****202-727-4829, 202-727-4TAX**

1101 4th Street SW, Suite W270, Washington, DC 20024

Provides a state-of-the-art walk-in customer service facility to meet DC taxpayers' needs.

www.otr.cfo.dc.gov/service/customer-service-center

Everyday Money Management**301-801-2294**

Offers confidential paperwork management services in the privacy of your own home. Daily Money Managers take care of paying bills, balancing the checkbook, mail management and filing, budgeting and cash flow management, tracking Medicare and other insurance claims, organization of documents for tax preparation, and monitoring for fraud and financial exploitation. Initial consultation is free of charge.

www.everydaymoneymanagement.com

**Fairfax County Department of
Tax Administration (DTA)****703-222-8234**

12000 Government Center Parkway, Suite 223, Fairfax, VA 22035

The County's Tax Relief program for seniors and people with disabilities provides real estate, personal property, and rent relief to residents that qualify. There are exemptions for qualifying veterans, first responders, and their spouses, for diplomats, for tax exempt entities, for certain vehicles, and for properties with certain modifications.

www.fairfaxcounty.gov/taxes**Internal Revenue Service (IRS)
Taxpayer Advocate Service Office
Taxpayer Assistance Centers (TAC)****800-829-1040****202-803-9800****844-545-5640**

77 K Street NE, Room 1500, Washington, DC 20002

Taxpayer Assistance Centers (TAC) offer virtual and in-person tax help. Taxpayer Advocate Service (TAS) is an independent organization within the IRS that helps taxpayers resolve IRS-related problems and recommends changes that will prevent problems in the future.

www.apps.irs.gov/app/office-locator**Maryland Cash Campaign****410-528-8006**

575 S. Charles Street, Suite 500, Baltimore, MD 21200

CASH (Creating Assets, Savings and Hope) is a State-wide network of organizations that promotes economic advancement for low-to-moderate income individuals and families across Maryland. Offers free tax preparation services through Volunteer Income Tax Assistance (VITA), access to financial services, and financial education and coaching.

www.cashmd.org**Maryland Comptroller****800-MD-TAXES**

Has 12 locations around the State and two remote call centers that provide taxpayer services and information. All in-person and virtual appointments must be scheduled.

www.marylandtaxes.gov**Military One Source****800-342-9647**

Military members can download free tax software and receive one-on-one help from military tax experts.

[www.militaryonesource.mil/financial-legal/tax-resource-center/
miltax-military-tax-services](http://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services)

**Montgomery County Department
of Finances and Taxes****311 or 240-777-0311**

Responsible for the financial administration of the County government, including accounting and payroll, debt and cash management, tax billing, revenue collection, and risk management. Website contains information about senior tax credits and deferments.

www.montgomerycountymd.gov/finance

Prince George's County Office of Finance**301-952-5025**

1301 McCormick Drive, Suite 1100, Largo, MD 20774

Dedicated to maximizing available resources and delivering financial services to a wide range of internal and external customers of the County.

www.princegeorgescountymd.gov/396/Finance

Virginia Department of Taxation**804-367-8031**

P.O. Box 1115, Richmond, VA 23218-1115

Serves the public by administering the tax laws of the Commonwealth of Virginia. Customer Service answers tax questions.

www.tax.virginia.gov

**Virginia Insurance Counseling & Assistance Program (VICAP)
Virginia Department for Aging and Rehabilitative
Services (DAR)**

1610 Forest Avenue, Suite 100, Henrico, VA 23229

Trained counselors offer individual insurance assistance at local Area Agency on Aging offices and help with health care appeals, denials and identifying those eligible for low-income subsidies. VICAP counselors are not licensed to sell insurance. Counselors are trained and certified to help understand and compare benefits, assist with filing for benefits based on income and resources, and provide information about rights.

www.vda.virginia.gov/vicap.htm

Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) 800-906-9887

VITA and TCE offer free State and Federal tax help for low-income individuals, persons with disabilities, the elderly and limited English-speaking taxpayers who need assistance in preparing tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Several locations in DC, MD, and VA.

[Virginia: www.nvacash.org/vita/?pagename=locations](http://www.nvacash.org/vita/?pagename=locations)

[Prince George's County, MD: www.pgcc.edu/go/tax](http://www.pgcc.edu/go/tax)

[Montgomery County, MD: www.montgomerycountymd.gov/](http://www.montgomerycountymd.gov/HHSProgram/OCA/VITA/VITA.html)

[HHSProgram/OCA/VITA/VITA.html](http://www.montgomerycountymd.gov/HHSProgram/OCA/VITA/VITA.html)

www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers

FOOD AND NUTRITION PROGRAMS AND SERVICES

(See also Adult Education, Arts, Recreation, and Exercise, Governments Agencies, Senior Service Agencies)

Iona Senior Services

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

www.iona.org

Nutrition Counseling

Iona's licensed dietitians and nutritionists provide professional clinical nutrition services and medical nutrition therapy via telephone and in-office and home visits. They provide information and answer food and nutrition questions; assess current food, food security, and nutrition needs; and work collaboratively with Iona staff to maximize older adults' food situation.

Nutrition Education

Group nutrition education is provided by Iona's licensed dietitians and nutritionists through the St. Albans Active Wellness program, a monthly produce market, printed flyers and newsletters, and virtual events.

Nutrition Supplements

Through a grant from the DC Department of Aging and Community Living, Iona offers liquid high-calorie and high-protein nutrition supplements to eligible older adults aged 60+ who are already enrolled in qualifying Iona help them programs to maintain a healthy and well-balanced diet.

Food Pantry Plus

Iona's Food Pantry Plus provides shelf-stable food, incontinence products, full-sized toiletries, cleaning products, and paper goods to current Iona clients on an as-needed basis.

For additional information, contact the DC, Maryland, or Virginia Area Offices on Aging listed in the Senior Service Agencies section of this guide, or call Iona Senior Service's Information & Referrals Helpline at 202-895-9448.

DC Department of Aging and Community Living

(DACL)

202-724-5626, TTY: 711

DACL's nutrition programs are designed to serve seniors 60+ and adults with disabilities, whether it's at one of our community dining sites or through home-delivered meals. Individualized nutrition counseling and education programs are also available.

dacl.dc.gov

Nutrition Counseling

A registered and licensed dietitian or other health professional can offer education and suggestions for improving your nutritional status based on your needs. This one-on-one advice and guidance is provided to individuals who are at nutritional risk because of their nutritional history, current dietary intake, medication use, or chronic illnesses.

Nutrition Education

Nutrition education programs are provided to promote better health and well-being by providing accurate and culturally sensitive nutrition, physical fitness, or health information and instruction to participants and caregivers in a group or individual setting, supervised by a dietitian or other health professional. For more information about nutrition services, call the Information and Referral, Assistance Line at 202-724-5626.

HOME DELIVERED MEALS

Nutritious home-delivered meals are available to qualified seniors through Senior Nutrition Programs and private organizations in Washington, DC, Maryland, and Virginia.

DISTRICT OF COLUMBIA

DC Department of Aging and Community Living

(DACL)

202-724-5626, TTY: 711

DACL delivers prepared meals to adults 60 years of age or older at their homes throughout the city. The spouses of homebound adults or disabled persons that reside with these homebound adults may also be eligible to receive these meals. Lead agencies provide nutrition and other services to DC residents, age 60+. Each lead agency serves a different geographical part of the city.

dacl.dc.gov

Ward 1: Terrific, Inc. 910 Westminster Street NW www.terrificinc.org	202-882-1160
Ward 2: Terrific, Inc. 1220 L Street NW www.terrificinc.org	202-882-1160
Ward 3: Iona Senior Services 4125 Albemarle Street NW www.iona.org	202-966-1055
Ward 4: Terrific, Inc. 418 Missouri Avenue NW www.terrificinc.org	202-882-1160
Ward 5: Seabury Ward 5 Aging Services 2900 Newton Street NE www.seaburyresources.org	202-529-8701
Ward 6: Seabury Ward 6 Aging Services 555 Water Street SW www.seaburyresources.org	202-397-1725
Ward 7: East River Family Strengthening Collaborative 3917 Minnesota Avenue NE www.erfsc.org	202-534-4880
Ward 8: East River Family Strengthening Collaborative 4301 9th Street SE www.erfsc.org	202-562-6860

Food & Friends**202-269-2277**

219 Riggs Road NE, Washington, DC 20011

Volunteers help care for those living with HIV/AIDS, cancer, poorly controlled Diabetes, and other life-challenging or terminal illnesses by preparing and delivering medically tailored meals, groceries, and high calorie, high protein liquid nutrition supplements in conjunction with nutrition counseling by a licensed registered dietitian nutritionist. Must be referred by a physician/health care provider. Serves Washington, DC, and Maryland and Virginia suburbs.

www.foodandfriends.org

Meals on Wheels America

888-998-6325

1550 Crystal Drive, Suite 1004, Arlington, VA 22202

Meals on Wheels America (MOWA) is a national leadership non-profit organization supporting over 5,000 community-based programs across the country that are dedicated to ending senior hunger and isolation. Local Meals on Wheels programs provides weekday meals (generally two meals per day) at variable costs. Limited subsidies may be available for participants who are unable to afford to pay. Please note that there is one local MOW program operating in a limited part of Ward 4 in DC. To find a location nearest you, call the number above or visit the website.

www.mealsonwheelsamerica.org

Mom's Meals

877-508-6667

Fresh-made, home-delivered meals to participants nationwide. Cost is approximately \$8.00 per meal plus shipping. General wellness, heart-friendly (low sodium), diabetes-friendly, renal-friendly, gluten-free, vegetarian (not vegan), cancer support, and/or pureed meals available.

www.momsmeals.com

Savor Health

888-721-1041

Weekly, home delivery of fresh, nutritious meals designed for cancer patients. Flexible plans available to meet budget and schedules. Registered dietitian nutritionist telephone counseling and personalized cancer information, resources, and products also available.

www.savorhealth.com

MARYLAND

Bethesda/Chevy Chase Meals on Wheels

301-654-4610

8814 Kensington Parkway, Chevy Chase, MD 20815

Delivers meals to local seniors at no cost.

www.b-ccmealsonwheels.org

Colesville Meals on Wheels

301-384-7440

13100 Andrew Drive, Silver Spring, MD 20904

Mailing Address: PO Box 10697, Silver Spring, MD 20914

Provides home-delivered, nutritious meals to eligible homebound, elderly, disabled, or convalescent individuals. Service area includes eastern Montgomery County, Maryland, north from the Beltway to Briggs Chaney Road.

www.colesville-meals-on-wheels.org

Gaithersburg Meals on Wheels

301-216-4200

6900 Keats Court, Rockville, MD 20855

Volunteers deliver meals to disabled individuals, of any age, who cannot safely shop or prepare their meals. A hot and cold meal are delivered weekdays for a fee of \$6 per day.

www.gaithersburgmealsonwheels.org

JSSA (Jewish Social Service Agency)

Kosher Meals on Wheels

240-800-JSSA

6123 Montrose Road, Rockville, MD 20852

JSSA delivers nutritious kosher meals to qualified seniors aged 60 in Montgomery County, MD.

www.jssa.org

Meals on Wheels of College Park

301-927-2700

PO Box 797 College Park, MD 20740

Provides meals for older adults in northern Prince George's County, including College Park, Greenbelt, Beltsville, Berwyn Heights, Adelphi, and other nearby areas.

www.mealsonwheelsofcollegepark.org

Meals on Wheels of Germantown

301-706-0262

PO Box 1765, Germantown, MD 20875

Delivers meals to homebound residents of Germantown, Maryland.

www.mowgermantown.com

Meals on Wheels of Takoma Park/Silver Spring **301-434-1922**
Mailing: 6909 Laurel Avenue, #5348, Takoma Park, MD 20913
Kitchen: 7410 New Hampshire Avenue, Takoma Park, MD 20912
Delivers meals to anyone who has difficulty preparing meals or going grocery shopping on a regular basis. Meals can be modified for those with specific dietary needs.
www.mowtakoma.org

Meals on Wheels of Wheaton **301-942-1111**
10101 Connecticut Avenue, Kensington, MD 20895
Delivers meals over the lunch hour to homebound, elderly, and disabled individuals in the community.
www.mowwheaton.org

Montgomery County Senior Nutrition Program **240-777-3810**
401 Hungerford Drive, Rockville, MD 20850
Serves as a central contact for home-delivered Meals on Wheels. Offers reliable diet and nutrition information to Montgomery County Seniors.
www.montgomerycountymd.gov/HHS-Program/ADS/ADSSeniorNutr-p190.html

Rockville Meals on Wheels **301-340-1559**
1605 Veirs Mill Road, Rockville, MD 20850
Mailing: PO Box 465, Rockville, MD 20848
Serves homebound elderly, convalescents, and persons with disabilities who are unable to prepare meals for themselves.
www.rockvillemealsonwheels.org

Senior Nutrition Hotline **240-777-1100**
Available Wednesday mornings from 9:00-11:00 AM
www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSSeniorNutr-p190.html - :~:text=Senior Nutrition Hotline%3A 240-777,information to Montgomery County Seniors.

VIRGINIA

Fairfax County Meals on Wheels and Supplement Program

703-324-5409

12011 Government Center Parkway, Suite 708, Fairfax, VA 22035

Provides meals and supplements to older adults who live in Fairfax County and the cities of Falls Church and Fairfax.

www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels

Meals on Wheels of Northern Virginia

703-522-0811

P.O. Box 40203, Arlington, VA 22204-7203

Delivers subsidized meals to homebound clients to Arlington County, Virginia residents.

www.mealsonwheelsarlington.com

Senior Services of Alexandria (SSA)

703-836-4414

206 N. Washington Street, Suite 301, Alexandria, VA 22314

Allows older adults who are unable to leave their homes to shop or who have difficulty preparing a meal to have two healthy meals a day delivered to their homes.

www.seniorservicesalex.org

NEIGHBORHOOD MEALS AND ACTIVITIES

(See Adult Education, Arts, Recreation and Exercise)

DISTRICT OF COLUMBIA

DC neighborhood mid-day Community Dining programs offer lunch, social activities, and other services for older adults. Voluntary meal contributions are welcome, and payment is not required. There are many mid-day lunch program sites throughout the city, including at Senior Wellness Centers. Qualified DC residents may attend at any location, but advance registration and meal reservations are required.

Iona Senior Services Around Town DC

202-895-9448

4125 Albemarle Street, NW, Washington, DC 20016

Made possible through support from the DC Department of Aging and Community Living, Around Town DC provides free in-person and virtual recreation, socialization, and health-related classes and activities for DC residents aged 60 and older. From cooking and painting to improv and yoga, Around Town DC has something for everyone. View the schedule and sign up on the website.

www.aroundtowndc.org

Active Wellness at St. Alban's

202-895-9448

Active Wellness at St. Alban's is a community dining site and in-person hub for Around Town DC programming. DC residents aged 60+ can dining site and in-person hub for Around Town DC programming. DC residents aged 60+ can join us Monday to Friday for a free hot meal (reservations required) and participate in a variety of fitness, art, music, and other activities in the morning and afternoon. Special events like concerts and aging workshops are also offered regularly, and there is a fresh produce market once a month. Visit the website to see the schedule and sign up.

www.aroundtowndc.org

DC Department of Aging and Community Living

(DACL)

202-724-5626, TTY: 711

DACL's lead agencies provide nutrition and other services to DC residents, age 60+. Lead agencies provide Community Dining sites and each lead agency serves a different geographical part of the city. Call DAACL at 202-724-5622 or the lead agencies listed at the beginning of this category for enrollment information and site locations.

dacl.dc.gov

MARYLAND

Montgomery County Senior Nutrition Program

240-777-3000

401 Hungerford Drive, Rockville, MD 20850

Provides meals in community dining settings where activities and services for older adults are available. Nutrition education, screening and counseling are also available.

www.montgomerycountymd.gov/hhs-program/program.aspx?id=ads/adsseniornutr-p190.html

Prince George's County Senior Nutrition Program 301-265-8450

6420 Allentown Road, Camp Springs, MD 20748

Provides healthy, well-balanced meals to persons 60 years of age and older. Nutrition sites located throughout the county serve meals at noon daily. The Nutrition Program also delivers a hot noontime meal to homebound elderly who meet program eligibility. Website includes a list of nutrition sites.

www.princegeorgescountymd.gov/1723/Nutrition-Services

VIRGINIA

(See Adult Education, Arts, Recreation and Exercise)

GROCERIES: SHOPPING AND DELIVERY

Many large chain grocery stores now provide grocery delivery services. Check with your neighborhood grocery store for more information.

DISTRICT OF COLUMBIA

Food & Friends Groceries to Go

202-269-2277

219 Riggs Road NE, Washington, DC 20011

Service is available for clients who can do light meal preparation or have a caregiver who is able to prepare meals. Service is bi-weekly, and includes fresh produce, frozen meats and soups, entrees, and pantry items.

www.foodandfriends.org

Southeast Center

202-561-8587

1700 Good Hope Road, SE Washington, DC 20020

This program works with local organizations to deliver groceries to home-bound clients each month.

www.breadforthecity.org/?s=food+pantry&submit=Search

MARYLAND

Rockville Senior Services

240-314-8800

1150 Carnation Drive, Rockville, MD 20850

Provides a variety of services to older adults age 60+, including bus service to the senior center and grocery shopping.

www.rockvillemd.gov/seniorcenter

VIRGINIA

Groceries to Go Program

703-836-4414 ext. 119

Senior Services of Alexandria provides a grocery delivery program to seniors who are 60+ living in the City of Alexandria. Through the Groceries to Go Program, screened volunteers deliver groceries year-round to seniors every other Thursday. Groceries are ordered based off the grocery recipient's personal shopping list. There are no minimum order requirements and no delivery fee.

www.seniorservicesalex.org/programs/groceries-to-go

**GROCERIES: FOOD BANKS, SUBSIDIZED,
AND DISCOUNTED FOOD PROGRAMS**

DISTRICT OF COLUMBIA

Bread for the City

202-265-2400

1525 7th Street NW, Washington, DC 20001

Distributes grocery bags consisting of a three-day supply of food, adjusted to household size, to eligible DC residents.

www.breadforthecity.org/services/food-pantry

Capital Area Food Bank

202-644-9800

202-644-9807 (Hunger Helpline)

4900 Puerto Rico Ave NE, Washington, DC 20017

6833 Hill Park Drive, Lorton, VA 22079 571-482-4770

Feeds those in the Washington, DC metro area with limited food access or food insecurity by acquiring food and distributing it through its partner agencies and programs. Also educates the community about the issues of hunger, wellness, and nutrition.

www.capitalareafoodbank.org

Catholic Charities of Washington

SHARE Food Network

800-21-SHARE, 301-864-3115

3222 Hubbard Road, Landover, MD 20785

Provides discounted groceries; accepts Supplemental Nutrition Assistance Program (SNAP). Serves DC, Montgomery and Prince George's Counties. Locations on website.

www.catholiccharitiesdc.org/share

Produce Prescription Program**202-601-9200**

The Produce Rx Program allows medical professionals to prescribe fresh fruit and vegetables to patients experiencing diet-related chronic illnesses while providing additional support for patients living in poverty. The program now takes a food-as-medicine approach by integrating produce prescriptions into the health care system. Need to be diagnosed with Hypertension, Diabetes, or Prediabetes and attend a participating clinic to be eligible.

www.dcgreens.org/produce-rx

Salvation Army National Capital**202-756-2600**

2626 Pennsylvania Avenue NW, Washington, DC 20037

Offers meals, food assistance, and other aid.

salvationarmynca.org/gethelp

Spanish Catholic Centers**202-939-2400 ext. 964,
301-740-2523**

1618 Monroe St NW, Washington DC, 2001

201 East Diamond Avenue, #203, Gaithersburg, MD, 20877

People of all backgrounds and nationalities can receive food, groceries, and other perishable items. Food pantry Wednesdays 1- 3:00pm.

www.catholiccharitiesdc.org/familysupportservices

Vida Senior Centers**202-483-5800**

1842 Calvert Street NW Washington, DC 20009

Spanish-language services include: meals, Chronic Disease Prevention Education, support groups, individual counseling, recreation, field trips, computer classes, English and Spanish classes, public benefit assistance, and volunteer opportunities. Seniors 60 years of age and older qualify to participate in the food distribution program.

www.vidaseniorcenter.org

MARYLAND

**Adventist Community Services of Greater Washington
(ACSGW)**

301-585-6556

501 Sligo Avenue, Silver Spring, MD 20910

Empowers those in need through emergency care, life education, and community development. Provides case management, food, clothing, emergency financial assistance, health and fitness programs, technology education, and job-training.

www.acsgw.org

Bethesda Help

301-365-2022

PO Box 34094, Bethesda, MD 20827-0094

Volunteers provide short-term assistance to Bethesda residents, including emergency food deliveries to households in crisis (grocery bags with three-day supply of food for each household member).

www.bethesdahelp.org

Bowie Interfaith Pantry and Emergency Aid Fund

301-262-6765

2614 Kenhill Drive, Suite 134, Bowie, MD 20715

Provides emergency food and grocery vouchers; other support may help pay bills, offer prescription vouchers, shelter, and other services for low-income individuals and those facing hardship.

www.bowiefoodpantry.org

Catholic Charities Center

301-942-1790

12247 Georgia Avenue, Silver Spring, MD 20902

Administers social service programs for low-income individuals, those who are unemployed, and other struggling Montgomery County families; services include a free food pantry.

www.catholiccharitiesdc.org/catholiccharitiescenter

Catholic Charities of Washington

SHARE Food Network

800-21-SHARE, 301-864-3115

3222 Hubbard Road, Landover, MD 20785

Provides discounted groceries; accepts Food Stamps. Website lists locations; serves DC, Montgomery and Prince George's Counties.

www.catholiccharitiesdc.org/share

Community Outreach and Development

CDC Labor of Love Center

301-735-0121

4715 Marlboro Pike, Capitol Heights, MD 20743

Offers various social services to Prince George's County families, including clothing, food, information, and referrals to government programs such as food stamps, and other aid.

www.communityoutreachcdc.org

Damascus Help

301-253-4100

9700 New Church Street, Damascus, MD 20872

Provides assistance to people in need in upper Montgomery County, in the form of emergency food, holiday food baskets and gifts, transportation, furniture, and emergency financial assistance.

www.damascushelp.org

Fort Washington Food Pantry

301-248-4290

St. John's Episcopal Church

Broad Creek, 9801 Livingston Road, Fort Washington, MD 20744

Client choice food pantry open Saturday mornings. Check website for eligibility.

www.fortwashingtonfoodpantry.net

Gaithersburg Help

301-216-2510

301 Muddy Branch Road, Gaithersburg, MD 20878

Member congregations and volunteers provide services to Gaithersburg area residents, including emergency food, infant needs, prescription funding, transportation, furniture, and emergency financial assistance. Congregational volunteers provide services to Gaithersburg area residents, including emergency food, prescription funding, transportation, and emergency financial assistance.

www.gaithersburghelp.org

Manna Food Center

301-424-1130

Office: 12301 Old Columbia Pike, Suite 200, Silver Spring, MD 20904

Warehouse: 9311 Gaither Road, Gaithersburg, MD 20877

The primary food bank in Montgomery County; Manna partners with 360 local charities, churches, businesses, and other agencies.

www.mannafood.org

**Prince George's County Department
of Food Assistance Program**

301-909-6343

805 Brightseat Road, Landover, MD 20785

Acts as a clearinghouse for the distribution of donated food by partnering with more than 30 community organizations.

www.princegeorgescountymd.gov/1679/Food-Assistance

United Communities Against Poverty

301-322-5700

1400 Doewood Lane, Capitol Heights, MD, 20743

Committed to addressing the causes of poverty and low income. They can refer individuals to grant programs and provide emergency food boxes to residents of Prince George's County.

www.ucappgc.org

VIRGINIA

Arlington Food Assistance Center

703-845-8486

2708 South Nelson Street, Arlington, VA 22206

Provides supplemental groceries to Arlington residents in need.

www.afac.org

Catholic Charities of the Diocese of Arlington

703-841-3830

200 North Glebe Road, Suite 506, Arlington, VA 22203

Food pantry and delivery service at Christ House:

131 South West Street, Alexandria, VA 22314.

Loaves and Fishes Food Pantry:

613 North Royal Avenue, First Floor Front Royal, VA 22630

www.cdda.net/about-us/our-programs

FEDERAL SUPPLEMENTAL FOOD PROGRAMS

Commodity Supplemental Food Program

Works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods. Website includes a list of participating states and their contact information.

www.fns.usda.gov/csfp/commodity-supplemental-food-program

Grocery Plus**202-921-7471**

USDA program (Commodity Supplemental Food Program) that encourages seniors to remain active by providing a variety of shelf-stable foods needed for a mostly healthy diet. Provides 30-40 lbs of shelf-stable groceries monthly to seniors aged 60 or over who live in DC and meet income guidelines.

www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/commodity-supplemental-food-program

Senior Farmer's Market**Nutrition Program****202-442-9140 (DC), 703-228-1700**

Aging and Disability Services Department of Human Services
2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

Provides coupons for low-income older adults to purchase fresh fruit and vegetables at participating Arlington farmers' markets.

Applications are generally accepted from June-July each year.

www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program

www.vda.virginia.gov/sfmnp.htm

Supplemental Nutrition Assistance Program (SNAP)

District of Columbia	202-724-5506
Maryland	800-332-6347
Virginia	800-552-3431 (VA)
Maryland State EBT	800-997-2222
Virginia State EBT	866-281-2448

SNAP provides a monthly benefit to households through an Electronic Benefits Card (EBT) to supplement the purchase of nutritious foods. Offers food purchasing assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities.

www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

GOVERNMENT AGENCIES

Eldercare Locator

800-677-1116

Assists older adults and their families throughout the U.S. in finding local aging-related community services.

www.eldercare.acl.gov/Public/Index.aspx

DISTRICT OF COLUMBIA

211 Answers Please

211 (in DC), 202-463-6211 (outside DC)

Available 24 hours a day, seven days a week. This question-and-answer helpline assists DC residents in finding social, mental health, and health services.

answersplease.dc.gov

311 Citywide Call Center

311 (in DC), 202-737-4404 (outside DC)

Available 24 hours a day, 7 days per week. This question-and-answer helpline assists DC residents in finding information on city services.

311.dc.gov/citizen/home

Adult Protective Services (APS)

202-541-3950

64 New York Avenue NE, 4th Floor, Washington, DC 20002

Hotline is available 24 hours a day, 7 days a week. APS investigates reports of abuse, neglect, self-neglect, and exploitation of adult DC residents.

dacl.dc.gov/service/adult-protective-services-0

Advisory Neighborhood Commissions (ANCs)

202-727-9945

ANCs consider a wide range of policies and programs affecting their neighborhoods, including traffic, parking, recreation, street improvements, liquor licenses, zoning, economic development, police protection, sanitation and trash collection, and the District's annual budget.

www.anc.dc.gov

**DC Department of Aging and Community Living
(DACL)****202-724-5626**

500 K Street NE, Washington, DC 20002

Provides a single, coordinated system of information and access for older adults, persons with disabilities, and caregivers seeking long-term services and supports. Gives advice and assistance to empower people to make decisions about their support options.

dacl.dc.gov

Lead agencies provide comprehensive care management, transportation, nutrition, and other services to DC residents aged 60 and older. Each lead agency serves a different geographical part of the city. See Senior Service Agencies for a listing of Lead Agencies by ward.

dacl.dc.gov/service/lead-agencies**DC City Council****202-724-8000**

1350 Pennsylvania Avenue NW, Washington, DC 20004

Phone numbers for specific Council members can be found through a Ward search on the website.

www.dccouncil.us**Department on Disability Services****202-730-1700**

250 E Street SW, Washington, DC 20024

Serves people with blindness and visual impairments, including vocational rehabilitation unit, assistive technology, and independent living for older adults aged 55 and older.

dds.dc.gov/service/services-people-blindness-and-visual-impairments**DC Healthcare Alliance****202-727-5355**

A healthcare program that pays for medical services for qualified people (low-income and disabled). For those eligible for full Medicaid services, Medicaid pays healthcare providers. Providers are doctors, hospitals, and pharmacies who are enrolled with DC Medicaid. Customer service centers located throughout the city.

www.dc-medicaid.com/dcwebportal/nonsecure/medicaidAndMe

Department of Human Services (DHS) 202-671-4200

64 New York Avenue NE, 6th floor, Washington, DC 20002

Assists low-income individuals and families in maximizing their potential for economic security and self-sufficiency. Administers public benefit programs including Medicaid, food stamps, burial assistance, emergency housing, and Interim Disability Assistance.

www.dhs.dc.gov

Department of Motor Vehicles 202-737-4404

Multiple service centers are listed on the website.

www.dmv.dc.gov

Earned Income Tax Credit (EITC) Campaign

A partnership of DC government, business, and nonprofit organizations to promote the EITC and other tax benefits for low-income workers. Leverages the skills of community volunteers to provide high-quality no-cost tax preparation services and connections to asset building opportunities to individuals and families throughout DC.

www.disb.dc.gov/page/earned-income-tax-credit-campaign
otr.cfo.dc.gov/page/earned-income-tax-credit-dc

Housing Authority 202-535-1000

1133 North Capitol Street NE, Suite 178, Washington, DC 20002

Provides quality affordable housing to extremely low- through moderate-income households, fosters sustainable communities, and cultivates opportunities for residents to improve their lives. Administers “Section 8” public housing and housing vouchers.

www.dchousing.org

Low-Income Home Energy Assistance Program and Utility Discount Program (LIHEAP) 202-673-6750

1207 Taylor Street NW, Washington, DC 20011

(Serves residents in Wards 1, 2, 3, 4, and 5.)

2100 Martin Luther King, Jr., Avenue SE, Washington, DC 20020

(Serves residents in Wards 6, 7, and 8.)

Program helps low-income residents meet their home energy needs and provides emergency assistance to households whose electric or gas services have been terminated, or households without fuel oil that have been denied fuel oil delivery.

www.ddoe.dc.gov/liheap

Mayor of the District of Columbia**202-727-6300**

1350 Pennsylvania Avenue NW, #316, Washington, DC 20004

www.mayor.dc.gov**Multi-Door Dispute Resolutions Program****202-879-1549**

Court Building C, 410 E Street NW, Washington, DC 20001

Helps parties settle disputes through mediation and other types of appropriate dispute resolution, including arbitration, case evaluation, and conciliation. Offers mediation services for small claims, family disputes, and landlord-tenant disputes.

www.dccourts.gov/superior-court/multi-door-dispute-resolution-division**Office of the People's Counsel****202-727-3071**

1133 15th Street, NW, Suite 500, Washington, DC 20005

Advocates for DC consumers of natural gas, electric, and telephone services. Provides assistance to resolve consumer complaints against utility services.

www.opc-dc.gov**Office of the Tenant Advocate****202-719-6560**

2000 14th Street 311 NW, Suite 300 North, Washington, DC 20009

Provides technical advice and other legal services to tenants regarding disputes with landlords; educates and informs the tenant community about rights and rental housing matters; advocates for the rights and interests of DC renters in legislative, regulatory, and judicial contexts; and provides financial assistance to displaced tenants for certain emergency housing and tenant relocation expenses.

www.ota.dc.gov**Public Service Commission****202-626-5100**

1325 G Street, NW, Suite 800, Washington, DC 20005

Serves the public interest by ensuring that financially healthy electric, natural gas, and telecom companies provide safe, reliable, and quality utility services at reasonable rates for DC residential, business, and government customers.

www.dcpssc.org

MARYLAND (MONTGOMERY & PRINCE GEORGE'S COUNTIES)

Maryland Department of Human Services **800-332-6347**

311 West Saratoga Street, Baltimore, MD 21201

Helps vulnerable Marylanders buy healthy foods, pay energy bills, and obtain medical assistance, and provides stable environments for at-risk children and adults.

dhs.maryland.gov

Maryland Division of Rehabilitative Services (DORS)

410-554-9442, 888-554-0334

2301 Argonne Drive, Baltimore, MD 21218

Offers programs and services that help people with disabilities go to work or stay independent in their homes and communities.

dors.maryland.gov/Pages/default.aspx

Motor Vehicles Administration

410-768-7000

6601 Ritchie Highway NE, Glen Burnie, MD 21062

Multiple service centers listed on website.

www.mva.maryland.gov

MONTGOMERY COUNTY

MC311

311: Inside Montgomery County

240-777-0311: Outside Montgomery County

Phone number for non-emergency government services and information.

Montgomery County Adult Protective Services (ASP)

240-777-3000

Department of Health and Human Services

401 Hungerford Drive, Rockville, MD 20850

Investigates allegations of abuse, neglect, self-neglect and/or exploitation of vulnerable adults. Provides professional services to reduce risk factors and promote protection of the health, safety, and welfare of endangered, vulnerable adults.

www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSAdultProtectSvc-p176.html

**Montgomery County Aging & Disability Services
Resource Unit**

240-777-3000

Department of Health and Human Services
401 Hungerford Drive, Rockville, MD 20850

Provides an access point for assessment, consultation, resource coordination, and service planning for seniors and persons of all ages with physical disabilities, related conditions, and developmental disabilities.

www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSAdultProtectSvcs-p179.html

**Montgomery County Alternative Dispute Resolution
(ADR)**

240-777-9400

50 Maryland Avenue, Rockville, MD 20850

Offers litigants the opportunity to participate in mediation. ADR assists parties in reaching a resolution prior to trial. Mediation can be ordered at any time during any civil case, including family cases.

www.montgomerycountymd.gov/cct/adr.html

Montgomery County Council

711 or 240-777-7900

Maryland Avenue, 6th Floor, Rockville, MD 20850

The legislative branch of Montgomery County Government.

www.montgomerycountymd.gov/council

**Montgomery County Department of
Health and Human Services**

240-777-3000

401 Hungerford Drive, Rockville, MD 20850

Consolidated access point for assessment, consultation, resource coordination, and service planning for older adults and persons with physical disabilities, related conditions, and developmental disabilities of all ages.

www.montgomerycountymd.gov/hhs

Montgomery County Executive

240-777-0311

Monroe Street, 2nd Floor, Rockville, MD 20850

Oversees the enforcement of the County's laws and provides executive direction to all departments and offices of the County government.

www.montgomerycountymd.gov/exec/index.html

GOVERNMENT AGENCIES

Montgomery County Housing Opportunities Commission

240-627-9400

10400 Detrick Avenue, Kensington, MD 20895

Provides affordable housing and supportive services for residents. Administers rental assistance programs; finances, develops, and manages properties; offers mortgage programs for first-time homebuyers.

www.hocmc.org

Montgomery County Low-Income Home Energy Assistance Program and Utility Discount Program

240-777-4450

1301 Piccard Drive, 4th floor, Rockville, MD 20850

Provides information to help reduce the high costs of energy and keep the heat and lights on.

www.montgomerycountymd.gov/green/energy/assistance.html

Montgomery County Office of Emergency Management and Homeland Security

311, 240-777-2300

100 Edison Park Drive, Suite 1S31, Gaithersburg, MD 20878

Coordinates emergency alert notifications and emergency management information systems and conducts regular trainings and exercises to improve the county's local and regional emergency response capabilities.

www.montgomerycountymd.gov/oemhs/

Montgomery County Senior Services

240-777-3000

401 Hungerford Drive, Rockville, MD 20850

Provides information about senior housing and group home subsidies, apartment rental guide, selecting a nursing home, and coordinates the Aging & Disability Resource Unit.

[www.montgomerycountymd.gov/hhs/programindex/
seniorservicesindex.html](http://www.montgomerycountymd.gov/hhs/programindex/seniorservicesindex.html)

Office of the People's Counsel (Maryland)

800-207-4055

6 St. Paul Street, Suite 2102, Baltimore, MD 21202

Represents the interests of residential consumers of electricity, natural gas, telecommunications, and private water services in Maryland.

www.opc.state.md.us

Public Service Commission (Maryland) **410-767-8000**
 6 St. Paul Street, 16th Floor, Baltimore, MD 21202
 Ensures safe, reliable, and economic public utility and transportation service to the citizens of Maryland.
www.psc.state.md.us

PRINCE GEORGE'S COUNTY

Prince George's County Information **311**
www.princegeorgescountymd.gov
www.princegeorgescountymd.gov/1095/PGC311

Prince George's County Adult Protective Services **301-909-2000**
 805 and 925 Brightseat Road, Landover, MD 20785
 Serves persons aged 18 and over who are unable to protect their own interests or are at risk of abuse, neglect, and/or exploitation. Also provides investigative services to protect the health, safety, and welfare of vulnerable adults.
princegeorges.md.networkofcare.org/mh/services/agency.aspx?pid=PrinceGeorgesCountyDepartmentofSocialServicesAdultProtectiveServices_2_681_0

Prince George's County Alternate Dispute Resolutions (ADR) Program **301-952-3655**
 Provides a meeting between complainant and respondent where a neutral third party assists them in reaching an agreement to resolve their dispute.
princegeorgescourts.org/389/Alternative-Dispute-Resolution-ADR-Media

Prince George's County Council **301-952-3700**
 14741 Governor Oden Bowie Drive, 2nd Floor, Upper Marlboro, MD 20772-3050
 All legislative powers of the County are vested in the County Council. Also sits as the District Council on zoning and land use matters, and as the Board of Health about health policy matters.
www.princegeorgescountymd.gov/sites/countycouncil/Pages/default.aspx

GOVERNMENT AGENCIES

Prince George's County

Department of Social Services **301-952-3655, 301-909-7000**

805 Brightseat Road, Landover, MD 20785

Helps residents become independent, responsible, and stable members of the community. It provides intervention services that strengthen families, protect children and vulnerable adults, encourage self-sufficiency, and promote personal responsibility. Programs help residents with needs, including food and shelter.

www.princegeorgescountymd.gov/1629/Social-Services

Prince George's County Aging and Disabilities

Services Division Information & Referral **301-265-8450**

6420 Allentown Road, Camp Springs, MD 20748

The Center provides resources for aging residents, residents living with physical or mental disabilities, and their families/caregivers, including identifying and planning for future health needs and potential emergencies, resources and available local assistance programs, and community living options and facilities available.

www.princegeorgescountymd.gov/2147/Aging-in-Place

Prince George's County

Energy Assistance Program **301-909-6330**

Helps low-income citizens pay their heating bills, minimize heating crises, and make energy costs more affordable.

www.princegeorgescountymd.gov/1677/Energy-Assistance

Prince George's County Executive

301-952-4131

1301 McCormick Drive, Largo, MD, 20774

www.princegeorgescountymd.gov/3887/Office-of-the-County-Executive

Prince George's County Department of Health

301-883-7879

1701 McCormick Drive, Largo, MD, 20774

Ensures the availability of and access to quality healthcare services and promotes individual and community responsibility for the prevention of disease, injury, and disability. Services include health-care (including Medicaid) and medical assistance transportation.

www.princegeorgescountymd.gov/1588/Health-Services

Prince George's County Housing Authority **301-883-5501**
9200 Basil Court, Suite 107, Largo, MD 20774
Provides housing assistance services via the Housing Choice Voucher Program, Moderate Rehabilitation Program, Rental Allowance Program, and County-owned public housing.
www.princegeorgescountymd.gov/sites/housingauthority/Pages/default.aspx

Prince George's County Office of Emergency Management **301-324-4400**
7915 Anchor Street, Landover, MD 20785
Coordinates and sustains homeland security and emergency management operations that support, mitigate, protect against, prepare for, respond to, and recover from natural, technological, or manmade emergencies or disasters, including acts of terrorism.
www.princegeorgescountymd.gov/533/Emergency-Management

Office of the People's Counsel (Maryland) **800-207-4055**
6 St. Paul Street, Suite 2102, Baltimore, MD 21202
Represents the interests of residential consumers of electricity, natural gas, telecommunications, and private water services in Maryland.
www.opc.state.md.us

VIRGINIA (ARLINGTON CO., CITY OF ALEXANDRIA, FAIRFAX CO.)

Department of Motor Vehicles (Virginia) **804-497-7100**
PO Box 27412, Richmond, VA 23269
Provides services at multiple locations throughout the state.
www.dmv.virginia.gov

Virginia CommonHelp **855-635-4370**
801 East Main Street, Richmond VA 23219-2901
CommonHelp is the central, easy way to apply for and get help with assistance in Virginia. Use the website to find out if you can get help with food, childcare, energy, medical, and cash assistance.
www.commonhelp.virginia.gov/access

ARLINGTON COUNTY

Arlington County Information

703-228-3000

www.arlingtonva.us/Home

**Arlington County Adult Protective Services (APS) 703-228-1700
888-832-3858: State hotline (after hours)**

2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

Receives, identifies, and investigates reports of abuse, neglect, or exploitation of adults ages 18 years or older who are incapacitated or anyone 60 and older. Also provides case management or related services, and establishes and strengthens family and social support systems to protect adults at risk of abuse, neglect, or exploitation.

www.arlingtonva.us/Government/Departments/DHS/Aging-Disability

Arlington County Aging and Disability Services 703-228-1700

2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

Provides information for older adults, persons with disabilities, and their caregivers, on topics including assisted living, adult day care, and other supportive services

www.arlingtonva.us/Government/Departments/DHS/Aging-Disability

Arlington County Board

703-228-3130

2100 Clarendon Boulevard, Suite 300, Arlington, VA 22201

Arlington's governing body is vested with its legislative powers.

www.arlingtonva.us/Government/County-Board

**Arlington County Department
of Environment Services**

703-228-5000

2100 Clarendon Boulevard, Suite 900, Arlington, VA 22201

Coordinates environmental services including trash, recycling, utilities, transit, and parking.

www.arlingtonva.us/Government/Departments/DES

**Arlington County Department of
Human Services (DHS)****703-228-1300**

2100 Washington Boulevard, Arlington, VA 22204

DHS offers programs for Arlington residents, including assistance with food, health care services (including Medicaid), housing, employment, and utilities.

www.arlingtonva.us/Government/Departments/DHS**Arlington County Heating-Cooling Assistance****703-228-1350**

2100 Washington Boulevard, Arlington, VA 22204

Provides assistance with home heating and cooling expenses for qualified low-income residents.

www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Heating-Cooling-Assistance**Arlington County Housing Division****703-228-3765**

2100 Clarendon Boulevard, Suite 700, Arlington, VA 22201

Provides rental assistance to low-income families. Also coordinates Landlord-Tenant Mediation programs. Supports affordable housing by providing financing and zoning incentives for developers; works to finance and develop affordable housing; and provides rental assistance to low-income families. Mediation services are available to help resolve tenant-landlord disputes.

www.arlingtonva.us/Government/Programs/Housing**Arlington County Manager****703-228-3120**

2100 Clarendon Boulevard, Suite 318, Arlington, VA 22201

The principal administrative officer of the County.

www.arlingtonva.us/Government/Departments/CMO**Arlington County Office of
Emergency Management (OEM)****911, 703-228-7935**

1400 North Uhle Street, Suite 300, Arlington, VA 22201

Provides emergency preparedness for the residents and visitors of Arlington, including public involvement, integrated training and protocols, and day-to-day operation of the Emergency Communications Center.

www.arlingtonva.us/Government/Departments/OEM

GOVERNMENT AGENCIES

Arlington County Heating-Cooling Assistance **703-228-1350**
2100 Washington Boulevard, Arlington, VA 22204
Provides assistance with home heating and cooling expenses for qualified low-income residents.
www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Heating-Cooling-Assistance

CITY OF ALEXANDRIA

Alexandria Information **703-746-4311**
www.alexandriava.gov

Alexandria City Council **703-746-4500**
301 King Street, Room 2300, Alexandria, VA 22314
Composed of a Mayor and six Council members.
www.alexandriava.gov/Council

City of Alexandria Adult Protective Services **703-746-5778**
State hotline (after hours) **888-832-3858**
Provides services for adults who are being abused, neglected, or exploited and who are 18 or older and physically or mentally disabled, or 60 years or older. Also investigates reports of suspected abuse, neglect, and exploitation.
www.alexandriava.gov/older-adult-services/program/adult-protective-services

City of Alexandria Center for Aging and Adult Services **703-746-5999**
2525 Mount Vernon Avenue, Alexandria, VA 22301
Serves seniors and adults with disabilities with special emphasis given to those who have a low income and are most at-risk of being institutionalized. Provides information and resources on employment and volunteer opportunities, financial assistance, housing, in-home services, caregiving, insurance, nutrition and health, recreation, transportation, and more.
www.alexandriava.gov/aging

City of Alexandria Department of Community and Human Services (DCHS)**703-746-5700**

2525 Mount Vernon Avenue, Alexandria, VA 22301

Coordinates with the Lions Club to provide eyeglasses to the financially needy; DCHS may also be able to assist with the cost of an eye exam.

www.alexandriava.gov/DCHS**City of Alexandria Department of Environmental Quality (OEQ)****703-746-4065**

301 King Street, Room 3000, Alexandria, VA 22314

Administers the City's air, water, and noise improvement programs.

www.alexandriava.gov/OEQ#Overview**City of Alexandria Financial Assistance Programs 703-746-3900**

301 King Street, Alexandria, VA 22314

Assists those in financial need, including rent relief, mortgage assistance, property tax relief, utility assistance, employment services, nutrition services, health care services (including Medicaid), and general relief.

www.alexandriava.gov/older-adult-services/program/financial-assistance**City of Alexandria Office of Housing****703-746-4990**

421 King Street, Suite 215, Alexandria, Virginia 22314

Administers housing and housing-related programs and services, including the Landlord-Tenant Relations Division and housing counseling services to persons seeking rental housing in the City.

www.alexandriava.gov/Housing**City of Alexandria Office of Human Rights****Dispute Resolutions Program****703-746-3140**

Program provides parties with an alternative to the traditional discrimination complaint investigation process.

www.alexandriava.gov

GOVERNMENT AGENCIES

City of Alexandria Redevelopment & Housing Authority

703-549-7115

401 Wythe Street, Alexandria, VA. 22314

Provides sanitary and safe dwelling accommodations to persons of low-income at rents they can afford.

www.arha.us

City of Alexandria Utility, Heating & Cooling Assistance

703-746-5700

525 Mt. Vernon Avenue, Alexandria, VA 22314

Provides programs and services for public benefits, community services, employment, and training.

www.alexandriava.gov/economic-support/program/utility-heating-and-cooling-assistance

FAIRFAX COUNTY

Fairfax County Information

703-324-7329

www.fairfaxcounty.gov

Fairfax County Adult Protective Services (APS) State hotline (after hours)

703-324-7450

888-832-3858

12011 Government Center Parkway, Fairfax, VA 22035

Investigates reports of abuse, neglect, or exploitation involving adults who are 18 years or older and incapacitated, and 60 years old or older. Also provides case management services.

www.fairfaxcounty.gov/familyservices/older-adults/adult-protective-services

Fairfax County Agency on Aging

703-324-7948

12011 Government Center Parkway, Fairfax, VA 22035

Provides resources on senior-focused programs and services, including Alzheimer's Disease and dementia.

www.fairfaxcounty.gov/familyservices/older-adults

Fairfax County Board of Supervisors

703-324-7329

12000 Government Center Parkway, Fairfax, VA 22035

Establishes county government policy, passes resolutions and ordinances, approves the budget, sets local tax rates, approves land use plans, and makes appointments to various positions.

www.fairfaxcounty.gov/boardofsupervisors

Fairfax County Consumer Affairs Branch **703-222-8435**
12000 Government Center Parkway, Fairfax, VA 22035
Provides mediation and arbitration for tenant-landlord complaints and works closely with the Tenant-Landlord Commission.
www.fairfaxcounty.gov/cableconsumer/csd/tenant-landlord

Fairfax County Department of Cable and Consumer Services **703-222-8435**
12000 Government Center Parkway, Fairfax, VA 22035
Mediates and investigates consumer complaints against businesses, tenant-landlord disputes, and cable issues.
www.fairfaxcounty.gov/cableconsumer

Fairfax County Department of Housing and Community Development **703-246-5000**
3700 Pender Drive, Suite 100, Fairfax, VA 22030-7442
Coordinates home ownership programs, subsidized housing, home repairs for elderly residents, as well as senior housing and assisted living facilities.
www.fairfaxcounty.gov/rha/abouthousing.htm

Fairfax County Department of Public Works and Environmental Services **703-324-5033**
12000 Government Center Parkway, Suite 448, Fairfax, VA 22035
Enhances the quality of life and protects the public interest by establishing sound environmental policies, enforcing codes, and constructing, operating, and maintaining the county's infrastructure.
www.fairfaxcounty.gov/dpwes

Fairfax County Executive **703-324-2531**
12000 Government Center Parkway, Fairfax, VA 22035
Serves as the administrator of Fairfax County Government.
www.fairfaxcounty.gov/cex

GOVERNMENT AGENCIES

Fairfax County Fuel Assistance & Crisis Assistance Programs

703-324-7500

11484 Washington Plaza West, 4th Floor, Reston, VA 20190

The Crisis Assistance program helps households in emergency situations by providing primary heat security deposits and funding repair or replacement of heating equipment. The Fuel Assistance program helps eligible low-income households with the cost of heating homes.

www.fairfaxcounty.gov/dfs/news/fuel-crisis-asst.htm

www.fairfaxcounty.gov/familyservices/public-assistance-employment-services

Fairfax County Office of Emergency Management

571-350-1000

4890 Alliance Drive, Fairfax, VA 22030

Coordinates preparedness, response and recovery efforts for significant emergency events that may occur in Fairfax County.

www.fairfaxcounty.gov/oem

Fairfax County Public Assistance Programs

703-324-3000

Offers public assistance programs to help people become self-sufficient and independent, including health care services (including Medicaid), nutrition services, general relief, refugee services, and more.

www.fairfaxcounty.gov/familyservices/public-assistance-employment-services

www.fairfaxcounty.gov/familyservices/sites/familyservices/files/assets/familyservices/pdfs/assistance-from-a-distance-dfs-services-english.pdf

Fairfax County Services for Older Adults

703-324-7948

12011 Government Center Parkway, Fairfax, VA 22035

Offers resources, information, and assistance with services, recreation, community engagement, transportation, and other issues.

www.fairfaxcounty.gov/familyservices/older-adults

U.S. GOVERNMENT

Centers for Medicare & Medicaid Services (CMS) 800-633-4227

7500 Security Boulevard, Baltimore, MD 21244

The official site for Medicare information and services.

www.medicare.gov

TRICARE**877-874-2273**

7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22042

TRICARE health care program covers active-duty service members, National Guard and Reserve members, retirees, their families, survivors, certain former spouses, and others registered in the Defense Enrollment Eligibility Reporting System (DEERS).

www.tricare.mil**U.S. Department of Veterans Affairs****800-698-2411**

810 Vermont Ave., NW, Washington, DC 20420

Website provides links to Veterans Affairs regional benefit offices and other VA facilities. Provides information, resources, and guidance for Veterans to access housing, medical care, disability, education and training, careers and employment, pension, and many more benefits.

www.choose.va.gov**U.S. House of Representatives****202-224-3121**www.house.gov**U.S. Senate****202-224-3121**www.senate.gov**U.S. Social Security Administration****800-772-1213**

Delivers a broad range of services online and through a national network of offices. Through the “My Social Security” account, users can track and verify their earnings, get an estimate of future benefits, get a letter with proof of benefits, and manage your benefits.

www.socialsecurity.gov

HEALTH INFORMATION

ALZHEIMER'S DISEASE

(See Alzheimer's Disease and Dementia Care on page 39)

AMYOTROPHIC LATERAL SCLEROSIS (ALS)

ALS Association

The ALS Association leads the way in research, care services, public education, and public policy giving help and hope to those facing the disease. The Association's nationwide network of chapters provides comprehensive patient services and support to the ALS community.

www.als.org

ARTHRITIS

Arthritis Foundation

800-283-7800

Partners with families to provide programs and information; advocates for state public policies that improve the lives of families living with arthritis; and funds research in the region to develop new treatments and a cure.

www.arthritis.org

National Institute of Arthritis and

Musculoskeletal and Skin Diseases (NIAMS)

301-495-4484

Information Clearinghouse, 1 AMS Circle, Bethesda, MD 20892

Serves the public, patients, and health professionals by providing information, locating other information sources, creating health information materials, and participating in a national Federal database on health information.

www.niams.nih.gov

BLOOD

National Heart, Lung, and Blood Institute

877-645-2448

Building 31, 31 Center Drive, Bethesda, MD 20892

Provides information and resources (including clinical trials) on blood diseases and disorders.

www.nhlbi.nih.gov/health

CANCER**American Cancer Society (ACS)****800-227-2345**

Works to help patients stay well and get well, to find cures, and to fight back. Provides resources and information on cancer, support groups, nutrition, treatment, healthy lifestyles, and more. Toll-free number is answered 24/7.

www.cancer.org

Aquilino Cancer Center, Adventist HealthCare**240-826-6297**

9905 Medical Center Drive, Rockville, MD 20850

Provides comprehensive cancer care, services, and support from skilled professionals. Recognized as a Community Hospital Comprehensive Cancer Program by the American Surgeons Commission on Cancer.

www.aquilinocancercenter.com

Georgetown Lombardi Comprehensive Cancer Center**202-444-4000**

3800 Reservoir Road NW, Washington, DC 20007

Offers access to oncology resources with useful information, such as how to access the latest cancer treatment options; find a doctor; get answers to questions about risk, second opinions, symptoms, cancer screenings, and/or treatment options.

lombardi.georgetown.edu

Inova Schar Cancer Institute, Fairfax**571-472-4724**

8081 Innovation Park Dr, Fairfax, VA 22031

Teaching hospital and cancer program. Serves more cancer patients than any other cancer center in Virginia or Washington, DC. Has a radiation oncology program and offers bone marrow transplants.

www.inova.org

National Cancer Institute (NCI)**800-422-6237**

Provides the latest and most accurate cancer information to patients, their families, the public, and health professionals. It provides personalized responses to specific questions about cancer and assistance to smokers who want to quit.

www.cancer.gov

CONCUSSION AND TRAUMATIC BRAIN INJURY

Brain Injury Association of America (BIA) 703-761-0750
National Brain Injury Information Center 800-444-6443

3057 Nutley Street #805, Fairfax, VA 22031-1931

Dedicated to increasing access to quality health care and raising awareness and understanding of brain injury. Has state affiliates in Richmond, VA, and Baltimore, MD.

www.biausa.org

**Centers for Disease Control and Prevention National
Center for Injury Prevention and Control** 800-232-4636

4770 Buford Highway NE, MS F-63, Atlanta, GA 30341-3717

Facts and resources on concussion, TBI, and other head injuries.

www.cdc.gov/injury/index.html

COVID-19

U.S. Department of Health and Human Services

Information and resource website.

www.cdc.gov/coronavirus/2019-nCoV/index.html

DENTAL CARE

Dental Lifeline Network 303-534-5360

1800 15th Street, Suite 100, Denver, CO 80202-7134

Provides access to dental care and education for people who cannot afford it and who have a permanent disability, are aged 65+, or are medically fragile.

www.dentallifeline.org

District of Columbia Dental Society 202-367-1163

2001 K Street NW, 3rd Floor North, Washington, D.C. 20006

Use the Referral Service to find one of the approximately 600 ADA member dentists in the metropolitan DC area.

www.dcdental.org

**Howard University College of
Dentistry Dental Clinic****202-806-0006**

2401 Georgia Avenue, Washington, DC 20060

Provides quality patient care and service to the community and offers an extensive range of dental treatments and oral healthcare services for adults and children.

www.healthsciences.howard.edu/education/colleges/dentistry

Neighborhood Health Dental Services**703-535-5568**

6677 Richmond Highway, Alexandria, VA 22306

Federally Qualified Health Center (FQHC) that provides dental services at the Alexandria Health Dept. and the Arlington County Division of Public Health.

www.neighborhoodhealthva.org

Northern Virginia Dental Clinic (NVDC)**703-820-7170**

8221 Willow Oaks Corporate Drive, Suite #45, Fairfax, VA 22031

NVDC accepts only income-eligible individuals who reside in Arlington County; Fairfax County; Loudoun County; City of Alexandria, City of Fairfax; or City of Falls Church.

www.nvdc.org/northern-Virginia-dental-clinic

DIABETES**American Diabetes Association (ADA)****800-342-2383**

Leads the fight against diabetes and fights for those affected by diabetes. It funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes.

www.diabetes.org

**National Institute of Diabetes and Digestive
and Kidney Diseases (NIDDK)****800-860-8747**

9000 Rockville Pike, Bethesda, MD 20892

Conducts and supports biomedical research and disseminates research findings and health information to the public, including information on clinical trials.

www.niddk.nih.gov

healthinfo@niddk.nih.gov

FLU

U.S. Department of Health and Human Services Flu Page

Information and resource website.

www.cdc.gov/flu/

HEARING AND SPEECH RESOURCES

(See Hearing and Speech Resources on page [137](#))

HEART

American Heart Association,

Greater Washington Region

703-248-1700

4301 North Fairfax Drive, Suite 530, Arlington, VA 22203

Offers information and resources on healthy living and cardiovascular disease.

www.heart.org

www.heart.org/en/affiliates/district-of-columbia/welcome-to-district-of-columbia

National Heart, Lung, and Blood Institute

877-645-2448

Building 31, 31 Center Drive, Bethesda, MD 20892

Provides information and resources (including on clinical trials) on heart and blood vessel disorders.

www.nhlbi.nih.gov/health

HIV/AIDS & SEXUALLY TRANSMITTED INFECTIONS (STIS)

Centers for Disease Control and Prevention

800-232-4636

1600 Clifton Road, Atlanta, GA 30329

Facts and resources on HIV/AIDS and other Sexually Transmitted Infections (STIs).

www.cdc.gov/std/hiv

Whitman-Walker Health**202-745-7000**

Has three locations:

1525 14th Street NW, Washington, DC 20005

2301 Martin Luther King Jr. Avenue SE, Washington, DC 20020

1377 R Street NW, Washington, DC 20009

Mission is to be the highest quality, culturally competent community health center for primary, dental, and behavioral health care, serving Washington's diverse urban community, including individuals who face barriers to accessing care, and with a special expertise in LGBTQ and HIV care.

www.whitman-walker.org

HUNTINGTON'S DISEASE**St. Jude's Project, Catholic Charities****Archdiocese of Washington, DC****202-772-4300**

Provides critical and compassionate support to families and patients whose lives are affected by Huntington's Disease (HD) and other life-limiting conditions such as Parkinson's. St. Jude's staff travel across the District, Maryland, and Virginia to meet patients where they are and accompany them to medical and therapeutic appointments, communicating observations and questions to doctors, and translating complicated medical information to patients. Patients and caregivers receive critical emotional support with special education, support, and services.

www.catholiccharitiesdc.org/st-judes-project

KIDNEY**National Institute of Diabetes and Digestive
and Kidney Diseases (NIDDK)****800-860-8747**

9000 Rockville Pike, Bethesda, MD 20892

Conducts and supports biomedical research and disseminates research findings and health information on blood diseases and disorders to the public, including information on clinical trials.

www.niddk.nih.gov

healthinfo@niddk.nih.gov

National Kidney Foundation (NKF) of the National Capital Area

202-244-7900

1600 Tysons Boulevard, Suite 330, McLean, VA 22102

Dedicated to awareness, prevention, and treatment of kidney disease.

www.kidneywdc.org

infowdc@kidney.org

LIVER

American Liver Foundation

800-465-4837

Facilitates, advocates, and promotes education, support, and research for the prevention, treatment, and cure of liver disease. Provides information on clinical trials.

www.liverfoundation.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

800-860-8747

9000 Rockville Pike, Bethesda, MD 20892

Conducts and supports biomedical research and disseminates research findings and health information on liver disease to the public, including information on clinical trials.

www.niddk.nih.gov

healthinfo@niddk.nih.gov

LUNG

American Lung Association

800-586-4872

Working to save lives by improving lung health and preventing lung disease through education, advocacy, and research. Toll-free line provides assistance finding a lung care expert.

www.lung.org

National Heart, Lung, and Blood Institute

877-645-2448

Building 31, 31 Center Drive, Bethesda, MD 20892

Provides information and resources (including clinical trials) on lung diseases and disorders.

www.nhlbi.nih.gov/health

MENTAL HEALTH AND COUNSELING RESOURCES

(See Mental Health and Counseling Resources on page [185](#))

MULTIPLE SCLEROSIS (MS)

National Multiple Sclerosis (MS) Society, Greater DC Maryland Chapter

800-344-4867

One M Street SE, Suite 510 South, Washington, DC 20003

The Greater DC-Maryland Chapter works to improve the quality of life for people affected by MS in Maryland, Northern Virginia, and Washington, DC and raise funds for critical research. Provides resources on diagnosis and treatment, as well as information to help support those diagnosed with MS.

www.nationalmssociety.org/Chapters/MDM

St. Jude's Project, Catholic Charities Archdiocese of Washington, DC

202-772-4300

Provides critical and compassionate support to families and patients whose lives are affected by neuro-degenerative disorders such as Parkinson's, ALS, MS, and Huntington's Disease. St. Jude's staff travel across the District, Maryland, and Virginia to meet patients where they are and accompany them to medical and therapeutic appointments, communicating observations and questions to doctors, and translating complicated medical information to patients. Patients and caregivers receive critical emotional support with special education, support, and services.

www.catholiccharitiesdc.org/st-judes-project

OSTEOPOROSIS

Bone Health and Osteoporosis Foundation

800-231-4222

251 18th Street S, Suite 630, Arlington, VA 22202

Dedicated to preventing osteoporosis, promoting strong bones, and reducing human suffering through education, advocacy, and research.

www.bonehealthandosteoporosis.org/patients/patient-support

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

301-495-4484

Information Clearinghouse, 1 AMS Circle, Bethesda, MD 20892

Serves the public, patients, and health professionals by providing information, locating other information sources, creating health information materials, and participating in a national Federal database on health information.

www.niams.nih.gov

OSTOMY

National Library of Medicine – Ostomy

8600 Rockville Pike, Bethesda, MD 20894

Provides health information from the National Institutes of Health and other government and non-government agencies.

www.medlineplus.gov/ostomy.html

United Ostomy Associations of America (UOAA) 800-826-0826

P.O. Box 525, Kennebunk, ME 04043-0525

A national network that supports, empowers, and advocates for people who have had groups in the US, organized for the benefit of people who have, or will have, ostomy or continent diversion surgery. Has support groups around the DC Metropolitan region.

www.ostomy.org

PARKINSON'S DISEASE

Parkinson's Foundation of the

National Capital Area (PFNCA)

301-844-6510

3570 Olney Laytonsville Road, #490, Olney, MD 20830

Dedicated to improving the lives of those impacted by Parkinson's disease in the Washington, DC metropolitan area. Provides resources, information, and support to assist caregivers and patients in their quest to understand and cope with Parkinson's.

www.parkinsonfoundation.org

St. Jude's Project, Catholic Charities

Archdiocese of Washington, DC

202-772-4300

Provides critical and compassionate support to families and patients whose lives are affected by neuro-degenerative disorders such as Parkinson's, ALS, MS, and Huntington's Disease. St. Jude's staff travel across the District, Maryland, and Virginia to meet patients where they are and accompany them to medical and therapeutic appointments, communicating observations and questions to doctors, and translating complicated medical information to patients. Patients and caregivers receive critical emotional support with special education, support, and services.

www.catholiccharitiesdc.org/st-judes-project

STROKE

Montgomery County Stroke Association, Inc. **301-681-6272**

PO Box 9343, Silver Spring, MD 20916-9343

Provides help and information to stroke survivors and their family caregivers; has four local chapters that meet monthly.

www.mcstroke.org

National Stroke Association **800-242-8721**

7272 Greenville Ave., Dallas, TX 75231

Works to reduce the incidence and impact of stroke by developing compelling education programs focused on prevention, treatment, rehabilitation, and support for all impacted by stroke. Multiple support groups are offered around the region.

www.stroke.org

SUBSTANCE ABUSE

Al-Anon / Ala-Teen **888-424-2666**

1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Website offers lists of in-person and electronic meetings.

www.al-anon.org

Alcoholics Anonymous

International fellowship of men and women who currently have or have had a drinking problem. Meetings are open to anyone. A list of chapters and meetings is available online.

www.aa.org

Narcotics Anonymous (NA) of the Chesapeake & Potomac Region **800-543-4670**

A nonprofit fellowship or society for those for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean.

www.cprna.org

National Institute on Drug Abuse (NIDA)

301-443-1124

NIDA is the lead Federal agency supporting scientific research on drug use, addiction, and its consequences.

www.drugabuse.gov

SAMHSA Treatment Locator

800-662-HELP

Substance Abuse and Mental Health Services Administration

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

www.samhsa.gov/find-help/national-helpline

UROLOGY AND CONTINENCE

National Association for Continence

1-800-252-3337

Provides quality continence care through education, collaboration, and advocacy. Provides in-depth explanations and straight talk about every type of continence from medical experts. Helps connect people with local physicians who specialize in this life-altering condition.

www.nafc.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

800-860-8747

9000 Rockville Pike, Bethesda, MD 20892

Conducts and supports biomedical research and disseminates research findings and health information on urologic diseases to the public, including information on clinical trials.

www.niddk.nih.gov

healthinfo@niddk.nih.gov

VISION

(See Vision Resources on page [241](#))

HEALTH INSURANCE AND COUNSELING

(See Also Government Agencies)

DC Health Insurance Counseling Project (HICP) 202-727-8370

Provides local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

<https://dcoa.dc.gov/service/dc-state-health-insurance-assistance-program-ship>

DC Health Link

855-532-5465

DC's health insurance marketplace created for individuals, families, and small business owners to shop, compare, and select health insurance that meets their health needs and budgets.

www.dchealthlink.com

DC Medicaid Department of Healthcare Finance 202-727-5355

DC Medicaid pays for medical services for low-income and disabled people. For those eligible, Medicaid pays healthcare providers, such as doctors, hospitals, and pharmacies who are enrolled with DC Medicaid. Customer service centers located throughout the city.

www.dhcf.dc.gov/service/medicaid

George Washington University Law School

Health Rights Law Clinic

202-739-0668

2000 G Street NW, Washington, DC 20052

Helps people to get or keep their health coverage, whether through DC Medicaid, Medicare, or private health insurance. The clinic helps people struggling with high medical bills to understand their options.

www.lawhelp.org/dc/organization/george-washington-university-law-school-health/public-benefits/health-medical-benefits

Maryland Health Benefit Exchange (MHBE)

Maryland's state-based health insurance exchange under the Patient Protection and Affordable Care Act of 2010 (ACA).

www.marylandhbe.com

Medicare Resource Center

844-309-3504

Provides information to help consumers better understand what various Medicare plans cover, how to enroll, and what costs to expect. It also provides answers to commonly asked questions about Medicare and a collection of helpful links.

www.medicareresources.org

Montgomery County Medicaid

311 or 240-777-0311

Core services address basic human needs including food, shelter, clothing, and health care services (including Medicaid) at multiple locations.

www.montgomerycountymd.gov/HHS

Montgomery County Senior Health Insurance Counseling Program

301-590-2819

Provides free health insurance counseling for Montgomery County residents, age 65+ and for county residents who are Medicare beneficiaries. Call for appointment and counseling center locations.

www.medicarehelp.org

Montgomery County State

Health Insurance Assistance Program

301-255-4250

Free Medicare counseling for Montgomery County residents age 65+ and County residents who are Medicare beneficiaries. Service is offered by the Jewish Council for the Aging. Call for assistance.

www.medicareabcd.org

National Council on Aging's Federal Government Benefits Checkup Website

202-479-1200

251 18th Street S, Suite 500, Arlington, VA 22202

A free service to help adults over 55 identify benefits that could help pay for prescription drugs, health care, utilities, and other basic needs.

www.benefitscheckup.org

Prince George's County Health Department

311 or 301-883-7879

1701 McCormick Drive, Largo, MD, 20774

Protects the public's health; ensures the availability of and access to quality health care services; and promotes individual and community responsibility for the prevention of disease, injury, and disability. Services include health care (including Medicaid) and medical assistance transportation.

www.princegeorgescountymd.gov/

Prince George's County Senior Health Insurance Program

301-265-8450

Provides assistance with Medicare, Medicaid, MEDIGAP Supplemental insurance coverage, HMO plans, understanding physician and hospital bills, and long-term care insurance.

www.princegeorgescountymd.gov/4238/Retiree-Benefits

Virginia Division for the Aging Insurance Counseling & Assistance Program (VICAP)

800-662-9333

Virginia Department for Aging and Rehabilitative Services (DAR)
1610 Forest Avenue, Suite 100, Henrico, VA 23229

Offers individual insurance counseling assistance at the local Area Agency on Aging (AAA) organizations and can help resolve claims and/or billing problems. Also assists with filing for benefits and sorting through complicated statements and notices.

www.vda.virginia.gov

Virginia Health Insurance Exchange

205-308-9215

Virginia state-based health insurance exchange information under the Patient Protection and Affordable Care Act of 2010 (ACA).

www.healthinsurance.org/virginia-state-health-insurance-exchange

U.S. GOVERNMENT

HealthCare.gov

800-706-7893

www.healthcare.gov

Medicare.gov

800-633-4273

The official site for Medicare information and services. Various locations in Greater DC area.

www.medicare.gov

TRICARE

877-874-2273

7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22042

TRICARE health care program covers active-duty service members, National Guard and Reserve members, retirees, their families, survivors, certain former spouses, and others registered in the Defense Enrollment Eligibility Reporting System (DEERS).

www.tricare.mil

U.S. Department of Veterans Affairs

800-827-1000

810 Vermont Avenue NW, Washington, DC 20420

Website provides links to Veterans Affairs regional benefit offices and other VA facilities. Also gives information about the services provided, directions to the facility, hours of operation, and the leadership team that serves the regional office.

www.benefits.va.gov/benefits/offices.asp

HEARING AND SPEECH RESOURCES

Alexander Graham Bell Association for the Deaf & Hearing Impaired **202-337-5220, TTY: 202-337-5221**

3417 Volta Place NW, Washington, DC 20007

Helps families, health care providers, and education professionals understand childhood hearing loss and the importance of early diagnosis and intervention.

www.agbell.org

American Association of the Deaf-Blind

248 Rainbow Drive #14864, Livingston, TX 77399-2048

A national consumer organization of, by, and for deaf-blind Americans and their supporters.

www.aadb.org

American Speech-Language Hearing Association (ASHA) **800-638-8255, TTY: 301-296-5650**

2200 Research Boulevard, Rockville, MD 20852

Works to ensure that all people with speech, language, and hearing disorders receive services to help them communicate effectively.

Includes an online search for professionals.

www.asha.org

Association of Late-Deafened Adults (ALDA) **815 200-9339, TTY: 711**

8038 Macintosh Lane, Suite 2, Rockford, IL 61107

Provides resources and information and promotes advocacy and awareness of the needs of deafened adults.

www.alda.org

BetterHearing **202-975-0905**

655 New York Avenue NW, Floor 6, Washington, DC 20001

Educates the public and medical profession on hearing loss, its treatment and prevention. Provides information on hearing loss, sources of assistance, and other available hearing help in the United States and Canada.

www.betterhearing.org

Center for Hearing and Communication **917-305-7700 (Voice), TTY: 917-305-7999**

50 Broadway, 6th Floor, New York, NY 10004

Provides hearing rehabilitation and human services for people who are hard of hearing or deaf, and their families, regardless of age, ability to pay, or mode of communication.

www.chchearing.org

DC Public Library Center for Accessibility **202-727-2142** **202-559-5368 (VP)**

901 G Street, NW, Suite 215, Washington, DC 20001

Helps the deaf community, visually impaired, older adults, veterans, and injured service people better use the library.

www.dclibrary.org/services/accessibility

DC Telecommunications

Relay Service **TTY: 711 or 202-626-5120**

1333 H Street, NW, West Tower, 9th Floor, Washington, DC 20005

Telephone assistance for persons who are deaf or hard of hearing.

www.fcc.gov/encyclopedia/district-columbia-trs

Deaf-REACH **202-832-6681 (voice/TTY)**

3521 12th Street, NE, Washington, DC 20017

Offers a wide spectrum of services to deaf and hard of hearing individuals and their families.

www.deaf-reach.org

Described and Captioned Program (CMP) **864-585-1778** **800-237-6213 (Voice), TTY: 800-237-6819**

1447 East Main Street, Spartanburg, SC 29307

A free-loan open-captioned media program that provides equal access to communication and learning for students who are blind, visually impaired, deaf, hard of hearing, or deaf-blind.

www.dcmp.org

George Washington University

Speech & Hearing Center **202-559-5368, 202-994-7360 (VP)**

2115 G Street, NW, Room 226, Washington, DC 20052

Provides a full range of speech, language, and hearing services for individuals with communicative disorders.

speechhearing.columbian.gwu.edu/gw-speech-hearing-center

Hearing Loss Association of America **301-657-2248**
7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814
Represents people with hearing loss; offering information, resources,
and advocacy programs. Chapters in DC, MD, and VA.
www.hearingloss.org

Howard University Speech & Hearing Clinic **202-806-6991**
300 Bryant Street NW, Rm 106, Washington DC 20001.
Provides speech, language, and hearing services for individuals of all
ages with a variety of communication disorders.
communications.howard.edu/index.php/programs/speech-and-hearing-clinic/

Maryland Telecommunications Relay Service **443-453-5970 (VP)**
TTY: 711, 800-552-7724 (Voice/TTY)
301 West Preston Street, Suite 1008A, Baltimore, MD 21201
Maryland Relay is for anyone who wants to communicate with some-
one who is deaf, hard of hearing, late-deafened, or speech disabled, and
who uses a TTY (Text Telephone).
www.doit.maryland.gov/mdrelay/Pages/default.aspx

**MedStar Washington Hospital Center
Hearing and Speech Center** **202-877-6717**
110 Irving Street NW, Suite GA-102, Washington, DC 20010
Provides a full range of audiology and speech services using state-of-
the-art technology in the evaluation and management of patients.
www.medstarhealth.org/locations/hearing-and-speech-center-at-medstar-washington-hospital-center

**National Association of the Deaf
(NAD)** **301-587-1788 (Purple/ZVRS)**
301-328-1443 (Sorenson)
301-338-6380 (Convo)
TTY: 301-810-3182
8630 Fenton Street, Suite 820, Silver Spring, MD 20910
The nation's civil rights organization of, by, and for deaf and hard of
hearing individuals in the United States.
www.nad.org

National Hispanic Latino Association of the Deaf

Ensures equal access of the Hispanic/Latino deaf and hard of hearing community in social, recreational, cultural, educational, and vocational welfare.

www.nhlad.org

National Institute on Deafness and Information Clearinghouse (NIDCD) **800-241-1044 (Voice), TTY: 800-241-1055**

1 Communication Avenue, Bethesda, MD 20892-3456

A national resource center for information about hearing, balance, smell, taste, voice, speech, and language; serving health professionals, patients, industry, and the public.

www.nidcd.nih.gov

Northern Virginia Resource Center for Deaf & Hard of Hearing Persons **703-352-9055 (Voice)** **571-350-8656 (VP), TTY: 703-352-9056**

3951 Pender Drive, Suite 130, Fairfax, VA 22030

Seeks to empower deaf and hard of hearing individuals and their families through education, advocacy, and community involvement.

Serves Alexandria, Arlington, Fairfax/Falls Church, Loudon, Manassas, and Prince William County.

www.nvrc.org

U.S. Telecommunications Relay Service (TRS) **711**

45 L Street NE, Washington, DC 20554

The FCC has adopted the 711 dialing code for access to TRS, which allows individuals who are deaf, hard-of-hearing, or have a speech difficulty to make and receive telephone calls.

www.fcc.gov/guides/711-telecommunications-relay-service

Virginia Department for the Deaf and Hard of Hearing **800-552-7917 (Voice/TTY),** **804-662-9502 (Voice/TTY), 804-325-1290 (VP)**

1602 Rolling Hills Drive, Suite 203, Henrico, VA 23229

Works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing. Offers a list of support services and providers.

www.vddhh.org

Virginia Relay Center **TTY: 711, 800-552-7917 (Voice/TTY)**
1602 Rolling Hills Drive, Suite 203, Richmond, VA 23229
Free service connects people who are deaf, hard of hearing, deaf-blind
or speech disabled, and relays the conversation between both parties.
www.varelay.org

Washington Ear **301-681-6636**
12061 Tech Road, Silver Spring, MD 20904
Free services for blind, visually impaired, and people with physical
disabilities who cannot effectively read print.
www.washear.org

HOME CARE AND HOME HEALTH SERVICES

(See also [Care Management and Eldercare Consultations for additional resources.](#))

Home care agencies typically offer in-home assistance with personal care (bathing, dressing, toileting, grooming), homemaker services (meal prep, errands, light housekeeping, transportation), and companion services. Home health agencies typically offer Medicare-paid personal care and skilled services (nursing, physical therapy, occupational therapy). Medicare and private health insurance pay for some of these services on a very limited basis. Medicaid may pay for long-term services for those who qualify.

Capital City Nurses (Advertiser)

866-687-7307

8401 Connecticut Ave, Suite 1030, Chevy Chase, MD 20815

“The tried-and-true choice for In-Home Care Services. Serving clients across DC, Maryland and Virginia for over 45 years.”

www.capitalcitynurses.com

(See *Capital City Nurses advertisement on page on [back cover](#)*)

Georgetown Home Care (Advertiser)

202-333-3400

Family owned and operated, our mission is to make it possible for seniors to live confidently and age gracefully in their own homes. We choose to make a positive difference in the lives of mature adults and their families who love them.

www.georgetownhomecare.com

(See *Georgetown Home Care advertisement on page [143](#)*)

Home Care Partners

202-638-2382

1234 Massachusetts Avenue NW, #C-1002, Washington, DC 20005

Provides subsidized home care aide service to low-income DC, Montgomery, Prince George's, and Arlington Co. residents. Aides are certified home health aides or certified nursing assistants and receive training, screening, and supervision. Case management by licensed social workers or nurses is provided. DC residents, age 60+ can call the Home Care Partners office directly. Residents of MD or VA must contact the County agency responsible for in-home services.

www.homecarepartners.org

“I help Howard shower and dress.
He helps me understand U.S. politics.”



At Georgetown Home Care, we believe great personal care takes a personal touch. That's why we put so much thought into matching each client with the right Certified Nursing Assistant (CNA). Our services are available seven days a week, ranging from a few hours a week to 24-hour care. Services include:

- > Assistance with personal care
- > Transportation and running errands
- > Medication reminders
- > Light housekeeping
- > Meal planning and preparation
- > Companionship

Our caring, compassionate CNAs can give someone you love the help they need to keep living at home. And that means peace of mind for both you and your loved one.

GEORGETOWN
HOME CARE
THE KEY TO STAYING HOME

TO SCHEDULE A FREE IN-HOME ASSESSMENT, GIVE US A CALL.

WASHINGTON DC
202.333.3400

CHEVY CHASE
301.968.2457

FAIRFAX
571.765.6046

www.georgetownhomecare.com

Jewish Council on Aging CA

**Steven M. Reich Homecare
Resource Center**

**301-255-4200
703-425-0999**

12320 Parklawn Drive, Rockville, MD 20852

Helps callers find housing and chore services, public benefits, employment assistance, and more.

www.AccessJCA.org

Potomac Home Health Care

Potomac Home Support

301-896-6999

6700 A Rockledge Drive, Suite 200, Bethesda, MD 20817

A full service, Medicare-certified home health agency providing a comprehensive range of home care services in Maryland and Washington, DC.

www.phhc.org

Premier Homecare

(Jewish Social Service Agency)

240-800-JSSA

6123 Montrose Road, Rockville, MD 20852

JSSA's Premier home care program has a strong reputation for delivering high-quality care to older adults and reassuring those who care for and about them. Licensed caregivers and registered nurses deliver comprehensive care plans tailored to meet a family's needs. Open 24/7 to serve Montgomery County, MD.

www.jssa.org

Seniors Helping Seniors (Advertiser)

301-895-0203

Seniors Helping Seniors® Bethesda helps seniors age with grace, dignity, and independence by offering a wide array of non-medical, in-home care services, including care for seniors with Alzheimer's and dementia, and 24-hour assistance. All clients are paired with caregivers who are seniors themselves who share common interests and experiences. This intimate approach addresses clients' physical, social, and emotional needs – all of which are essential in building confidence, autonomy, and a better quality of life. Clients say it's like getting help from a trusted and reliable friend.

info@shsbethesda.com

(See Seniors Helping Seniors advertisement on page 145)

HOME MOVING MANAGEMENT SERVICES

National Association of Senior Move Managers 248-442-5859

PO Box 209, Hinsdale, IL 60522

Membership organization for Senior Move Managers, recognized for its programs and expertise related to transition and relocation issues affecting older adults.

www.nasmm.org

Orchestrated Moves LLC

301-801-5044

6103 Benalder Drive, Bethesda MD 20817

A professional Organizing Company that specializes in relocation and settling-in. For over 13 years, Orchestrated Moves has helped Washingtonians navigate the difficult and sometimes emotional task of relocating households with tenderness and efficiency.

www.orchestratedmoves.com



Seniors Helping Seniors®

PROVIDING COMPANIONSHIP & IN-HOME CARE

We're Excited To Meet You!

Our unique program matches mature adults who want to help with seniors who are in need of help. We're proud to serve Bethesda, Rockville, Silver Spring, & the surrounding areas!

Let's chat!

 shsbethesda.com

 301-895-0205



Our Care Services At A Glimpse

- Companionship & Socialization
- Light Housekeeping
- Shopping and Errands
- Doctors Appointments
- Medication Reminders
- Meal Preparation
- Transportation
- Handywork
- Pet Care & More!

HOME ORGANIZATION SERVICES

**The National Association of Productivity and Organizing,
Washington DC Metro Chapter** **240-883-6434**

PO Box 7301, Arlington, VA, 22207-0301

Offers a search feature for local organizers with specific specialties or geographic area.

www.dcorganizers.org

Seabury Resources Age-in-Place Program **202-289-5690**

Provides basic and free home maintenance services, such as house cleaning and yard maintenance to older adults in DC Wards 4 and 5.

www.seaburyresources.org

Your Life Simplified, LLC **301-442-5543**

Silver Spring, MD

Professional organizing service that helps seniors declutter and organize their homes. Organizers work at a pace that is comfortable and safe for seniors.

www.ylsimplified.com

HOME REPAIR AND CLEANING SERVICES

City of Alexandria Office of Housing

703-746-4990

421 King Street, Suite 200, Alexandria, VA 22314

Offers interest-free home rehabilitation loans and grants to qualified low-income and/or disabled residents to make home or accessibility improvements.

www.alexandriava.gov/Housing

Cleaning for a Reason

877-337-3348

A national nonprofit that provides pro bono cleaning services to women with cancer.

www.cleaningforareason.org

DC Department of Housing and Community Development

202-442-7200

1800 Martin Luther King Avenue SE, Washington, DC 20020

The Single Family Residential Rehabilitation Program (SFRRP) helps finance home repairs to address building code violations, remove threats to health and safety, and remove barriers to accessibility for persons with mobility or other physical impairments.

www.dhcd.dc.gov/SFRRP

Fairfax County Home Repair for the Elderly Program

703-246-5179

Provides minor home repairs and maintenance to eligible low- and moderate-income elderly homeowners, as well as accessibility modifications for disabled homeowners

www.fairfaxcounty.gov/housing/home-repair-elderly-program

Habitat for Humanity of Northern Virginia

703-521-9890

6295 Edsall Road, Suite 120, Alexandria, VA 22312

Program helps low-income homeowners in Northern Virginia who are impacted by age, disability, or family circumstances who struggle to maintain the exterior of their homes to revitalize their homes and improve their communities.

www.habitatnova.org

Habitat for Humanity Metro Maryland (HFHMM) 301-990-0014

8380 Colesville Road, Suite 700, Silver Spring, MD 20910

Provides low-cost minor home repairs, weatherization, and critical home repairs to qualified Montgomery and Prince George's County homeowners.

www.habitatmm.org

Rebuilding Together

800-473-4229

1899 L Street NW, Suite 1000, Washington, DC 20036

Provides extensive home rehabilitation, repairs, and modification services to low-income homeowners.

www.rebuildingtogether.org

Seabury Age-in-Place Program

202-635-9384

Provides basic home maintenance services, such as cleaning and yard maintenance to older adults living in Wards 4 and 5 of Washington, DC. All services are provided by volunteers and are free.

www.seaburyresources.org/ageinplace

HOME SAFETY AND UNIVERSAL DESIGN MODIFICATIONS

Adaptive Home Living, LLC

646-239-8172

Offer assessment of living spaces, work settings and collaborations on accessible floor plans. Therapists aim to optimize environments that are universally designed, promote active participation and safe interaction with surroundings.

www.adaptivehomeliving.com

City of Alexandria Office of Housing

703-746-4990

421 King Street, Suite 200, Alexandria, VA 22314

Offers interest-free home rehabilitation loans and grants to qualified low-income and/or disabled residents to make home or accessibility improvements. Offers a Home Ownership Assistance Program for eligible residents.

www.alexandriava.gov/Housing

DC Department of Housing and Community Development

202-442-7200

1800 Martin Luther King Avenue SE, Washington, DC 20020

The Single Family Residential Rehabilitation Program (SFRRP) helps finance home repairs to address building code violations, remove threats to health and safety, and remove barriers to accessibility for persons with mobility or other physical impairments.

www.dhcd.dc.gov

DC Department of Aging and Community Living (DACL) Safe at Home

202-724-5626

500 K Street, NE, Washington, DC 20002

DACL's Safe at Home Program provides safety adaptations in and around the homes of qualifying Seniors and adults with disabilities. Provides in-home preventative adaptations to reduce the risk of falls including handrails, grab bars, bathtub cuts, shower seats, furniture risers, and chair lifts to DC residents, age 60 and over, or adults with disabilities, age 18 and over, who financially qualify and are homeowners or renters of a property used as a primary residence.

<https://dacl.dc.gov/service/safe-home>

DC Single Family Residential Rehabilitation Program

(SFRRP)

202-442-7200

Helps households finance home repairs to address building code violations, repair roofs, remove threats to health and safety, and remove barriers to accessibility.

www.dhcd.dc.gov/SFRRP

Fairfax County Home Repair for the Elderly Program

703-246-5000

Provides minor home repairs and maintenance to eligible low- and moderate-income elderly homeowners, as well as accessibility modifications for disabled homeowners.

www.fairfaxcounty.gov/housing/home-repair-elderly-program

Glickman Design Build

301-444-4663

Award-winning, Certified Aging-in-Place Specialist for those not-so-simple accessible design solutions: In-Law suites, Universal/Accessible additions, Kitchens & Bathrooms, elevator additions, concealed lifts/ramps.

www.GlickmanDesignBuild.com

Handicapped Accessibility Improvement Program

(HAIP)

202-442-7200

Provides grants of up to \$30,000 for improvements that remove physical barriers within a home for eligible individuals with mobility or other physical disabilities.

www.dhcd.dc.gov/sites/default/files/dc/sites/dhcd/publication/attachments/SFRRP%20Fact%20Sheet%20%202018.pdf

Independence Now, Inc.

301-277-2839

12301 Old Columbia Pike, Suite 101, Silver Spring, MD 20904

Provides in-home assessments by an Occupational Therapist, and assistance for people needing home modifications, including help securing funding. Serves Montgomery and Prince George's Counties.

www.innow.org

Maryland Department of Disabilities

800-832-4827

2301 Argonne Drive, Baltimore, MD 21218

Publishes the Home Modifications Resource Guide, which lists not-for-profit and commercial resources for universal design modification.

www.mdtpap.org

**Maryland Dept. of Housing and Community Development
(DHCD) 301-429-7409**

7800 Harkins Road, 3rd Floor, Lanham, MD 20706

Offers a program for accessibility-related improvements to seniors' homes, and the Accessible Homes for Seniors Program provides zero percent interest home modification loans that are available to income-eligible state residents aged 55 and above.

www.dhcd.maryland.gov/Residents/Pages/ahsp/default.aspx

**Montgomery County Department of
Housing and Community Affairs 240-777-0311**

Provides financial and technical assistance to eligible homeowners to make vital repairs to their homes, including wheelchair ramps, roof, electrical, and plumbing repairs, furnace, hot water heaters.

www.montgomerycountymd.gov/DHCA/housing/singlefamily/singlefamily_rehab

Montgomery County Design for Life 311 or 240-777-0311

255 Rockville Pike, 2nd Floor, Rockville, MD 20850

Website offers guidelines for tax credits to implement design features that make homes safer, including accommodating persons living with temporary or permanent disabilities.

www.permittingervices.montgomerycountymd.gov/DPS/designforlife/DesignForLife.aspx

**National Resource Center on Supportive Housing
and Home Modification 213-740-1364**

University of Southern California's Andrus Gerontology Center, Los Angeles, CA 90089

Dedicated to promoting aging-in-place and independent living for persons of all ages and abilities. Serves as an information clearing house on home modification to equip professionals and consumers with a comprehensive inventory of resources, such as a National Directory of Home Modification and Repair Resources.

www.homemods.org

Prince George's County

Housing Rehabilitation Assistance

844-369-4150

7800 Harkins Road, 3rd Floor, Lanham, MD 20706

Offers deferred loans of up to \$60,000 to qualified homebuyers to repair health and safety hazards in the homes of low- and moderate-income.

www.princegeorgescountymd.gov/986/Housing-Rehabilitation-Assistance-Progra

Rebuilding Together

202-518-3100

999 N. Capitol Street NE, Suite 330 Washington, DC 20002

Provides extensive home rehabilitation, repairs, and modification services for low-income seniors and other homeowners.

www.rebuildingtogether.org

Veterans Administration

800-698-2411

The Rehabilitation and Prosthetic Services' Home Improvements and Structural Alterations program provides financial assistance to qualified veterans to make medically necessary improvements and structural alterations to residences.

www.prosthetics.va.gov/HISA2.asp

Virginia Housing

877-843-2123

601 South Belvidere Street, Richmond, VA 23220

Program provides funding for accessibility-related modifications to rental apartments for Virginia residents with disabilities.

www.vhda.com/Renters/Pages/AccessibleRentalHousing.aspx#Uo0HwOLxTQp

HOSPITALS

Adventist HealthCare

Shady Grove Medical Center 240-826-6000, 240-826-6405

9901 Medical Center Drive, Rockville MD 20850

www.adventisthealthcare.com/locations/profile/shady-grove-medical-center

George Washington University Hospital 202-715-4000
Senior Advantage Program 202-715-4263

900 23rd Street NW, Washington, DC 20037

Provides free and discounted services to enhance the health and well-being of adults age 65 and older. Seniors receive free physician referrals, notice of upcoming special senior events and health fairs, VIP hospital accommodations, discounted prices on prescription drugs, and more.

www.gwhospital.com/community-information/senior-advantage-program

Holy Cross Hospital 301-754-7000

1500 Forest Glen Road, Silver Spring, MD 20910

www.holycrosshealth.org

Holy Cross Hospital Germantown 301-557-6000

19801 Observation Drive, Germantown, MD 20876

www.holycrosshealth.org/location/holy-cross-germantown-hospital

Howard University Hospital 202-865-6100

2041 Georgia Avenue NW, Washington, DC 20060

www.huhealthcare.com

Inova Alexandria Hospital 703-504-3000

4320 Seminary Rd, Alexandria, VA

www.inova.org/locations/inova-alexandria-hospital

Inova Fairfax Hospital 703-776-4001

3300 Gallows Road, Falls Church, VA

www.inova.org/locations/inova-fairfax-medical-campus

HOSPITALS

MedStar Georgetown University Medical Center 202-444-2000
3800 Reservoir Road, NW, Washington, DC 20037
www.medstarhealth.org/locations/medstar-georgetown-university-hospital

MedStar Montgomery Medical Center 301-774-8882
18101 Prince Philip Drive, Olney, MD
www.medstarmontgomery.org

MedStar National Rehabilitation Network 202-877-1000
102 Irving Street NW, Washington, DC 20010
www.medstarnrh.org

MedStar Washington Hospital Center 202-877-7000
110 Irving Street NW, Washington, DC 20010
The Section of Geriatrics and Long-Term Care offers broad expertise in the care of dementia; severe chronic illnesses, such as hypertension, diabetes, and heart failure; and end-of-life care; provides in-home and hospital care that meets elders' specific needs.
www.medstarhealth.org/locations/medstar-washington-hospital-center

**Providence Health Services
for Geriatric Medicine 202-854-7785**
1160 Varnum Street NE, #021, Washington, DC 20017
Full team of geriatric medicine physicians who specialize in the unique health needs of the elderly, including chronic diseases, nutritional problems, skin ailments, cognitive loss, memory impairment, adverse effects of medications, immobility, and balance issues.
www.healthcare.ascension.org/locations/district-of-columbia/dcwas/washington-providence-health-services-center-for-geriatric-medicine

Sibley Memorial Hospital 202-537-4000
5255 Loughboro Road, NW, Washington, DC 20016
www.hopkinsmedicine.org/sibley-memorial-hospital/index.html

Suburban Hospital **301-896-3100**
8600 Old Georgetown Road, Bethesda, MD 20814
The Senior Service program provides inpatient care and facilitates home support services to improve senior health.
www.hopkinsmedicine.org/suburban_hospital

Veterans Affairs Medical Center **202-745-8000**
50 Irving Street NW, Washington, DC 20422
The Geriatrics Clinic provides primary and consultative care. Outpatient and inpatient consultations are also available in Palliative Care.
www.washingtondc.va.gov

Virginia Hospital Center **703-558-5000**
1701 North George Mason Drive, Arlington, VA
www.vhchealth.org

Walter Reed National Military Medical Center **301-295-4810**
8901 Rockville Pike, Bethesda, MD 20889
www.wrnmmc.capmed.mil

HOSPITAL HOUSE CALL PROGRAMS

House Call Programs provide primary care at a patient's home.

George Washington University
Medical Faculty Associates House Call Program **202-741-3098**
2150 Pennsylvania Avenue NW, Washington, DC 20037
Provides home-based services, including preventive health care, diagnosis and treatment of medical conditions, prescription of medications, support for family members and other caregivers, referrals for rehabilitation, assistance with practical needs, pain management, and patient-centered end-of-life care. Services are limited to DC residents living in zip codes: 20016, 20015, 20007, 20008, and 20037.
www.gwdocs.com/house-call-program

MedStar Washington Hospital Center **202-877-0570**
216 Michigan Avenue NE, 2nd Floor, Washington, DC 20010
Provides medical and social services to seniors aged 65 or older who are homebound and live in ZIP Codes: 20001, 20002, 20009, 20010, 20011, 20012, 20017, or 20018. Must have Medicare, Medicaid, or some other non-HMO health insurance.
www.medstarhealth.org/services/house-call-program

HOUSING OPTIONS

Housing options for older adults are varied and diverse. In addition to traditional apartments and houses, specialized options that include independent living, assisted living, nursing homes, and continuing care provide various on-site services that support residents through the aging process.

Independent Living communities provide housing and services for active and independent older adults. Services typically include congregate meals, on-site recreational activities, and security services.

Assisted Living communities serve older adults who need some assistance with daily living. In addition to housing and on-site recreational activities, assisted living communities typically offer help with personal care (bathing, dressing, grooming), housekeeping, meal preparation, and medication assistance. Some communities offer specialized services for people with Alzheimer's and other dementias.

Nursing Homes provide care for individuals who need skilled nursing on a regular basis, but who do not need hospitalization. In addition to skilled care, nursing homes typically offer most of the services available at assisted and independent living communities, including personal care (bathing, dressing, grooming), housekeeping, meal preparation, medication assistance, and on-site recreational activities. Nursing homes also typically offer social services. Some nursing homes provide short-term rehabilitation in addition to long-term care.

Continuing Care Retirement Communities (CCRCs) provide multiple levels of long-term care (independent living, assisted living, and nursing home care) all within a single community. Typically, CCRCs require residents to sign long-term contracts. Some CCRCs also may require residents to pay entrance fees or purchase their apartments.

HOUSING OPTIONS COUNSELING AND LEGAL SERVICES**Iona Care Management****202-895-9448**

4125 Albemarle Street NW, Washington, DC 20016

Iona's seasoned care managers provide custom consultations to older adults and caregivers on a variety of needs. Commonly requested consults include selecting an assisted living community or nursing home, strategies for aging-in-place (including how to make services affordable), help with powers of attorney, selecting home care, and finding medical care.

www.iona.org**Arlington County Housing Division****703-228-3765**

2100 Clarendon Boulevard, Suite 700, Arlington, VA 22201

Supports affordable housing by providing financing and zoning incentives for developers; works to finance and develop affordable housing; and provides rental assistance to low-income families. Mediation services are available to help resolve tenant-landlord disputes.

www.arlingtonva.us/Government/Programs/Housing**DC Housing Authority****202-535-1000**

1133 North Capitol Street NE, Suite 178, Washington, DC 20002

Provides quality affordable housing to extremely low- through moderate-income households, fosters sustainable communities, and cultivates opportunities for residents to improve their lives. Administers "Section 8" public housing and housing vouchers.

www.dchousing.org**DC Office of the Tenant Advocate****202-719-6560**

2000 14th Street NW, Suite 300 North, Washington, DC 20009

Provides technical advice and other legal services to tenants regarding disputes with landlords, educates and informs the tenant community about rights and rental housing matters, advocates for the rights and interests of DC renters in legislative, regulatory, and judicial contexts, and provides financial assistance to displaced tenants for certain emergency housing and tenant relocation expenses.

www.ota.dc.gov

HOUSING OPTIONS

Fairfax County Department of Housing and Community Development **703-246-5000**

3700 Pender Drive, Suite 100, Fairfax, VA 22030-7442

Coordinates home ownership programs, subsidized housing, home repairs for elderly residents, as well as senior housing and assisted living facilities.

www.fairfaxcounty.gov/housing

Fairfax County Consumer Affairs Branch **703-222-8435**

12000 Government Center Parkway, Fairfax, VA 22035

Provides mediation and arbitration for tenant-landlord complaints and works closely with the Tenant-Landlord Commission.

www.fairfaxcounty.gov/cableconsumer/csd/consumer

HopeOneSource **202-743-5342**

Connects people at risk or experiencing homelessness to nearby services in real-time through geolocated text messages. Available services are accessible through any computer or phone and are viewable in multiple languages. Through HopeOneSource you can receive messages about free resources for food/meals, financial/credit counseling, homeless prevention, housing assistance, legal assistance, medical assistance, mental health/crisis support, transportation, and more. Registering for HopeOneSource is free and available 24/7 at the website.

www.hope1source.org/?ref=hopeonesource.org

Housing Opportunities Commission of Montgomery County **240-627-9400**

10400 Detrick Avenue, Kensington, MD 20895

Provides affordable housing and supportive services that enhance the lives of low- and moderate-income families and individuals throughout Montgomery County.

www.hocmc.org

Montgomery County Senior Site **240-777-3000**

Information about senior housing and group home subsidies, apartment rental guide, and selecting a nursing home.

www.montgomerycountymd.gov/senior/housing.html

Positive Aging Sourcebook **800-394-9990, 703-966-6182**

11128 Timberhead Lane, Reston, VA 20191

www.retirementlivingsourcebook.com

Prince George's County Housing Authority **301-883-5501**
For Landlord and Tenant Complaints **410-528-8662**

9200 Basil Court, Suite 107, Largo, MD 20774

Provides housing assistance services via the Housing Choice Voucher Program, Moderate Rehabilitation Program, Rental Allowance Program, and County-owned public housing.

www.princegeorgescountymd.gov/906/Housing-Authority

University Legal Services (ULS)
for the District of Columbia **202-547-4747**

Northeast Office 202-547-4747, TTY: 202-547-2657
220 I Street NE, Suite 130

Far Northeast Office 202-527-7070
3939 Benning Road NE

Southeast Office 202-889-2196
1800 Martin Luther King Jr. Avenue SE, First Floor

Helps low and moderate-income families and individuals buy homes, rehabilitate homes, and prevent mortgage default and foreclosure. Also provides rental counseling and assists DC residents with locating affordable and accessible housing.

www.uls-dc.org

HOUSING OPTIONS

DISTRICT OF COLUMBIA

The Aged Woman's Home of Georgetown **202-333-4385**
1255 Wisconsin Avenue NW, Washington, DC 20007

Subsidized independent living for low-income women, age 62 and older.

www.agedwomanshome.org

Carroll Manor Nursing & Rehabilitation Center **202-793-7244**
725 Buchanan Street NE, Washington, DC 20017

Serves all persons, giving special attention to elderly persons who are poor and vulnerable. Provides support for medical needs as a part of Ascension Health.

www.ascensionliving.org/find-a-community/carroll-manor-washington-dc

Chevy Chase House (Advertiser)

202-644-8517

5420 Connecticut Avenue NW, Washington, DC 20015

Experience luxury senior living at Chevy Chase House, conveniently located to the shops and restaurants on Connecticut Avenue in Chevy Chase, DC. Wellness programming, a vibrant social scene, 24-hour care and a distinctive dining experience defines life at our community. Spacious and renovated studios, one-bedroom and two-bedroom apartments are available. Call to learn more about move-in specials or to schedule a visit.

www.chevyCHASEHOUSE.COM

(See the Chevy Chase House ad on page 161)

Golden Rule Plaza

202-962-0055

1050 Jersey Avenue NW, Washington, DC 20001

Subsidized independent living provided by Mission First Housing Group for low-income DC seniors.

[www.missionfirsthousing.org/properties/golden-rule-plaza](http://WWW.MISSIONFIRSTHOUSING.ORG/PROPERTIES/GOLDEN-RULE-PLAZA)

Grand Oaks Assisted Living (Advertiser)

202-349-3400

MacArthur Boulevard NW, Washington, DC 20016

Quality Award Winning Senior Living Community with direct connection to Sibley Hospital and Johns Hopkins Medicine, offering luxurious and spacious apartments along with private suites of Memory Care.

[www.grandoaksdc.org](http://WWW.GRANDOAKSDC.ORG)

(See the Grand Oaks Assisted Living ad on page 162)

House of Lebanon

202-962-0055

27 O Street NW, Washington, DC

Affordable housing provided by Mission First Housing Group for low-income DC seniors.

[www.missionfirsthousing.org/properties/house-of-lebanon](http://WWW.MISSIONFIRSTHOUSING.ORG/PROPERTIES/HOUSE-OF-LEBANON)

J.W. King Senior Center

202-582-2707

4638 H Street SE, Washington, DC

Subsidized independent living provided by Mission First Housing Group for low-income DC seniors.

[www.missionfirsthousing.org/properties/j-w-king-senior-center](http://WWW.MISSIONFIRSTHOUSING.ORG/PROPERTIES/J-W-KING-SENIOR-CENTER)

LUXURY ASSISTED LIVING

Live Stronger, Live *Better* at Chevy Chase House

Enjoy *active living* with our distinctive wellness
and social programming.

Our state-of-the-art gym features therapy and training provided by FOX Rehabilitation. Tai chi, stretch, and Vitality by Revolution in Motion classes help strengthen muscles and flexibility, while helping to decrease fall risk and increase mobility. Have peace of mind knowing care is available 24 hours a day.



Considering senior living?

Call us at 202-644-8517 to schedule a tour.

CHEVY CHASE HOUSE

Luxury Senior Living

5420 Connecticut Avenue NW · Washington, DC 20015

202-644-8517

www.chevychasehouse.com

A MERIDIAN SENIOR LIVING COMMUNITY





GRAND OAKS
CELEBRATING 20 YEARS
ESTD 2000
NATIONAL QUALITY AWARD
2009 2010



ASSISTED LIVING
Grand Oaks offers a variety of activities and personalized care to allow a resident to maintain their independence.

WELLNESS PROGRAMS

- Full Time Doctorate Certified Nurse Practitioner
- Physical, Occupational, and Speech Therapy

MEMORY CARE
The Oasis Neighborhood specializes in care for Alzheimer's disease as well as Dementia and other memory related illnesses.

DIRECT ACCESS TO:

- World Class Health Care with Johns Hopkins and Sibley Memorial Hospital
- On campus Pharmacy, Hospital/ Medical Offices, & Skilled Nursing Services

Schedule your tour today!
202.349.3400



5901 MACARTHUR BLVD., NW WASHINGTON, D.C. 20016 • GRANDOAKSDC.ORG

Jeanne Jugan Residence

202-269-1831

4200 Harewood Road NE, Washington, DC 20017

Independent living and nursing home facility.

www.littlesistersofthepoorwashingtondc.org

Knollwood Military Retirement Residence

800-541-4255; 202-541-0149

6200 Oregon Ave NW, Washington, DC 20015

Full-service residential and Alzheimer's care community for retired military officers and family members.

www.armydistaff.org

Landow House (Advertiser)

301-816-5060

A Charles E. Smith Life Community

1799 E Jefferson Street, Rockville, MD 20852

Assisted living facility.

www.smithlifecommunities.org/residences/landow-house

(See the Charles E. Smith ad on page 169)

- Lisner-Louise-Dickinson-Hurt Home** **202-966-6667**
5425 Western Avenue NW, Washington, DC 20015
Subsidized assisted living and nursing home facility for indigent and moderate-income DC seniors.
www.ildhhome.org
- The Marigold at 11th Street** **202-671-6553**
2905 11th Street NW, Washington, DC 20001
A DC Housing Authority Assisted Living Program.
www.miaseniorliving.com/marigold
- North Capitol at Plymouth** **202-541-1222**
5233 North Capitol Street NE, Washington, DC 20011
Subsidized independent living; some units have features for mobility- and sensory-impaired individuals.
www.rhf.org/location/north-capitol-plymouth
- Sarah's Circle** **202-332-1400**
2551 17th Street, Suite 103, Washington, DC 20009
Sarah's Circle is a nonprofit independent living residence that provides program-enriched affordable housing and support service for low-income senior citizens in DC.
www.sarahscircle.org
- Seabury at Friendship Terrace (Advertiser)** **202-244-7400**
Butterworth Place NW, Washington, DC 20016
Independent living facility with some subsidized units.
www.friendshipterrace.org
(See the Seabury at Friendship Terrace ad on page [164](#))
- Seabury At Home First Residences** **202-635-9384**
2510 18th Street NE, Washington, DC 20018
Supportive, family-style homes for low-income older adults; facilities located around Washington, DC, provide assisted living services.
www.seaburyresources.org/homefirst
- St. Mary's Court** **202-223-5712**
725 24th Street NW, Washington, DC 20037
Subsidized residential living facility for seniors 62 years of age or older and individuals with accessibility needs.
www.stmaryscourt.org
-

FACES OF FRIENDSHIP

LIFE IS *Wonderful* WITH THESE FACES

Meet our team and learn how friendly and *affordable* senior living can be! Conveniently located across the street from IONA Senior Services just two blocks from the Metro.

Call today. **202-244-7400** (TRS 711)



Seabury  at Friendship Terrace
Senior Living

1-800-643-3769 DC RELAY SERVICE • 1-800-643-3768 TTY
4201 Butterworth Place, NW, Washington, DC 20016



Stoddard Baptist Global Care, Inc.

Washington Center for Aging Services

202-541-6200

2601 18th Street NE, Washington, DC 20018

Delivers nursing home care.

www.stoddardbaptistglobal.org

Sunrise on Connecticut Avenue (Advertiser)

202-966-8020

5111 Connecticut Avenue NW, Washington DC 20008

Sunrise offers exceptional, relationship-based care in a luxurious residential environment. The community offers Assisted Living and Memory Care, Short-term Respite Stays, Outpatient Rehabilitation, and coordination of Hospice Care. Call today to hear why so many call Sunrise home!

www.SunriseConnecticutAve.com

The Residences at Thomas Circle (Advertiser) 202-628-3844

1330 Massachusetts Avenue NW, Washington, DC 20005

Located in a historic downtown Washington, D.C. neighborhood, The Residences at Thomas Circle is premier senior living designed for those with a taste for adventure! We cater to your love of cultural experiences and spirited conversation. With lively happy hours, concerts, and outings you'll instantly find a connection with artistic and intellectual people who are always searching for more from life. Come discover why we are the community of choice for independent living, assisted living and memory care.

www.seniorlifestyle.com/property/district-of-columbia/the-residence-at-thomas-circle

Victory Heights 301-493-6000

11400 Rockville Pike, Suite 505, Rockville, MD 20852

Subsidized independent living provided by the Archdiocese of Washington's development arm for affordable housing.

www.victoryhousing.org

Victory Square Senior Apartments 202-388-3288

600 Barnes Street NE, Washington, DC 20019

New, affordable apartments for seniors 55 and older.

www.victoryhousing.org/victory-square

Vida Senior Residences at Brightwood 202-722-2838

1330 Missouri Avenue NW, Washington, DC 20011

Subsidized/income-eligible independent living for Latino seniors in DC.

www.qpmgmt.com/properties/vida-brightwood-senior-residences/

The Washington Home 202-966-3720

1201 Connecticut Avenue NW, Suite 611, Washington, DC 20036

Nursing home and care for those with Alzheimer's.

www.thewashingtonhome.org

Woodley House 202-830-3508

3000 Connecticut Avenue NW, Suite 108, Washington, DC 20008

Provides housing and support services in Washington, DC for men and women with chronic and persistent mental illness.

www.woodleyhouse.org

MARYLAND

AlfredHouse Assisted Living **301-260-2080**

18100 Cashell Road, Rockville, MD 20853

Boutique assisted living, respite care, and hospice care for the elderly with aging cognitive challenges. A dedicated team of one caregiver for every four residents ensures personalized and compassionate care.

www.AlfredHouse.com

Arbor Place Dementia Care (Advertiser) **301-924-0666**

4413 Muncaster Mill Road, Rockville, MD 20853

Arbor Place delivers the highest standard in dementia care to meet the specific needs of 16 residents. Arbor Place provides extraordinary medical oversight, tailored activities, and programming for cognitive impairment. Surrounded by laughter, sunlight, and engaging activities, our residents are comfortable, relaxed, and happy.

www.arborpl.com

(See the Arbor Place Dementia Care ad on page 167)

Asbury Methodist Village **301-216-4001**

201 Russell Avenue, Gaithersburg, MD 20877

Continuing care retirement community and Alzheimer's care facility.

www.asbury.org

Bauer Park Apartments **301-460-4547**

14635 Bauer Drive, Rockville, MD 20853

Independent living.

www.hocmc.org/rental-programs/properties/2-uncategorised/68-bauer-park.html

B'nai B'rith Homecrest House **301-244-3579**

14508 Homecrest Road, Silver Spring, MD 20906

Independent living and assisted living facility.

www.homecresthouse.org

Brooke Grove Retirement Village **301-924-2811**

18100 Slade School Road, Sandy Spring, MD 20860

A retirement village offering a range of services, including independent living, continuing care and Alzheimer's care.

www.bgf.org



*“Arbor Place
provides a
safe haven in
a scary world.”*

– Judith Viorst, Author

*“A godsend for
our family. I truly
know my mom is
in the best place
she could be.
I’m so grateful
that she’s there.”*

– Megan Scheibel, MD

CONTACT

Walter H. Fanburg, MD
or
Deborah Fanburg, ED

301-924-0666

www.arborpl.com

ARBOR PLACE-Dementia Care

Founded in 1998 by a Geriatric Psychiatrist and managed by a Director of Nursing. This center provides the highest standard of care for the very specific needs of 16 residents with cognitive impairment. The staffing is unparalleled eliminating the need for private aides.

Our mission every day is to create a meaningful life for persons dealing with dementia. We work to minimize anxiety and enrich the day moment to moment. The design of the center’s interior space and outside garden is an evidence-based natural setting offering a safe, secure, and accessible environment surrounded by our dynamic and plentiful care team. Arbor Place’s nursing oversight, engaging activities and programming are modeled for each individual’s needs.



4413 MUNCASTER MILL ROAD
ROCKVILLE, MD 20853

301-924-0666 • info@arborpl.com • www.arborpl.com

HOUSING OPTIONS

Forest Oak Towers

301-740-1414

101 Odendhal Avenue, Gaithersburg, MD 20877

Independent living.

www.hocmc.org/rental-programs/properties/2-uncategorised/170-forest-oak-towers.html

Friends House Retirement Community

301-924-5100

17340 Quaker Lane, Sandy Spring, MD 20860

Includes independent living (private pay Cottages and HUD apartments), assisted living, and skilled nursing care, which includes a specialized dementia and Alzheimer's Care Unit.

www.friendshouse.com

Hampshire Village

855-912-3097

3210 Norbeck Road, Silver Spring, MD 20906

Subsidized independent living.

www.hampshirevillageapartments.com

Hebrew Home of Greater Washington

301-770-8366

A Charles E. Smith Life Community (Advertiser)

6121 Montrose Road, Rockville, MD 20852

Offers rehabilitation and long-term care, backed by full-time on-site staff physicians.

www.smithlifecommunities.org/residences/hebrew-home

(See the Charles E. Smith ad on page 169)

Kensington Park Senior Living (Advertiser)

301-946-7700

3620 Littledale Road, Kensington, MD 20895

Kensington Park offers Independent Living, Assisted Living, and three levels of Memory Care located in the heart of Montgomery County. We offer services that are thoughtfully designed, clinically comprehensive, and highly personalized – and we do it with the utmost compassion. With more than 35 decades of combined experience, the Kensington Park team is best in class. Our backgrounds span from skilled nursing and group homes, to advocacy, volunteering and caregiving. This creates a diversity of approach but one common goal, “to love and care for your family as we do our own.”

www.kensingtonparkseniorliving.com

(See the Kensington ad on page 173)

Revitz House (Advertiser)**301-770-8450****A Charles E. Smith Life Community**

6111 Montrose Road, Rockville, MD 20852

Subsidized independent living facility.

www.smithlifecommunities.org/residences/revitz-house*(See the Charles E. Smith ad on this page)***Ring House (Advertiser)****301-816-5050****A Charles E. Smith Life Community**

1801 East Jefferson Street, Rockville, MD 20852

Independent living facility.

www.smithlifecommunities.org/residences/ring-house*(See the Charles E. Smith ad this page)***Rockville Nursing Home****301-279-9000**

303 Adclare Road, Rockville, MD 20850

Nursing home facility.

www.rockvillennursinghome.org

Discover a community for older adults that has it all:

- Independent living at Ring House and Revitz House
- Assisted living and memory care at Landow House
- Memory care at Cohen-Rosen House
- Skilled nursing and post-acute care at Hebrew Home of Greater Washington
- Physician office specializing in primary care for older adults at Hirsh Health Center

To learn more or to
schedule a private tour,
call 301-329-5309.



6121 Montrose Road | Rockville, MD 20852



HOUSING OPTIONS

Oak Manor Rehab

301-970-5600

3415 Greencastle Road, Burtonsville, MD 20866

Nursing home and rehabilitation care.

www.oakmanorliving.com/about-us/what-we-offer/rehabilitation

Seabury at Springvale Terrace

301-587-0190

8505 Springvale Road, Silver Spring, MD 20910

Affordable independent living facility that also offers a range of assisted-living options.

www.springvaledterrace.org

Town Center Apartments

301-251-2955

90 Monroe Street, Rockville, MD 20850

Independent living.

www.hocmc.org/rental-programs/properties/2-uncategorised/185-town-center.html

Victory Housing

301-493-6000

114 Rockville Pike, Suite 505, Rockville, MD 20852

Subsidized independent and assisted living facilities for low-income individuals provided by the Archdiocese of Washington's development arm for affordable Communities in Washington, DC and in Montgomery, Prince George's, and St. Mary's Counties, MD.

www.victoryhousing.org

Victory Woods

301-866-9191

22611 FDR Boulevard, Lexington Park, MD 20653

Independent living for older adults.

www.habitatamerica.com

The Village at Rockville

301-756-5926

9701 Veirs Drive, Rockville, MD 20850

Independent living, nursing home, and Alzheimer's care. A National Lutheran community.

www.thevillageatrockville.org

VIRGINIA**Birmingham Green****703-257-0935**

8605 Centreville Road, Manassas, VA 20110-8426

A long-term care facility partially owned by the City of Alexandria.
Offers subsidized assisted living and nursing services.

www.birminghamgreen.org**The Carlin****703-243-4300**

4300 North Carlin Springs Road, Arlington, VA, 22203

Subsidized independent living for residents aged 55 and older with a wide range of social activities, and an optional meal program.

www.rhf.org/location/the-carlin**Claridge House****703-521-9100**

1500 South Fern Street, Arlington, VA 22202

Subsidized independent living for residents, including seniors.

[www.arlingtonva.us/Government/Programs/Housing/Get-Help/
Rental-Services/Affordable-Units](http://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Affordable-Units)**Culpepper Gardens****703-528-0162**

4435 North Pershing Drive, Arlington, VA 22203

Subsidized independent living for residents aged 62 and older and persons with disabilities.

www.culpeppergarden.org**Goodwin Living Alexandria****703-820-1488**

4800 Fillmore Avenue, Alexandria, VA 22311

Continuing care retirement community.

www.goodwinliving.org**Goodwin Living Bailey's Crossroads****703-820-1488**

3440 South Jefferson Street, Falls Church, VA 22041

Continuing care retirement community.

www.goodwinliving.org/baileys-crossroads**Hunter's Park at Cherrydale****703-892-4330**

2021 North Nelson Street, Arlington, VA 22207

Subsidized independent living for senior residents.

[www.arlingtonva.us/Government/Programs/Housing/Get-Help/
Rental-Services/Affordable-Units](http://www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Affordable-Units)

The Kensington Falls Church (Advertiser)

703-998-9868

700 W. Broad Street. Falls Church, VA 22046

The Kensington Falls Church is an assisted living and memory care community that takes the model of care to a higher level in an environment of comfortable elegance. We offer a full spectrum of memory care services across two specialized “neighborhoods”. We provide individualized programming designed to support seniors with a range of different needs, meeting them wherever they are in their physical, cognitive, and emotional journeys. Our community is privately owned and operated and is staffed by loving professionals who uphold our promise each day: “to love and care for your family as we do our own”.

www.thekensingtonfallschurch.com

(See the Kensington ad on page 173)

The Kensington Reston (Advertiser)

571-494-8100

11501 Sunrise Valley Drive, Reston VA 20191

The Kensington Reston is an assisted living and memory care residence located in the heart of Reston. The Kensington weaves heartfelt, professional care into the everyday lives of residents. We are designed to be home for seniors who need assisted living and memory care services. Here, we believe the comfort of familiarity is precious, so our enhanced program enables us to offer care beyond what the traditional assisted living community can deliver. Our multifaceted program is geared to support not only residents but also their families, with Our Promise to love and care for your family as we do our own.

www.kensingtonreston.com

(See the Kensington ad on page 173)

Woodland Hill

703-931-5700

600 South Carlin Springs Road, Arlington, VA 22204

Subsidized independent living for senior residents.

www.arlingtonva.us/Government/Programs/Housing/Get-Help/Rental-Services/Affordable-Units



Only the best for you

Because the best is all

Kensington Senior Living knows how to do

Kensington Senior Living is a partnership of bighearted leaders who have deep personal roots in the metro DC community and who have spent their careers in and around all aspects of senior living. They bring wise perspective and know-how to every detail of the residences they've developed and services they've made available:

- **Independent Living** for friendship, amenities and relief from homeowner demands
- **Assisted Living** for daily personal support or 24-hour care
- **Memory Care** for help managing any stage of memory loss

With a special blend of history, talent and unwavering commitment to excellence, the Kensington partners assembled teams of best-in-class professionals and cultivated strong relationships with local specialty resources. Together, they all continue to uphold a *promise to love and care for your family as they do their own.*

The best in senior living care and service is here for you.
Call to learn more.



KENSINGTON
SENIOR LIVING



Kensington Park • MD • (301) 946-7700
The Kensington Falls Church • VA • (703) 992-9868
The Kensington Reston • VA • (571) 494-8100

LEGAL ASSISTANCE

Legal Counsel for the Elderly Self Help Office

at Iona

202 434-2120

4125 Albemarle Street NW, Washington, DC 20016

By appointment only, the Legal Counsel for the Elderly provides free paralegal services at Iona Tenleytown to DC residents aged 60+. Counsel can provide legal advice and answer questions, help you complete a small claims complaint, check for benefits, help you ask for DC services, or refer you to area lawyers. If you would like to schedule an appointment, please call the Legal Counsel for the Elderly Legal Hotline at 202-434-2120.

American Bar Association

202-662-1000

1050 Connecticut Avenue NW, Suite 400, Washington, DC 20036

Offers legal support for seniors. Website also lists military legal assistance offices, legal aid, and pro bono organizations, lawyer referral and information services, and military-specific programs.

www.americanbar.org/portals/public_resources/aba_home_front/directory_programs.html

www.americanbar.org/groups/law_aging

www.americanbar.org/groups/legal_assistance_military_personnel

American University Washington School of Law

202-274-4000

4300 Nebraska Avenue, NW Washington, DC 20016

The AUWCL Clinical Program has long been recognized as a leader in the field of clinical education. Through its 11 in-house clinics, students represent low-income and under-represented clients or groups in litigation, administrative, transactional, and policy matters.

www.wcl.american.edu/academics/experientialedu/clinical/theclinics

Archdiocese of Washington Catholic Charities

Legal Network

202-350-4305

924 G Street NW, Washington, DC 20001

Provides pro bono legal service to clients with general information, access to volunteer attorneys and law firms, and referrals to other appropriate legal service organizations. Provides subsidized legal aid to low-income DC and Maryland residents.

www.catholiccharitiesdc.org/legalnetwork

**Asian Pacific American Legal Resources Center
(APALRC)****202-393-3572**

Chinese	ext. 18
Hindu & Urdu	ext. 19
Vietnamese	ext. 20
Korean	ext. 21

1627 K Street NW, Suite 610, Washington, DC 20006

Works to advance the civil and legal rights of Asian Americans by focusing on providing linguistically accessible and culturally appropriate legal services to low-income Asian immigrants in the metropolitan DC area who have limited English proficiency.

www.apalrc.org**Ayuda****202-387-4848**

1990 K Street NW, Washington, DC 20006

Assists low-income immigrants in living safe, violence-free lives, and becoming fully participating members of the community through access to high-quality, affordable legal, and social services. Offices also in MD and VA. Languages spoken: English, Spanish, French, and Polish.

www.ayuda.com**Bar Foundation of Montgomery County****301-424-7651**

27 West Jefferson Street, Rockville, MD 20850

Assists low-income residents of Montgomery County with pro bono legal services who meet certain income eligibility guidelines.

www.barmont.org/?116**Bread for the City Legal Clinic****202-386-7616**

1525 7th St NW, Washington, DC 20001

1700 Good Hope Road SE, Washington, DC 20002

Represents clients in landlord-tenant disputes; represents claimants who have been denied Social Security disability benefits; also represents clients in family law matters including child custody, civil protection orders, child support, and divorce. Aids low-income DC residents.

www.breadforthecity.org/legal

Catholic University of America**202-319-6788**

Columbus School of Law's Community Legal Services

3602 John McCormick Road NE, Washington, DC 20064

Provides free legal services to individuals and families who live in DC.

[www.law.edu/academics/legal-externships-and-clinics/
columbus-community-legal-services/index.html](http://www.law.edu/academics/legal-externships-and-clinics/clinics/columbus-community-legal-services/index.html)**Community Legal Services of
Prince George's County****240-391-6370**

PO Box 374, Riverdale, MD 20737

Educates, represents, and empowers low-income members of the community regarding civil legal matters.

www.clspgc.org**Cornerstones Legal Aid****571-323-9555**

11150 Sunset Hills Road, Suite 210, Reston, VA 20190

Offers free legal advice and referral information to those in need.

Assists with civil matters including consumer complaint and wage disputes, uncontested divorce and uncomplicated child custody, landlord and tenant disputes, public benefits, assisting legal residents admit family into the USA and with citizenship, and review of legal documents.

www.cornerstonesva.orgwww.cornerstonesva.org/contact-us/get-help**DC Bar Advice & Referral Clinic****202-737-4700**

1525 7th Street NW, Washington, DC 20001

1640 Good Hope Road, SE, Washington, DC 20002

Pro bono legal aid provided at two walk-in clinics at Bread for the City's facilities, on the second Saturday of each month from 10:00 AM to 12:00 PM. Provides volunteer attorneys who can discuss civil legal problems governed by DC law with individuals who do not have their own lawyer. It does not assist with criminal or traffic issues.

[www.dcbar.org/Pro-Bono/Free-Legal-Help/Help-for-Individuals/
Advice-Referral-Clinic](http://www.dcbar.org/Pro-Bono/Free-Legal-Help/Help-for-Individuals/Advice-Referral-Clinic)

DC Bar LawHelp.Org

Provides information on more than 30 legal topics, including family law, public benefits, and housing. Information on free legal services is also provided. Information available in Spanish, Amharic, French, and Vietnamese.

www.lawhelp.org/DC

DC Multi-Door Dispute Resolutions Division 202-879-1549

DC Courts Court Building C
410 E Street NW, Washington, DC 20001

Helps parties settle disputes through mediation and other types of appropriate dispute resolution (ADR), including arbitration, case evaluation, and conciliation.

www.dccourts.gov/superior-court/multi-door-dispute-resolution-division

**DC Office of Notary Commissions
and Authentications****202-727-3117**

441 4th Street NW, Washington, DC 20001

Authenticates notarized documents and certifies individuals as notaries. Website has search tool to find a notary public.

www.os.dc.gov/service/notary-and-authentication-services

Georgetown University Law School Clinics 202-662-9100

600 New Jersey Avenue NW, Washington, DC 20001

Offers clinics on domestic violence, street law, criminal justice, housing and community development, juvenile justice, international women's law, social enterprise, and non-profit issues.

www.law.georgetown.edu/experiential-learning/clinics

George Mason University School of Law Clinics 703-993-8000

3301 Fairfax Drive, Arlington, VA 22201

Offers clinics on legal assistance for veterans, domestic violence, mental health, patent law, and others.

www.law.gmu.edu/academics/clinics

**George Washington University Jacob Burns
Community Legal Clinics****202-994-7463**

2000 G Street NW, Washington, DC 20052

Subsidizes legal aid for low-income DC residents. Clinics are offered on domestic violence, family justice, federal, criminal, and appellate law, health rights, immigration, international human rights, neighborhood law and policy, public justice advocacy, small business and community economic development, and vaccine injury.

www.law.gwu.edu/clinics**George Washington University School of
Law Health Rights Law Clinic****202-994-7463**

2000 G Street NW, Washington, DC 20052

Law students provide free health insurance counseling for DC residents who are age 60 and older or Medicare beneficiaries.

www.law.gwu.edu/health-rights-law-clinic**HopeOneSource****202-743-5342**

Connects people at risk or experiencing homelessness to nearby services in real-time through geolocated text messages. Available services are accessible through any computer or phone and are viewable in multiple languages. Through HopeOneSource you can receive messages about free resources for food/meals, financial/credit counseling, homeless prevention, housing assistance, legal assistance, medical assistance, mental health/crisis support, transportation, and more. Registering for HopeOneSource is free and available 24/7 at the website.

www.hope1source.org/?ref=hopeonesource.org**Howard University School of Law
Clinical Law Center****202-806-8082**

2900 Van Ness Street NW, Room G18, Washington, DC 20008

Provides subsidized legal aid for low-income DC residents. Clinics are offered in alternative dispute resolution, civil rights, criminal justice, fair housing, equal justice, investor justice and education, intellectual property and trademark, and child welfare.

www.law.howard.edu/node/392

Lambda Legal**212-809-8585**

120 Wall Street, 19th Floor, New York, NY 10005

Committed to achieving full recognition of the civil rights of LGBT people, and those with HIV, through litigation, education, and public policy work.

www.lambdalegal.orgwww.lambdalegal.org/issues/seniors**Legal Aid Society of the District of Columbia****202-628-1161**

1331 H Street NW, Suite 350, Washington, DC 20005

Subsidizes legal aid for low-income DC seniors on issues including housing, domestic violence, public benefits, and consumer law.

www.legalaiddc.org**Legal Counsel for the Elderly (LCE) Hotline****202-434-2120**

Champions the dignity and rights of DC's most vulnerable elders, providing free legal and social work services.

www.aarp.org/LCE**Legal Services of Northern Virginia (LSNV)****703-778-6800**

10700 Page Avenue, Suite 100, Fairfax, Virginia 22030

Provides free legal assistance to residents of Northern Virginia including elderly, disabled, and low-income individuals and families who face the loss of a critical need, such as personal safety, income, housing, medical benefits, education, or family stability.

www.lsnv.org**Maryland Legal Aid****866-635-2948**

Senior Legal Helpline. Provides a full range of free civil legal services to financially qualified Marylanders and people over age 60.

www.mdlab.org

Montgomery County Circuit Court Family Law Self-Help Center **240-777-9145**

50 Maryland Ave, South Tower 1st Floor. #1500,
Rockville, MD 20850

Free walk-in clinic, staffed by attorneys, which provides either general legal information or limited legal advice, in family law disputes involving divorce, custody, visitation, and child support. Monday through Friday, doors open at 8:00 AM.

www.montgomerycountymd.gov/cct/family-law-self-help-center.html

National Academy of Elder Law Attorneys (NAELA) **703-942-5711**

1577 Spring Hill Road, Suite 220, Vienna, VA 22182

Provides information, education, networking, and referrals to those with specialized issues involving the elderly or persons with special needs.

www.naela.org

National Long-Term Care Ombudsman Resource Center **202-332-2275**

1025 Connecticut Avenue NW, Suite 1000, Washington, DC 20036

Investigates complaints against nursing homes and other long-term care facilities.

www.ltombudsman.org

National Network to End Domestic Violence **800-799-SAFE (7233)**

Website provides state-specific legal information and resources for survivors of domestic violence, and a confidential email legal hotline to offer direct support to survivors, their advocates, friends, and family members.

www.nnedv.org

www.womenslaw.org

**National Veterans' Legal Services Program
(NVLSP)****202-265-8305**

PO Box 65762, Washington, DC 20035

Ensures the government delivers benefits to which the nation's 25 million veterans and active-duty personnel are entitled. Provides education, advocacy, and litigation for veterans about benefit claims.

www.nvlsp.org**Neighborhood Legal Services Program****202-832-6577**

64 New York Avenue NE, Washington, DC 20002

Provides free legal information, advice, and representation to low-income District residents in Wards 7 and 8.

www.nlsp.org**Pension Rights Center****202-296-3776**

1050 30th Street NW, Suite 206, Washington, DC 20007

Protects and promotes the retirement security of American workers, retirees, and their families and ensures that people receive the retirement benefits they have earned.

www.pensionrights.org**People's Law Library of Maryland** **410-260-1430, 410-260-1392**

Maryland legal self-help website managed by the State Law Library.

www.peoples-law.org**Probate Self-Help Center****202-879-9460**

DC Superior Court Probate Division

515 Fifth Street NW, Washington, DC 20001

The Probate Self-Help Center assists the public with matters related to wills, small and large estates, and adult guardianship.

www.dccourts.gov/services/probate-matters/probate-self-help-centerwww.dccourts.gov/superior-court/probate-division**Tahirih Justice Center****571-282-6161**

6400 Arlington Boulevard, Suite 400, Falls Church, VA 22042

Provides pro bono services to immigrant women and girls seeking justice from gender-based violence, and assistance with divorce, custody, and visitation. It provides a combination of legal services, advocacy, and public education programs.

www.tahirih.org

University of the District of Columbia (UDC)

Law Clinics

202-274-7400

4200 Connecticut Avenue NW, Building 52, #302,
Washington, DC 20008

Law students provide legal aid to DC residents through clinics on community development, criminal law, general practice, government accountability, housing and consumer law, immigration and human rights, juvenile justice, legislation, and low-income taxpayer issues.

www.law.udc.edu/clinicintro

Virginia Legal Aid

866-534-5243

Virginia has nine legal aid programs. Use the “find legal help page” to locate your local office.

www.valegalaid.org/

Washington Lawyers’ Committee for

Civil Rights & Urban Affairs

202-319-1000

700 14th Street NW Suite 400, Washington, DC 20005

Provides pro bono legal services to address discrimination and entrenched poverty in the Washington, DC community.

www.washlaw.org

Washington Legal Clinic for the Homeless

202-328-5500

1200 U Street NW, Washington, DC 20009

Provides comprehensive legal services at intake sites throughout DC, helping clients access housing, shelter, and life-saving services.

www.legalclinic.org

Whitman-Walker Health Legal Services Program **202-745-7000**

1525 14th Street NW, Washington, DC 20005

Provides pro bono legal services to lesbian, gay, bisexual, and transgender (LGBT) clients whose legal problems are related to LGBT health issues.

www.wwc.org

LESBIAN, GAY, BISEXUAL, TRANSGENDER, AND QUEER (LGBTQ) RESOURCES

Arlington Gay and Lesbian Alliance (AGLA) 202-642-4072

PO Box 100324, Arlington, VA 22210

Nonpartisan nonprofit open to all LGBTQ people and allies across Northern Virginia. Provide social opportunities, fosters civic awareness, and engages in community service.

www.agla.org

DC Mayor's Office for Gay, Lesbian, Bisexual and Transgender (GLBT) Affairs 202-727-9493

2000 14th Street NW, Second Floor, Washington, DC 20009

Provides constituent services and information to the LGBTQ community through outreach and public education activities; advises the Mayor on the needs of LGBTQ residents of DC.

www.communityaffairs.dc.gov/molgbtqa

DC Metropolitan Police Department, The Lesbian, Gay, Bisexual and Transgender Liaison Unit (LGBTLU) 202-506-0714

801 Shepard Street NW, Washington, DC 20011

A team of officers focus on the public safety needs of the LGBTQ community and their allies. Primary focus is to gain the trust of the community and seek out information that leads to the closure of hate crimes and violent crimes within the LGBTQ community.

www.mpdc.dc.gov/page/gay-and-lesbian-liaison-gllu

Equality Virginia 804-643-4816

PO Box 17860, Richmond, VA 23226

A non-partisan education, outreach, and advocacy organization seeking equality for LGBTQ Virginians.

www.equalityvirginia.org

Gay and Lesbian Activists Alliance (GLAA) 202-797-4421

PO Box 75265, Washington, DC 20013

An all-volunteer, non-partisan, nonprofit political organization that defends the civil rights of LGBTQ people in the Nation's Capital.

www.glaa.org

Metro Area Gender Identity Connection of Washington DC (MAGIC DC)

225 E Broad Street, Falls Church, VA

A peer support group for Transsexual, Gender Queer, and other Gender Identity Questioning people living in the greater Metropolitan area.

www.magicdc.org

Prime Timers of Washington, DC

P.O. Box 11084, Washington, DC 20008

Social membership organization for older gay and bisexual men

www.primetimersdc.org

The DC Center for the LGBT Community **202-682-2245**

2000 14th Street NW, Suite 105, Washington, DC 20009

Educates, empowers, celebrates, and connects the LGBT communities.

Offers a directory of local and national support groups, business directory, social groups, support groups, and other information.

www.thedccenter.org

The Triangle Club **202-659-8641**

1638 R Street NW, Suite 120, Washington, DC 20009

Serves the LGBT recovery community by providing a clean, safe, dependable space for those struggling with addiction. Holds meetings in accordance with the 12-Steps of recovery.

www.triangleclub.org/

Whitman-Walker Health **202-745-7000**

1525 14th Street NW Washington, DC 2005

2301 Martin Luther King Jr. Avenue SE, Washington, DC 20020

1377 R Street NW, Washington, DC 20009

Mission is to be the highest quality, culturally competent community health center serving greater Washington's diverse urban community, including individuals who face barriers to accessing care, and with a special expertise in LGBTQ and HIV care.

www.whitman-walker.org

MENTAL HEALTH AND COUNSELING SERVICES

(See also Clinics; Hospitals; Government Agencies; Health Information; or Support Groups)

Iona Counseling and Psychotherapy Services 202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

Iona's licensed clinical social workers provide individual psychotherapy to help older adults and caregivers cope with the emotional challenges of aging and caregiving. Through a collaborative approach, our psychotherapists use a variety of techniques that foster improved self-awareness, emotional healing, personal growth, and better relationships.

Counseling services can help address:

- Feelings of depression or anxiety
- Difficulties dealing with memory loss, a medical condition, or increased dependence on others
- Grief and loss
- Transitioning to retirement
- Adjusting to a change in roles or responsibilities in a relationship
- Caregiving stress

Iona provides support groups on a variety of topics including the challenges of aging, memory loss, vision loss, living as an LBGQTQ older adult, and caregiving. Support groups offer a much-needed anchor by providing older adults and caregivers with a space to connect with others experiencing similar situations. To view a complete list of Iona's support groups, visit our website.

www.iona.org

988 Suicide & Crisis Lifeline

988, 800-273-TALK (8255)

Hotline is available 24 hours a day, 7 days a week. Includes options for the deaf and hard-of-hearing. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. The network is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

www.988lifeline.org

DISTRICT OF COLUMBIA

American Foundation for Suicide Prevention

(AFSP)

202-449-3600

440 First Street NW, Suite 300, Washington, DC 20001

Leads in the fight against suicide; funds research, creates educational programs, advocates for public policy, and supports survivors of suicide loss. Website includes resources for understanding and preventing suicide, and information to help with loss.

www.afsp.org

Catholic Charities Archdiocese of Arlington

202-635-5900

1001 Lawrence Street NE, Washington, DC 20017

Provides help for adults living with mental illness, including furthering education, finding and securing employment, managing medication, and providing on-going case management services.

www.catholiccharitiesdc.org/behavioralhealth

www.catholiccharitiesdc.org/acs

Columbia Road Health Services (CRHS)

202-328-3717

1660 Columbia Road NW, Washington, DC 20009

Provides medical, counseling, and social services to patients regardless of their ability to pay. To address the comprehensive health needs of its patient population, CRHS offers primary medical care, social services, and mental health counseling under one roof.

www.unityhealthcare.org

Community Connections

202-546-1512

888-793-4357 (Helpline)

801 Pennsylvania Avenue SE, Suite 201, Washington, DC 20003

Provides psychiatric evaluations, counseling, care management, and other mental health services. New clients must first call the DC Access Helpline to request an appointment.

www.communityconnectionsdc.org

DC Department of Mental Health's

Access Helpline

888-793-4357, 888-7WE-HELP

64 New York Avenue NE, 3rd Floor, Washington, DC 20002

The 24/7 Access Helpline is staffed by behavioral health professionals who can refer a caller to immediate help or ongoing care and respond to those in crisis.

www.dbh.dc.gov/service/access-helpline

DC Mental Health Counselors Association (DCMHCA)

Dedicated to meeting the professional needs and interests of mental health counselors in DC. Has a referral listing of area counselors.

www.dcmhca.org

Eugene Meyer III Treatment Center

Washington School of Psychiatry

202-537-6050

5028 Wisconsin Avenue NW, Washington, DC 20016

Committed to providing clinical service at an affordable cost, including psychiatric evaluations, counseling, and other mental health services.

www.wspdc.org/home

Family and Medical Counseling Services, Inc.

202-889-7900

2041 Martin Luther King Jr., Avenue SE, #303

Washington, DC 20020

5936 Martin Luther King Jr. Highway, Seat Pleasant, MD 20743

Provides comprehensive services that promote the emotional and physical health of families and individuals, regardless of income or social status. Offers case management, substance abuse treatment, mental health care, and HIV/AIDS care.

www.fmcsinc.org

**George Washington University Community
Counseling Services Center (CCSC) 202-994-8645**

2134 G Street NW, Suite B11, Washington, DC 20052

Offers confidential, low-cost services to community members and students in the greater DC metropolitan area, including counseling and assessment, provided by supervised graduate student interns.

www.gsehd.gwu.edu/ccsc

**Howard University Hospital Psychiatry
and Behavioral Sciences 202-865-6611**

2041 Georgia Avenue NW, Washington, DC 20060

Services include diagnostic and therapeutic management of mental illness and substance abuse.

www.huhealthcare.com/health-services/psychiatry

Kristin Brooks Hope Center 202-536-3200

Crisis Line

800-442-HOPE

National 9-8-8 Suicide and Crisis Lifeline

9-8-8, TTY: 711

1250 24th Street NW, Suite 300, Washington, DC 20037

Connects callers to the nearest crisis center; operates a crisis line; IMAlive online crisis network; Spanish-language hotline; Veterans' crisis hotline.

www.imalive.org/about-kbhc

www.imalive.org

La Clinica Del Pueblo 202-462-4788

2831 15th Street NW, Washington, DC 20009

3166 Mt Pleasant Street NW, Washington, DC 20010

2970 Belcrest Center Drive, #301 Hyattsville, MD 20782

7000 Adelphi Road Hyattsville, MD 20782

Bi-lingual mental health and counseling services, including psychiatric evaluations and counseling. Languages spoken: English and Spanish.

www.lcdp.org

**MedStar Georgetown Hospital
Behavioral Health 202-944-5400**

Provides comprehensive programs in clinical care, education, research, and community outreach, including outpatient, inpatient and partial hospitalization psychiatric treatment.

www.medstarhealth.org/Pages/Services/Mental-Health/Psychiatry-at-MedStar-Georgetown-University-Hospital.aspx

MedStar Washington Hospital Center**Senior Outpatient Program (SOP)****202-877-6333**

216 Michigan Avenue NE, 2nd Floor, Washington, DC 20017

Program for older adults, 55 years and older, who need outpatient behavioral health services. In-home psychotherapy and confidential assessments to help determine the patient's specific behavioral needs are also available.

www.medstarhealth.org/services/behavioral-health

MBI Health Services, LLC**202-464-9200**

1221 Taylor Street NW, Washington, DC 20011

4017 Minnesota Avenue NE, Washington D.C. 20019

Provides assessment, psychiatric services, medications, and case management.

www.mbihs.com

The McClendon Center**202-737-6191**

1313 New York Avenue NW, Washington, DC 20005

Serves the needs of adults diagnosed with serious and persistent mental illness by fostering creativity, friendship, stability, independence, emotional growth, and greater participation in the community.

Provides individual and group counseling for adults with chronic mental illnesses.

www.mcclendoncenter.org

**Pastoral Counseling and Consultation Center
of Greater Washington****202-670-5065**

7003 Piney Branch Road NW, Washington, DC 20012

Sliding-scale pastoral counseling in DC, Maryland, and Virginia.

www.imaqocenterdc.com/the-pastoral-counseling-and-consultation-center-of-greater-washington

Providence Health Services**202-854-4623**

1140 Varnum Street NE, #100, Washington, DC 20017

A comprehensive outpatient center that treats mental illness including anxiety disorders, mood disorders, psychotic disorders, dual diagnosed mental and substance abuse disorders, and other disabilities.

www.healthcare.ascension.org/locations/district-of-columbia/dcwas/washington-providence-health-services-outpatient-behavioral-health?intent_source=location_title&result_position=3

Sibley Memorial Hospital

202-537-4000

5255 Loughboro Road, NW, Washington, DC 20016

Provides acute, short-term treatment for patients who need a safe, secure, and therapeutic environment.

www.sibley.org

So Others Might Eat (SOME) Medical and Dental Clinic

202-797-8806

60 O Street NW, Washington, DC 20001

SOME supports adults experiencing homelessness and/or poverty in stabilizing and maintaining their mental health through several programs. Provides walk-in counseling and psychiatric services to individuals at the SOME Health Services Clinic. Offers Isaiah House, a therapeutic day program that provides a supportive environment for adults who have been impacted by both homelessness and severe and persistent mental illness. Also offers Jordan and Mary Claire Houses, a community alternative to psychiatric hospitalization.

www.some.org/services/social-services/mental-health-services

The Women's Center **202-293-4580 (DC), 703-281-2657 (VA)**

1025 Vermont Avenue, #310, Washington, DC 20005

133 Park Street, NE, Vienna, VA 22180

Provides easy access to highly trained professionals and therapists to communities in the metropolitan area. Counseling services include: mental health; individual, couples, and family counseling; therapy groups and support; career counseling; workshops; financial counseling; and more.

www.thewomenscenter.org

Wendt Center for Loss & Healing

202-624-0010

4201 Connecticut Avenue NW, Suite 300, Washington, DC 20008

Provides mental health counseling, training and education, crisis response and case management services to ease the impact of illness, loss, and traumatic events.

www.wendtcenr.org

Woodley House

202-830-3508

3000 Connecticut Avenue NW, Suite 108, Washington, DC 20008

Provides housing and support services in DC for adults with persistent mental illnesses.

www.woodleyhouse.org

MARYLAND**Family Service Foundation (FSF) 301-459-2121**

5301 76th Avenue, Landover Hills, MD 20784

Provides mental health and substance use counseling services, day habilitation, residential programs, and developmental disability services to individuals, couples, and families in Prince George's County, Frederick, and Baltimore. Specializes in serving Deaf, Deaf-Blind, and individuals with intellectual disabilities.

www.fsfinc.org

Greater Baden Medical Services (GBMS) 301-888-2233

7450 Albert Road, Brandywine, MD 20613

Operates Federally Qualified Health Centers (FQHC) that serve communities in southern Prince George's County, Charles County, and St. Mary's County, Maryland. Services include primary health care, case management, mental health care, and dental services.

www.gbms.org

Holy Cross Germantown Hospital 301-557-6860

19801 Observation Dr. Germantown, MD 20876

Provides emergency psychological evaluation for all ages and inpatient care for the adult population. Also offers individual, group, and family therapy, medication therapy, social services, and recreational and occupational therapy.

www.holycrosshealth.org

**Medstar Montgomery Medical Center
Geriatric & Senior Services 301-570-7400, 301-774-8800 (Eval)**

18101 Prince Philip Drive, Olney, MD 20832

Provides a broad range of fully integrated inpatient, outpatient, crisis, community education, and outreach programs to diverse clients.

www.medstarhealth.org/services/geriatrics

Montgomery County 24-hour Crisis Center **240-777-4000**

1301 Piccard Drive, Rockville, MD 20850

Provides crisis services 24 hours a day / 365 days a year over the phone or in person (no appointment needed). Responds anywhere within the county to provide emergency psychiatric evaluations. The program has six crisis beds as an alternative to hospitalization for those who are uninsured or insured within the public mental health system.

www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html

Montgomery County Adult Mental Health Program **240-777-1770**

11002 Viers Mill Road, Suite705, Wheaton, MD 20902

Outpatient program provides services, including individual and group psychotherapy, office-based case management, and psychiatric medication monitoring to low-income county residents who are experiencing serious mental illness and who are unable to access the public mental health system due to lack of public benefits, their immigration status, or income.

www.montgomerycountymd.gov/HHS/index.html

Montgomery County Senior Mental Health Program **240-777-3990**

Outreach mental health services for seniors who cannot or will not go to office-based services; mental health consultation to assisted living. Provides education to the public about mental health issues.

www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSSeniorMentalHealth-p1535.html

Prince George's County Community Crisis Services, Inc. (CCSI) **24hr Hotline 800-273-TALK (8255)** **National 9-8-8 Suicide and Crisis Lifeline 9-8-8, TTY: 711**

PO Box 149, Hyattsville, MD 20781

24/7 hotline for people in crisis helps make connections with mobile mental health services and urgent care appointments.

www.communitycrisis.org

Prince George's County Department of Health **301-883-7879**

1701 McCormick Drive, Suite 200, Largo, MD 20774

Offers a list of County mental health providers.

www.princegeorgescountymd.gov/1588/Health-Services

Santé Group

301-572-6585

12200 Tech Road, Suite 330, Silver Spring, MD 20904

Provides crisis psychiatric care and system management services, and manages mental health outreach and psychiatric recovery services in multiple Maryland counties.

www.thesantegroup.org

Suburban Hospital/Johns Hopkins

Behavioral Health

301-896-3100, 301-896-7696

8600 Old Georgetown Road, Bethesda, MD 20814

Provides comprehensive behavioral health services.

www.hopkinsmedicine.org/suburban_hospital

www.hopkinsmedicine.org/suburban_hospital/medical_services/behavioral_health/index.html

VIRGINIA

Arlington County Emergency

Mental Health Services

703-228-5160

2120 Washington Boulevard, Arlington, VA 22204

24-hour emergency mental health services line. Services include assessment, crisis intervention and stabilization, short-term counseling, psychiatric services and critical stress management for individuals and families. Anyone living, working or visiting Arlington experiencing a mental health emergency is eligible for services.

[www.arlingtonva.us/Government/Programs/Health/Adult-](http://www.arlingtonva.us/Government/Programs/Health/Adult-Behavioral-Healthcare/Mental-Health/Emergency-Mental-Health-Services)

[Behavioral-Healthcare/Mental-Health/Emergency-Mental-Health-Services](http://www.arlingtonva.us/Government/Programs/Health/Adult-Behavioral-Healthcare/Mental-Health/Emergency-Mental-Health-Services)

City of Alexandria Emergency

Mental Health Services

703-746-3401

Walk-in Clinic: 720 N. Saint Asaph Street, 2nd floor, Alexandria, VA

Provides social services and 24-hour intervention for persons experiencing a mental health or substance abuse-related crisis, over the phone or in person.

www.alexandriava.gov/dchs/adultservices/default.aspx?id=50418

CrisisLink (PRS)

Crisis Link Regional Hot Line	703-527-4077
National 9-8-8 Suicide and Crisis Lifeline	9-8-8, TTY: 711
National Lifeline Phone	800-273-8255
TextConnect	85511
Crisis Link Suicide Prevention Chat Line	SuicidePreventionLifeline.org/chat

10455 White Granite Drive, Suite 400, Oakton, VA 22124

24/7 Crisis & Suicide Prevention Hotline, Chat, and Textline that offers crisis intervention, suicide prevention, and support to individuals to foster self-sufficiency by providing problem-solving skills and information on community resources so callers and texters can better cope with emotional trauma, personal and family crises. Immediately connects an individual with a trained and licensed professional to offer help, hope, and healing. CareRing offers a daily phone check-in for elderly, disabled, and homebound individuals to prevent minor problems from becoming major emergencies.

www.prsinc.org/crisislink

Fairfax-Falls Church County Community Services Board (CSB)

Emergency situations (24/7)	703-573-5679
Fairfax Detoxification Center 24/7	703-502-7000, TTY: 703-322-9080
CSB Entry & Referral Services	703-383-8500, TTY: 711
National 9-8-8 Suicide and Crisis Lifeline	988 or 1-800-273-TALK (8255)

8221 Willow Oaks Corporate Drive, Fairfax, VA 22031

Provides services for people of all ages who have mental illness, substance use disorders, and/or developmental disabilities.

www.fairfaxcounty.gov/csb/

www.fairfaxcounty.gov/csb/prevent-suicide

www.fairfaxcounty.gov/community-services-board/services/detoxification

Inova Hospital Behavioral Health Services **571-623-3500**

The Inova system offers a range of outpatient and partial hospitalization services.

www.inova.org/our-services/inova-behavioral-health-services

Mental Health America of Virginia Warm Line **866-400-6428**

2008 Bremono Road, Suite 101, Richmond, VA 23226

Educates, empowers, and advocates on behalf of individuals, communities, and organizations to improve mental health and reduce the conditions that impede mental wellness. The Warm Line is for those who need support but are not in an emergency. It can provide referrals and information about support services.

www.mhav.org/warm-line

UNITED STATES

988 Suicide & Crisis Lifeline **988 or 800-273-TALK (8255)**

Hotline is available 24 hours a day, 7 days a week. Includes options for the deaf and hard-of-hearing. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. The network is committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

988lifeline.org

Depression & Bipolar Support Alliance (DBSA) **800-826-3632**

55 E. Jackson Boulevard, Suite 490, Chicago, Illinois 60604

Provides hope, help, support, and education to people who have mood disorders. Website lists local support groups for depression and bipolar disorder.

www.dbsalliance.org

Mental Health America **703-684-7722**

500 Montgomery Street, Suite 820, Alexandria, VA 22314

Dedicated to helping all Americans achieve wellness by living mentally healthier lives. Offers screening tools and information about local mental health providers. Website includes a listing of all locations.

www.mentalhealthamerica.net

National Alliance on Mental Illness (NAMI)	703-524-7600
Helpline	800-950-6264
Text HelpLine	62640
Email	helpline@nami.org

4301 Wilson Boulevard, Suite 300, Arlington, VA 22203

Dedicated to building better lives for Americans affected by mental illness, by raising awareness and providing free education, advocacy, and support group programs. Affiliates in DC, Virginia, and Maryland.

www.nami.org

MULTICULTURAL PROGRAMS AND SERVICES

AFRICAN AMERICAN

National Caucus & Center on Black Aging **202-637-8400**

1220 L Street NW, Suite 800, Washington, DC 20005

Dedicated to aging issues for minority and low-income populations. Services include employment training, health and wellness education, and affordable housing.

www.ncba-aged.org

ASIAN

Asian Pacific American Legal Resources Center (APALRC)

202-393-3572

Chinese

ext. 18

Hindu & Urdu

ext. 19

Vietnamese

ext. 20

Korean

ext. 21

1627 K Street NW, Suite 610, Washington, DC 20006

Works to advance the civil and legal rights of Asian Americans by focusing on providing linguistically accessible and culturally appropriate legal services to low-income Asian immigrants in the metropolitan DC area who have limited English proficiency.

www.apalrc.org

Chinese Culture and Community Service Center **301-820-7200**

9366 Gaither Road, Gaithersburg, MD 20877

Provides clubs, programs, and activities for Chinese Americans, including health and human services, education, culture, and recreation, and an adult day health care center.

www.ccacc-dc.org

Korean American Senior Citizen Association **301-438-7304**

4401 Muncaster Mill Rd, Rockville, MD 20853

Immigration services and classes in daily living, health, and English language.

Korean Community Service Center of Greater Washington

703-354-6345

7700 Little River Turnpike, Suite 406, Annandale, VA 22003

Multiple locations offer bilingual English/Korean classes (including classes in computer skills), social programs, health services, and senior empowerment programming.

www.kcscgw.org

National Asian Pacific Center on Aging (NAPCA) 800-336-2722

1511 Third Avenue, #914, Seattle, WA 98101

Committed to the dignity, well-being, and quality of life of Asian Pacific Americans in their senior years; offers several employment programs. Provides translated 'What is Medicaid' handbooks in Chinese, Cambodian, Korean, Samoan, and Vietnamese.

www.napca.org

New Covenant Church Fellowship Senior Center 301-444-3100

18901 Waring Station Road, Germantown, MD 20874

Korean language only social programs and educational classes.

www.fellowshipusa.com

South Asian Americans Leading Together (SAALT) 301-270-1855

8403 Colesville Road, Suite 1100, Silver Spring, MD 20910

Promotes dialogue and community education, including legal clinics and advocacy conferences. Website offers link to other organization working with the South Asian community.

www.saalt.org

Vietnamese-American Services (VAS)

301-646-5852

12621 Old Columbia Pike, Silver Spring, Maryland 20904

The mission of Vietnamese-American Services is to develop partnerships with business, schools, faith communities and local organizations in order to improve the quality of life for the Vietnamese community as well as assisting them to successfully assimilate into American society. VAS offers a variety of different services.

www.vasusa.org/mission-and-purpose

ETHIOPIAN

Ethiopian Community Development Council, Inc. (ECDC)

703-685-0510

901 South Highland Street, Arlington, VA 22204

A community-based organization that responds to the needs of a growing Ethiopian community, both in the Washington, DC, metropolitan area and around the United States. Programs assist newcomers and resettled refugees from around the world. Also provides immigration counseling, domestic violence education, and health programs.

www.ecdcus.org

JEWISH

Bender Jewish Community Center of Greater Washington (BJCCGW)

301-881-0100

6125 Montrose Road, Rockville, MD 20852

Provides an inclusive environment, connecting people of the Jewish community with each other, Israel, and the broader community. “Coming of Age in Maryland” program offers monthly activities, excursions, and special events to members aged 60 and over. Also offers educational programming, including Jewish heritage and Hebrew courses, and wellness activities.

www.benderjccgw.org

Edlavitch Jewish Community Center of Washington, DC (DCJCC)

202-518-9400

1529 16th Street NW, Washington, DC 20036

Provides urban educational, social, cultural, and fitness programs to the DC community, including seniors.

www.edcjcc.org

www.edcjcc.org/community/seniors

Jewish Council for the Aging (JCA) of Greater Washington

301-255-4200

12320 Parklawn Drive, Rockville, MD, 20852

Services include Information & Referral, transportation, adult daycare, employment services, and volunteer opportunities. Serves older adults in DC, Maryland, and Virginia.

www.accessjca.org

JSSA (Jewish Social Services Agency)

Northern Virginia Hamaker Court, Suite 450, Fairfax	240-800-JSSA
Rockville-Fallsgrove 200 Wood Hill Road, Rockville	240-800-JSSA
Rockville-Montrose 6123 Montrose Road, Rockville	240-800-JSSA

Committed to helping older adults live safely wherever they call home for as long as possible by providing the high-quality services and caring support they need. Services include case management, geriatric care consultations, transportation, home care, hospice, social programming, and nutritious meals.

www.jssa.org

Pozeh Jewish Community Center of Northern Virginia

703-323-0880

8900 Little River Turnpike, Fairfax, VA 22031

Dedicated to offering programs, activities, and services emphasizing Jewish culture, identity, and values. Provides social, educational, fitness, and wellness programs guided by Jewish values.

www.thej.org

LATINO / HISPANIC

Iona Senior Services

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

Provides Spanish-language counseling and care management services.

www.iona.org

Casa de Maryland, Inc.

301-431-4185

8151 15th Avenue, Langley Park, MD 20783

Offers social, economic, legal, and health services for Spanish-speaking individuals.

www.casademaryland.org

Central American Resource Center (CARECEN) 202-328-9799

1460 Columbia Road NW, Suite C-1, Washington, DC 20009

Fosters the comprehensive development of the Latina/o population in the Washington region by providing direct services including legal, housing, citizenship education, and economic development, grassroots empowerment, civic engagement, and civil rights advocacy.

www.carecencdc.org

National Association for Hispanic Elderly Regional Office 202-293-9329

Asociación Nacional Pro Personas Mayores

1015 18th Street, NW, Suite 401, Washington, DC 20036

Serves the needs of Hispanic elderly and other low-income persons.

www.anppm.org

Vida Senior Centers 202-483-5800

1842 Calvert Street, NW Washington, DC 20009

Spanish-language services assist Latino elders and other older adults in living independently, maintaining a healthy lifestyle, accessing health care, and self-managing their chronic conditions. Services include meals, Chronic Disease Prevention Education, support groups, individual counseling, recreation, field trips, computer classes, English and Spanish classes, public benefit assistance, and volunteer opportunities.

www.vidaseniorcenter.org

NATIVE AMERICAN

National Indian Council on Aging 505-292-2001

8500 Manual Boulevard NE, Suite B-470, Albuquerque, NM 87112

Advocates for improved, comprehensive health, social services, and economic well-being for American Indian and Alaska Native Elders.

www.nicoa.org

MUSLIM

Kibar Halal Nutrition Center 202-483-8832

1519 Islamic Way NW, Washington, DC 20001

Enjoy lunch, activities, education, health, nutrition, and wellness programs at this Seabury Ward 5 site.

Muslim Community Center (MCC)

301-384-3454

15200 New Hampshire Avenue, Silver Spring, MD 20905

Senior Program provides persons 55+ with a multi-purpose, culturally and ethnically sensitive, intergenerational program. Includes social, educational, recreational activities, and outreach. Services include friendly visitor program, respite care, transportation assistance, food pantry, technical support, and more.

www.mccmd.org

PHARMACIES, MEDICAL EQUIPMENT, SUPPLIES

(See also Clinics, Emergency Services, Emergency Response Systems, Government Agencies, and Hospitals)

This section includes retailers of new equipment and supplies, loan closets (generally providing used equipment), and organizations offering education and advice. Medicare and Medicaid only pay for medical equipment in certain circumstances, and usually require a physician's order.

Iona's Medical Equipment Loan Closet **202-895-9448**

4125 Albemarle Street NW, Washington, DC 20016

Iona provides free, lightly used transport devices and other supplies to older adults and caregivers in the Washington, DC area for as long as needed. Items in our loan closet include:

- Wheelchairs (non-electric)
- Transport chairs (lightweight wheelchairs that need to be pushed)
- Rollator walkers (with and without seats)
- Tub seats and transfer benches
- Commodes
- Hand-held grabbers
- Canes

If you need an item, please contact us at 202-895-9448 and ask for information about our loan closet. We also accept unopened hygiene products. To make a donation, please contact 202-895-9448.

www.iona.org

Columbia Lighthouse for the Blind & The Visionary Store

1825 K Street NW, Suite 1103,
Washington, DC 20006

202-454-6400

8720 Georgia Avenue, Suite 210,
Silver Spring, MD 20910

301-589-0894

Provides a range of services including low vision care and rehabilitation, job development training, and employment for people of all ages who are visually impaired or blind. The Riverdale store sells assistive technology.

www.clb.org

DC Rx Card

3636 South Sherwood Forest Boulevard, Sherwood Tower 440,
Baton Rouge, LA 70816

DC residents can get a statewide Prescription Assistance Program (PAP) that offers prescription medication savings of up to 75% at more than 56,000 pharmacies across the country.

www.dcrxcard.com/index.php

**DC Shares: Disability Equipment
Recycling Program**

202-332-2595

1301 Belmont Street NW, Room 1D, Washington, DC 20009

Provides free medical equipment loans to seniors, disabled persons, and low-income DC residents.

www.atpdc.org/equipmentrecyclingdc.html

Maryland Rx Card

800-301-4679

A free prescription assistance program available to help all Maryland residents afford prescription medications. Provides savings of up to 75% on most generic and brand medications. Those with insurance can also use the program for medications not covered through their pharmacy benefits.

www.staterxplans.us/maryland.html

Rx Partnership (RxP) in Virginia

804-377-1057

1500 Forest Avenue, Suite 201, Richmond, VA 23229

Provides access to medication for Virginia's vulnerable populations. Solicits medications from pharmaceutical companies and distributes them through 22 affiliate clinics and health centers with licensed pharmacies.

www.rxpartnership.org

Virginia Drug Card

Provides substantial savings on prescription medicines. Residents of any age or any income can receive the card, and there are no medical condition restrictions.

www.virginiadrugcard.com/index.php

PHYSICAL THERAPY

Movement Corps Physical Therapy & Wellness 202-459-4594

4125 Albemarle Street NW, Suite 101, Washington, DC 20016

Provides physical therapy and wellness services for older adults and those with neurologic conditions to help them move better. Every client receives private, one-on-one services tailored to meet individual needs and maximize performance.

www.movementcorps.com

Potomac Home Health Care

301-896-6999

6700 A Rockledge Drive, Suite 200 Bethesda, Maryland 20817

Home health agency providing a comprehensive range of home care services in Maryland and Washington, DC. Includes physical therapy from a licensed therapist who assesses the patient's functional level in the home.

www.phhc.org

SENIOR SERVICE AGENCIES

(See also **Adult Education, Arts, Recreation, and Exercise, Government Agencies, and Multi-cultural Programs and Services**)

Iona Senior Services

202-895-9448

4125 Albemarle Street NW, Washington, DC 20016

3303A Stanton Road SE, Washington, DC 20020

Since 1975, Iona has been a trusted provider of essential services for older adults, caregivers, and community members in the metropolitan Washington, DC area. Iona's mission is to support people as they experience the challenges and opportunities of aging. We educate, advocate, and provide community-based services to help people age well and live well. We envision a community that celebrates, values, respects, and protects the contributions and possibilities of every individual. For more information about any of Iona's programs or services, please call 202-895-9448 and ask for the Helpline, email us at info@iona.org, or visit our website.

www.iona.org

DISTRICT OF COLUMBIA

DC Department of Aging and Community Living

(DACL)

202-724-5626, TTY: 711

Lead agencies provide nutrition and other services to DC residents, age 60+. Each lead agency serves a different geographical part of the city.

dacl.dc.gov

Ward 1: Terrific, Inc.

202-882-1160

910 Westminster Street NW

www.terrificinc.org

Ward 2: Terrific, Inc.

202-882-1160

1220 L Street NW

www.terrificinc.org

Ward 3: Iona Senior Services

202-966-1055

4125 Albemarle Street NW

www.iona.org

SENIOR SERVICE AGENCIES

Ward 4: Terrific, Inc. 202-882-1160
418 Missouri Avenue NW
www.terrificinc.org

Ward 5: Seabury Ward 5 Aging Services 202-529-8701
2900 Newton Street NE
www.seaburyresources.org

Ward 6: Seabury Ward 6 Aging Services 202-397-1725
555 Water Street SW
www.seaburyresources.org

Ward 7: East River Family
Strengthening Collaborative 202-534-4880
3917 Minnesota Avenue NE
www.erfsc.org

Ward 8: East River Family
Strengthening Collaborative 202-562-6860
4301 9th Street SE
www.erfsc.org

So Others Might Eat (SOME) Senior Services 202-797-8806

71 O Street NW, Washington, DC 20001

Offers a variety of programs that meet the special needs of the city's most vulnerable seniors, including affordable housing. Services for adults 60+ support health and well-being, provide a safe space for abused and neglected elderly and allow seniors to safely age-in-place with dignity. Additionally, SOME Senior Services provide opportunities for volunteerism and community engagement through its food delivery program and annual Senior Summer Camp.

some.org/services/social-services/senior-services

Vida Senior Centers 202-483-5800

1842 Calvert Street NW, Washington, DC 20009

Spanish-language services assist Latino elders and other older adults in living independently, maintaining a healthy lifestyle, accessing health care, and self-managing their chronic conditions. Services include: meals, Chronic Disease Prevention Education, support groups, individual counseling, recreation, field trips, computer classes, English and Spanish classes, public benefit assistance, and volunteer opportunities.

www.vidaseniorcenter.org

MARYLAND

Jewish Council for the Aging (JCA)

of Greater Washington **301-255-4200, 703-425-0999 (VA)**

12320 Parklawn Drive, Rockville, MD 20852

Services include Information & Referral, transportation, adult daycare, employment services, intergenerational programs, and volunteer opportunities. Serves older adults in DC, Maryland, and Virginia.

www.accessjca.org

Jewish Council for the Aging (JCA)

Senior Helpline **240-290-3311, 703-652-1515**

Free referral service helps callers find housing, home care services, care management, recreation, and more.

www.accessjca.org/senior-helpline

JSSA Aging in Place (Jewish Social Services Agency)

Rockville-Fallsgrove 240-800-JSSA

200 Wood Hill Road, Rockville

Rockville-Montrose 240-800-JSSA

6123 Montrose Road, Rockville

JSSA is committed to helping older adults live safely wherever they call home for as long as possible by providing the high-quality services and caring support they need. Services include case management, geriatric care consultations, transportation, home care, hospice, social programming, and nutritious meals.

www.jssa.org

Montgomery County Aging & Disability Services

Resource Unit **240-777-3000**

401 Hungerford Drive, Rockville, MD 20850

[www.montgomerycountymd.gov/HHS-Program/Program.](http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSADSResourceUnit-p179.html)

[asp?id=ADS/ADSADSResourceUnit-p179.html](http://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=ADS/ADSADSResourceUnit-p179.html)

Prince George's County Department of Family Services/

Aging & Disability Services Division **301-265-8450**

6420 Allentown Road, Camp Springs, MD 20748

www.princegeorgescountymd.gov/1644/Older-Adult-Services

VIRGINIA

Alexandria Office on Aging and Adult Services 703-746-5999

6101 Stevenson Avenue, Suite 200, Alexandria 22304

www.alexandriava.gov/aging

Arlington County Aging and Disability Services 703-228-1700

2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

www.aging-disability.arlingtonva.us

Eldercare Locator 800-677-1116

Assists older adults and their caregivers (throughout the U.S.) in finding local aging-related community services.

www.eldercare.acl.gov/Public/Index.aspx

**Fairfax County's Aging, Disability,
and Caregiver Resources 703-324-7948/12011**

Government Center Parkway Suite 708, Fairfax, VA 22035

www.fairfaxcounty.gov/familyservices/older-adults/family-caregiver-support-programs

**JSSA Aging in Place
(Jewish Social Services Agency) 240-800-JSSA**

3025 Hamaker Court, Suite 450, Fairfax, VA 22031

JSSA is committed to helping older adults live safely wherever they call home for as long as possible by providing the high-quality services and caring support they need. Services include case management, geriatric care consultations, transportation, home care, hospice, social programming, and nutritious meals.

www.jssa.org

Prince William County Area Agency on Aging 703-792-6374

5 County Complex Court, Suite 120, Prince William, VA, 22192

www.pwcva.org

Seabury Resources for the Aging 202-289-5690

P.O. Box 70220, Washington, DC 20024

Provides personalized services and housing options in the greater Washington area. Plans and delivers direct services to older adults and their caregivers living in Wards 5 and 6.

www.seaburyresources.org

SUPPORT GROUPS

(See also **Caregiver's Resources, End-of-Life Care, Health Information, Hearing and Speech, Mental Health and Counseling Services, and Vision**)

Iona Senior Services' Support Groups **202-895-9448**

Iona provides support groups on a variety of topics including the challenges of aging, memory loss, vision loss, living as an LGBTQ older adult, and caregiving. Support groups offer a much-needed anchor by providing older adults and caregivers with a space to connect with others experiencing similar situations. To view a complete list of Iona's support groups, visit our website.

www.iona.org

Adult Child Thursday Evening Caregiver Support Group

Being a caregiver for an older adult in your family is a very difficult job. If you are caring for an older adult with a chronic or acute illness (including dementia), you might benefit from this group. You will have the chance to share what you're experiencing, gain support from other adult children, and connect with resources, programs, and services. Pre-registration required.

Iona/Alzheimer's Association Support Group for Adult Children Caring for Parents with Memory Loss

Whether your parents are living in this area or are far away, and whether they are appreciative or resistant to your assistance, join us for mutual support and learning practical caregiving strategies and ways of coping. Pre-registration required.

Iona/Capitol Hill Village Support Group for Caregivers of Individuals with Memory Loss

This group is for spouses, partners, adult children, and others who are coping with the challenges of being a caregiver for an older family member or friend who has memory loss, including Alzheimer's and other types of dementia. Join us to share your experience and to get support and helpful information. Meetings take place at The Northeast Library, 330 7th Street, NE, Washington, DC. To pre-register contact Capitol Hill Village at 202-543-1778.

Low Vision Support Group

Individuals with low vision – those who are not completely blind – are eligible for this group. Pre-registration required.

Lunchtime Support Group for Family Caregivers

This support group is for spouses, partners, adult children, and others who are coping with the emotional and physical challenges of caring for an older adult. Pre-registration required.

Memory Loss Support Group

Individuals diagnosed with memory loss due to dementia (such as mild cognitive impairment, Alzheimer's, or vascular dementia) and their family and friends are all affected by the diagnosis and the changes that come with memory loss, but the experience is different for the diagnosed individual and those who care about them. Recognizing this, Iona offers two groups that meet simultaneously and provide support, information, and resources specific to each one's needs. Individuals with memory loss and their care partners meet together for 20 minutes for coffee and conversation, then the group splits into separate support groups – one for individuals with memory loss and one for their care partners. We strongly recommend that both the individual diagnosed with memory loss and their care partner attend these meetings, but this is not required. Pre-registration required.

Second Thursdays Family Caregiver Support Group at Iona

This support group is for spouses, partners, adult children, and others who are coping with the emotional and physical challenges of caregiving. The group provides an opportunity to share concerns, successes, challenges, and to get support, tips, and information about helpful resources. Pre-registration required.

Silver Circles

Silver Circles, a partnership of Iona Senior Services and Whitman-Walker Health, are peer-led support groups for adults who are 60+ and identify as lesbian, gay, bi, trans, queer, or questioning (LGBTQ+). Group members can connect with other LGBTQ+ peers, talk about issues that impact them in a safe space, and build support to help navigate challenges. Funding for Silver Circles is provided by the DC Department of Aging and Community Living. To join a Silver Circle, contact Michael Mitchell at Whitman-Walker Health at mmitchell@whitman-walker.org or 202-939-7646.

Support Group for Caregivers of Spouses/Partners with Dementia

This support group for spouses/partners of individuals with dementia meets to share concerns, achievements, frustrations, and losses involved in caring for partners who are coping with dementia. Pre-registration required.

Support Group for People Caring for Their Spouse or Partner

This group is for people who provide care and support to their spouse or partner who has a chronic or acute illness. You'll be able to share your experience, get support, learn caregiver tips, and connect with helpful resources. Pre-registration required.

Transitions in Aging Support Group

This group provides a confidential and welcoming setting for people aged 60+ to meet and share their experiences, get support from each other and Iona's social workers, make connections with new people and build community, and discover coping strategies and helpful resources to live more fully. Pre-registration required.

www.iona.org

AARP DC**202-434-7700**

100 M Street SE, Washington, DC 20003, Suite 650

AARP DC helps seniors to connect with peers in their community and participate in virtual and in-person volunteer opportunities, such as the AARP DC Speakers Bureau or serving as a Ward Liaison. Ward Liaisons help fight for issues that matter to aging adults, such as nutrition access, staying in your community as you age, affordable housing, and lowering the cost of prescription drugs. Volunteers may be asked to testify before the DC Council and attend community meetings. If interested in joining AARP for an upcoming event or becoming a volunteer, please visit the website for more information.

aarp.org/dc

(See the AARP ad on page 35)

Al-Anon / Ala-Teen**888-4AL-ANON, 888-425-2666**

1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Website offers lists of in-person and electronic meetings.

www.al-anon.alateen.org

Alcoholics Anonymous **202-966-9115**

4530 Connecticut Avenue NW, Suite 111, Washington, DC 20008

International fellowship of men and women who currently have or have had a drinking problem. Meetings are open to anyone. A list of chapters and meetings is available online.

www.aa-dc.org

**Alzheimer's Association,
National Capital Area Chapter** **703-359-4440**

Supports counties in the metropolitan Washington region. Also offers resources on Mild Cognitive Impairment.

www.alz.org/nca

American Cancer Society (ACS) **800-227-2345**

Works to help patients stay well and get well, to find cures, and to fight back. Provides resources and information on cancer, support groups, nutrition, treatment, healthy lifestyles, and more. Toll-free number is answered 24/7.

www.cancer.org

American Diabetes Association (ADA) **800-342-2383**

Leads the fight against diabetes and fights for those affected by diabetes. It funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Website lists support groups.

www.diabetes.org

**American Foundation for
Suicide Prevention (AFSP)** **202-449-3600**

440 First Street NW, Suite 300, Washington, DC 20001

Leads in the fight against suicide; funds research, creates educational programs, advocates for public policy, and supports survivors of suicide loss. Website includes resources for understanding and preventing suicide, and information to help with loss.

www.afsp.org

American Liver Foundation**800-465-4837**

Facilitates, advocates, and promotes education, support, and research for the prevention, treatment, and cure of liver disease. Provides information on clinical trials.

www.liverfoundation.org

Amputee Coalition of America**888-267-5669**

601 Pennsylvania Avenue NW, Suite 420, South Building,
Washington, DC 20004

Reaches out to and empowers people affected by limb loss to achieve their full potential through education, support, and advocacy. Website lists support groups and other local services.

www.amputee-coalition.org

Capital Caring Health (Advertiser)**844-447-4383 (VA)**

Provides palliative care, hospice care, and counseling. The Point of Hope Counseling team facilitates support groups and workshops.

(See *Capital Caring Health ad on page 79*)

DC Caregivers' Institute (DCCI)**202-724-5626, TTY: 711**

1234 Massachusetts Avenue NW, Suite C1002,
Washington, DC 20005

Part of Department of Aging and Community Living (DACL), the District of Columbia Caregivers' Institute (DCCI) prepares caregivers to solve problems and better cope with changing situations, while enhancing practical skills needed daily. With support, training, and assistance, many caregivers are better able to care for themselves as well as the older person that they help.

dccaaregivers.org

Depression & Bipolar Support Alliance (DBSA) 800-826-3632

55 E. Jackson Boulevard, Suite 490, Chicago, Illinois 60604

Provides hope, help, support, and education to people who have mood disorders. Website lists local support groups for depression and bipolar disorder.

www.dbsalliance.org

SUPPORT GROUPS

Family Caregiver Alliance (FCA) **800-445-8106**
235 Montgomery Street, Suite 930, San Francisco, CA 94104
Supports and sustains caregivers with national, state, and local programs and resources. The Family Care Navigator is sponsored by the National Center on Caregiving (NCC) and helps caregivers locate support services by state.
www.caregiver.org

George Washington University Hospital Support Groups **202-715-4165**
900 23rd Street, NW, Washington, DC 20037
Offers a variety of support groups. For information, call the Department of Case Management
www.gwhospital.com

The Glaucoma Foundation (TGF) **212-285-0080**
80 Maiden Lane, Suite 700, New York, NY 10038
Working to develop a cure for glaucoma through innovative research. Website offers online support groups.
www.glaucomafoundation.org

Holy Cross Hospital Support Groups **301-754-7152**
500 Forest Glen Road, Silver Spring, MD 20910
Offers a variety of support groups, including bereavement and caregiving. Website also lists other community support groups that meet at the facility.
www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/support-groups/

Inova Hospitals' Support Groups
Offers a variety of support groups for individuals, caregivers, family, and friends and are available at a variety of locations in Northern Virginia. Support groups are condition-related and are run individually by individuals or hospital departments.
www.inova.org/our-services/inova-well/medical-wellness/support-groups

**Metro Area Gender Identity Connection of Washington DC
(MAGIC DC)**

225 E Broad Street, Falls Church, VA

A peer support group for Transsexual, Gender Queer, and other Gender Identity Questioning people living in the greater Metropolitan area.

www.magicdc.org

Montgomery County Stroke Association, Inc. 301-681-6272

PO Box 9343, Silver Spring, MD 20916-9343

Provides help and information to stroke survivors and their family caregivers; has four local chapters that meet monthly.

www.mcstroke.org

**Narcotics Anonymous (NA)
of the Chesapeake & Potomac Region 800-543-4670**

A nonprofit fellowship or society for those for whom drugs had become a major problem. Recovering addicts meet regularly to help each other stay clean.

www.cprna.org

**National Kidney Foundation (NKF)
of the National Capital Area 202-244-7900**

1600 Tysons Blvd, Suite 330, McLean, VA 22102

Dedicated to awareness, prevention, and treatment of kidney disease.

www.kidneywdc.org

infowdc@kidney.org

**National Multiple Sclerosis (MS) Society,
Greater DC Maryland Chapter 800-344-4867**

One M Street SE, Suite 510 South, Washington, DC 20003

The Greater DC-Maryland Chapter works to improve the quality of life for people affected by MS in Maryland, Northern Virginia and Washington, DC and raise funds for critical research. Provides resources on the diagnosis and treatment, as well as information to help support those diagnosed with MS.

www.nationalmssociety.org/Chapters/MDM

SUPPORT GROUPS

National Stroke Association **800-STROKES, 800-787-6537**

7272 Greenville Avenue, Dallas, TX 75231

Works to reduce the incidence and impact of stroke by developing compelling education programs focused on prevention, treatment, rehabilitation, and support for all impacted by stroke. Multiple support groups are offered around the region.

www.stroke.org

Parkinson's Foundation of the National Capital Area

(PFNCA)

800-327-4545

301-844-6510 (MD), 703-734-1017 (VA)

3570 Olney Laytonsville Road, #490, Olney, MD 20830

7700 Leesburg Pike, Suite 208, Falls Church, VA 22043

Dedicated to improving the lives of those impacted by Parkinson's disease in the Washington, DC, metropolitan area. Provides resources, information, and support to assist caregivers and patients in understanding and coping with Parkinson's. Website lists support groups and other local services.

www.parkinsonfoundation.org

Sibley Hospital's Club Memory®

202-364-7602

5255 Loughboro Road NW, Washington, DC 20016

Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and for their care partners.

www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/club-memory.html

Sibley Hospital Support Groups

202-364-7602

5255 Loughboro Road NW, Washington, DC 20016

Call or view the website for current support groups that provide education and social interaction for patients, families, and caregivers.

www.hopkinsmedicine.org/sibley-memorial-hospital

Sibley Parkinson's Support Group

202-364-7602

Support group for both the person with Parkinson's Disease and their care partners. Call for current and more information.

Washington Hospital Center (MedStar Health)**Support Group****202-877-7000**

102 Irving Street NW, Washington, DC 20010

Sponsors a stroke support group to provide support, education, and social interaction for stroke survivors, families, friends, and caregivers.

www.whhs.com/about-us/community-connection/support-groups

Wendt Center for Loss & Healing**202-624-0010**

4201 Connecticut Avenue, NW, Suite 300, Washington, DC 20008

Provides mental health counseling, support groups, training and education, crisis response, and case management services to ease the impact of illness, loss, and traumatic events.

www.wendtcenter.org

Whitman-Walker Health**202-745-7000**

1701 14th Street NW, Washington, DC 20009

Max Robinson Center: 2301 Martin Luther King Jr. Avenue SE, Washington, DC 20020

Healthy Relationships program serves people living with HIV. In small (8-10 people) groups separated by gender and sexual orientation, support groups discuss defining stress and reenforce coping skills across various life areas.

www.whitman-walker.org/?s=support+groups

Widowed Persons' Outreach Program (WPO)**202-537-4942**

5255 Loughboro Road NW, Washington, DC 20016

Offers a variety of support groups including for bereavement and movement disorders. WPO is a free community service that provides bereavement support to newly widowed persons, including a separate support group for younger widowed persons.

www.hopkinsmedicine.org/about/community_health/sibley-memorial-hospital/senior-wellness/widowed-outreach.html

The Women's Center**703-281-2657**

133 Park Street NE, Vienna, VA 22180

Works to significantly improve the psychological, career, financial, and legal well-being of women (and men) and their families, regardless of their ability to pay. Support and Therapy group topics include survivors of sexual abuse, depression, young professional women, and more.

There is a group participation fee.

www.thewomenscenter.org/

TRANSPORTATION

REGIONAL TRANSPORTATION

ALS Association DC/MD/VA Chapter **301-978-9855**

30 W. Gude Drive, Suite 150, Rockville, MD 20850

Contact to inquire about transportation options for people with a diagnosis of ALS who do not have a means of transportation of their own. Reimbursement may be available under certain circumstances.

www.als.org/dc-md-va

AMTRAK **800-USA-RAIL, 800-872-7245**

60 Massachusetts Avenue NE, Washington, DC 20002

Reduced train fares are available to passengers with disabilities and their companions, and to older adults, age 62 and older.

www.amtrak.com

MARC **866-RIDE-MTA, 866-743-3682**

A commuter rail system with services in the Baltimore and Washington area. Operates Monday - Friday only. Older adults (65+) and people with disabilities receive a discount off the price of all MARC tickets, except the TLC.

www.mta.maryland.gov/marc-fares

Virginia Department of Medical Assistance Services (DMAS) **866-386-8331**

Region 3, 7443 Lee Davis Road, #200, Mechanicsville, VA 23111

Website helps eligible Medicaid members, Medicaid transportation providers, and other Medicaid service providers to understand transportation benefits.

transportation.dmas.virginia.gov

Washington Non-Emergency Transportation (MTM)

866-796-0601

Provides non-emergency transportation to Medicaid covered medical services for eligible Medical Assistance (MA) residents who have no other means of getting to their medical appointments. MTM operates within Washington, DC, Montgomery and Prince Georges Counties, MD, Fairfax, Arlington, and Alexandria, VA.

www.mtm-inc.net/washington-dc

Additional medical transport information:

City of Alexandria **1-866 386-8331 option 7**
www.alexandriava.gov/dchs/adultservices default.aspx?id=50404

City of Arlington **866-386-8331**
www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation

Fairfax County **866-386-8331**
www.fairfaxcounty.gov/familyservices/disabilities northern-virginia-transportation-guide

Montgomery Country **240-777-5899**
www.montgomerycountymd.gov/dot-transit/seniors.html

Prince George’s County **301-856-9555**
www.princegeorgescountymd.gov/2104/Medical Assistance-Transportation-Program

RIDE SHARING

Arrive **866-626-9879**
arriverides.com

Go Go Grandparent **855-464-6872**
gogograndparent.com

Lyft
www.lyft.com

Uber
www.uber.com/us/en/ride
www.get.uber.com

Via

www.ridewithvia.com

Road to Recovery

800-227-2345

The American Cancer Society Road To Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

Seabury's Enhanced Mobility Program

202-844-3000

Seabury's Enhanced Mobility Program supports older adults and people with disabilities in Washington, DC. Provides subsidized transportation funds for eligible DC residents through a prepaid debit card. The card can be used to pay for transportation-related expenses which include but are not limited to taxi services, select mobile transportation apps, private transportation providers, bikeshare services, and intercity bus services.

EnhancedMobility@seaburyresources.org

www.seaburyresources.org/transportation

Virginia Railway Express (VRE)

703-684-1001

1500 King Street, Suite 202, Alexandria, Virginia 22314

Provides safe, cost effective, accessible, reliable, convenient, and comfortable commuter-oriented rail passenger service in Virginia and Washington, DC. Offers reduced-fare tickets to older adults aged 65+ and people with disabilities.

www.vre.org

Washington Metropolitan Area Transit Authority (WMATA)

202-637-7000

Disability ID

202-962-2700

Senior SmarTrip Card

202-762-7874

600 5th Street NW, Washington, DC 20001

The regional bus and subway system (known as Metro). Seniors and people with disabilities with SmarTrip cards get discounted fares on Metro; purchase Senior SmarTrip cards at Metro sales offices, and station kiosks. A Medicare card can be used for discounts on the bus. All Metro bus and subway cars are accessible.

www.wmata.com

WMATA Metro Access**301-562-5360**

A shared-ride, door-to-door, paratransit service for people who cannot independently use the accessible bus and/or rail system due to disability.

www.wmata.com/service/accessibility/metro-access/index.cfm

DISTRICT OF COLUMBIA**DAV Volunteer Transportation****202-745-8000**

Veterans who need travel assistance to Veterans Affairs (VA) medical facilities may get help from DAV's volunteer transportation program.

www.dav.org/veterans/i-need-a-ride

Seabury Connector**202-727-7771**

The Connector provides free curb-to-curb transportation to medical appointments, personal business related to public benefits (Social Security, housing assistance, and SNAP) for DC residents aged 60 and older. Participants must call and enroll to use the service.

www.seaburyconnector.org

Seabury Connector Card**202-844-3000**

500 K Street NE, Washington, DC 20002

Provides older adults, age 60 and over, with deeply discounted vouchers for door-to-door taxicab transportation service to the destination of their choice. Enrollment must be made through Iona or another DC Office on Aging Lead Agency.

www.dacl.dc.gov/service/transportation

Transport DC**844-322-7732**

2235 Shannon Place SE, Washington, DC, 20020

Provides an alternative transportation service for MetroAccess customers. Rides are unrestricted the first 15 days of the month and only for employment and medical services during the remainder of the month. Each one-way trip is \$5.00, which can be paid by cash, credit card or debit card.

www.dfhv.dc.gov/service/transport-dc

VetsRide

202-724-4010

441 4th Street NW, Suite 870 North, Washington, DC 20001

Offers veteran residents of Washington DC with limited income transportation to medical appointments, educational opportunities, and employment.

www.servingtogetherproject.org/dc-vetsride-program

MARYLAND TRANSPORTATION (MONTGOMERY AND PRINCE GEORGE'S COUNTIES)

MONTGOMERY COUNTY

For a comprehensive list of Montgomery County options, visit:

www.montgomerycountymd.gov/dot-transit/seniors.html

Bethesda Circulator

301-656-0868

7700 Old Georgetown Road, Bethesda, MD 20814

A convenient and dependable way to get around Bethesda.

www.bethesda.org/bethesda/bethesda-circulator

Bethesda Help

301-365-2022

PO Box 34094, Bethesda, MD 20827-0094

Volunteers provide short-term assistance to Bethesda residents, including free transportation to doctor and social-service appointments for elderly or disabled individuals who cannot afford cab fare.

www.bethesdahelp.org

Call 'N' Ride

301-948-5409

Provides subsidized taxi trips for low-income persons with disabilities and older adults at least 65 years of age. Helps transport participants to medical and/or personal appointments. All trips must begin and end in Montgomery County.

www.montgomerycountymd.gov/dot-transit/seniors.html

Damascus Help, Inc.

301-253-4100

9700 New Church Street, Damascus, MD 20872

Provides assistance to people in need in upper Montgomery County, in the form of emergency food, holiday food baskets and gifts, transportation, furniture, and emergency financial assistance.

www.damascushelp.org

Gaithersburg Help**301-216-2510**

301 Muddy Branch Road, Gaithersburg, MD 20878

Congregational volunteers provide services to Gaithersburg area residents, including emergency food, prescription funding, transportation, and emergency financial assistance.

www.gaithersburghelp.org/get-help/transportation

JCA Connect-A-Ride**301-738-3252**

Free referral service that helps seniors and adults of all ages with disabilities locate the transportation options they need. Certified Information and Mobility Specialists help with schedules, benefits, and eligibility requirements in Montgomery County.

www.accessjca.org/connect-a-ride

JCA Escorted Transportation**240-395-0915**

Serves eligible low-income residents of Montgomery County who are unable to travel alone. Clients must require assistance due to physical, cognitive, or emotional impairment. The program assists with transportation to medical appointments, grocery stores, and other destinations.

www.accessjca.org/escorted-transportation

Regency Taxi**301-990-9000**

Serves Montgomery County with handicapped-accessible taxis.

www.regencytaxi.com

Ride-On Montgomery County Transit**240-777-0311**

101 Monroe Street, Rockville, MD 20850

Plans, schedules, and manages the County's RIDE ON bus system. Also offers discounts for older adults and people with disabilities.

www.montgomerycountymd.gov/rideon

Senior Connection of Montgomery County**301-962-0820**

3950 Ferrara Drive, Silver Spring, MD 20906

Links older adults to services and resources so they can live independently while remaining integral members of our community. Services include escorted transportation to medical appointments and grocery stores.

www.seniorconnectionmc.org

TRANSPORTATION

Silver Spring Van Go

240-777-0311

1 Veterans Place, Silver Spring, MD 20910

A free shuttle service in downtown Silver Spring that operates weekdays 7:00 AM - 7:00 PM. Shuttle is run by Ride-On.

www.silverspringdowntown.com/go/vango-free-downtown-shuttle

PRINCE GEORGE'S COUNTY

Call-a-Bus

301-499-8603

9400 Peppercorn Place, Suite 300, Largo, MD 20774

An on-demand response curb-to-curb service for those who cannot use bus or rail services, provided to older adults (age 60 and over) and persons with disabilities.

www.princegeorgescountymd.gov/1138/Call-a-Bus

Call-a-Cab

301-883-5656

9400 Peppercorn Place, Suite 320, Largo, MD 20774

A transportation assistance program that enables older adults (age 60+) and those with disabilities (using a subsidized coupon book) to pay for rides with participating cab companies.

www.princegeorgescountymd.gov/1102/Call-a-Cab

The Bus

301-324-2877

9400 Peppercorn Place, Suite 300, Largo, MD 20774

County public bus service; seniors and people with disabilities ride for free.

www.princegeorgescountymd.gov/1120/Countys-TheBus

VIRGINIA TRANSPORTATION

ARLINGTON COUNTY

For a comprehensive list of Arlington County options, visit:

www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation

Arlington Transit (ART) **703-228-RIDE or 703-228-7433**
2100 Clarendon Boulevard, Suite 900, Arlington, VA 22201
Operates within Arlington County, supplementing Metrobus with cross-county routes and neighborhood connections to Metrorail. Offers discounts for seniors and people with disabilities.
www.arlingtontransit.com

Door-Thru-Door Assisted Transportation **703-228-1700**
Program is for adults who live in Arlington County and need help in getting to and from health care appointments. Home care aides help individuals prepare for the trip, get to and from the vehicle, accompany persons during the health care appointment, provide assistance in returning home, and when appropriate share information with family caregivers and community service providers.
www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation

Fast Tran Critical Medical Care, Arlington **703-222-9764 ext. 2**
Offers sliding-scale transportation for critical medical trips including dialysis, cancer treatment, or rehabilitative services.
www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide

Interim Star **703-228-1700**
Interim STAR is available for Arlington residents ages 60 and over who have submitted an application for MetroAccess and meet all criteria but have not yet been approved. Interim STAR may only be used for health care appointments.
www.arlingtontransit.com/pages/star

JCA Connect-A-Ride **703-323-6494**
Free referral service that helps seniors and adults of all ages with disabilities locate the transportation options they need. Certified Information and Mobility Specialists help with options in Northern Virginia.
www.accessjca.org/connect-a-ride

Senior Loops – Grocery Shopping **703-228-8747**

Senior Loops offers weekly/monthly grocery shopping for residents of five apartment communities (Culpepper Garden, The Carlin, Claridge House, Hunters Park, and Woodland Hill) and select neighborhoods. All Arlington residents age 55+ who can get to these locations may use the Loop.

www.arlingtonva.us/Government/Departments/DHS/Aging-Disability/Resources/Transportation

Shepard's Center of McLean, Arlington, Falls Church **703-506-2199**

1205 Dolley Madison Boulevard, McLean, VA 22101

Provides medical transportation free of charge to anyone age 50 or older who resides in the local community. No income-level requirements. Financial contributions are appreciated but not required.

www.scmafc.org/services.html

Specialized Transit for Arlington Residents (STAR) **703-228-1900**

2100 Clarendon Boulevard, Suite 900, Arlington, VA 22201

A shared ride paratransit service that serves residents who have difficulty using public fixed route transit due to age or disability.

www.arlingtontransit.com/pages/star

STAR Assisted Transportation **703-228-1700**

This option provides a driver/escort from the door of a home to the office of a health care provider. Eligibility for the program is limited to Arlington residents who are 60 years and older, STAR program participants, and in need of a personal care attendant. This service is limited to health care appointments and visits to family members in a nursing home or assisted living residence.

www.arlingtontransit.com/pages/star

Temporary STAR **703-228-1700**

The temporary STAR service is available to Arlington residents who have a temporary condition that prevents driving or using public transportation. Trips are limited to healthcare appointments. The expectation is that, after 3 months, a temporary STAR user will have recovered and return to customary travel arrangements or be in a position to apply for permanent MetroAccess eligibility.

www.arlingtontransit.com/pages/star

Super Senior Taxi (SST) 703-228-1700

2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

A subsidized transportation program for residents aged 70 and over, who can purchase a subsidized book of vouchers to use for taxi services through Arlington Red Top Cab and Yellow Cab.

www.arlingtontransit.com/riding-art/how-to-ride/how-to-ride-for-senior-citizens/super-senior-taxi/

CITY OF ALEXANDRIA**City of Alexandria Office on Aging and Adult Services 703-746-5999**

2525 Mt. Vernon Avenue, Alexandria, VA 22301

Offers several transportation programs for older adults at

www.alexandriava.gov/older-adult-services/program/transportation:

Agency on Aging Charter Services 703-746-3275
Handicapped accessible buses and vans available for charter

DOT Specialized transportation service 703-746-4084
For residents who cannot use regular transit buses or rail due to disability.

Group Grocery Shopping Trips 703-746-3275
On specially scheduled routes for those aged 60 and over.

Senior Taxi Yellow Card Program 703-746-5999
Transportation for individuals ages 60 and older to medical appointments, pharmacy, grocery stores.

DASH 703-746-3274

3000 Business Center Drive, Alexandria, VA 22314

Alexandria Transit Company's DASH bus system provides safe, reliable, and courteous bus service within the City of Alexandria. DASH connects with Metrobus, Metrorail, Virginia Railway Express, and all local bus systems.

www.dashbus.com

**Fast Tran Critical Medical Care,
Alexandria**

703-222-9764 ext. 2

Offers sliding-scale transportation for critical medical trips including dialysis, cancer treatment, or rehabilitative services.

www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide

FAIRFAX COUNTY

For a comprehensive list of Fairfax County options:

www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide

CUE Bus

703-385-7859

10455 Armstrong Street, Room 200A, Fairfax, VA 22302

Senior citizens and persons with disabilities may obtain a CUE Bus identification card to receive the reduced bus fare of 85¢. Complete and return a CUE Bus Senior ID Application or CUE Bus Disability ID Application form at the Transportation office.

www.fairfaxva.gov/government/public-works/transportation-division/cue-bus-system/transportation-for-seniors-and-persons-with-disabilities

Fairfax County Connector

703-339-7200

4050 Legato Road, Suite 400, Fairfax, VA 22033

County public transit bus; offers discounts for older adults and people with disabilities.

www.fairfaxcounty.gov/connector

**Fast Tran Critical Medical Care,
Fairfax County**

703-222-9764 ext. 2

Offers sliding-scale transportation for critical medical trips including dialysis, cancer treatment, or rehabilitative services.

www.fairfaxcounty.gov/familyservices/disabilities/northern-virginia-transportation-guide

Shepard's Center of Fairfax-Burke

703-323-4788

Offers medical transportation and companion shopping to eligible participants.

www.scfbva.org/transportation

**Shepard's Center of McLean,
Arlington, Falls Church****703-506-2199**

1205 Dolley Madison Boulevard, McLean, VA 22101

Provides medical transportation free of charge to anyone age 50 or older who resides in the local community. There are no income-level requirements. Financial contributions are appreciated but not required.

www.scmafc.org/services.html

TOPS**703-222-9764**

TOPS provides subsidized transportation funds on an easy-to-use debit card for eligible older adults, persons with disabilities, and those with limited income who are residents of Fairfax County, the City of Fairfax, or the City of Falls Church. The taxi voucher programs (Seniors On-The-Go!, TaxiAccess, and Dial-A-Ride programs) have been integrated to TOPS.

www.fairfaxcounty.gov/neighborhood-community-services/transportation/tops

WHEELCHAIR-ACCESSIBLE TAXIS**Arlington BlueTop Cabs****703-243-TAXI, 703-243-8294**

Serves Arlington County and surrounding Northern Virginia; has wheelchair-accessible taxis.

www.bluetop.com/accessible-taxi-service

Barwood Taxi**301-984-1900**

TaxiPlus vehicles are modified minivans with wheelchair ramps or lifts. Recommend booking 24-48 hours in advance, though not required. Serves the Washington metro region.

www.barwoodtaxi.com

Fairfax Red Top Cab**703-333-3333**

Serves Fairfax County and parts of surrounding northern Virginia; has wheelchair-accessible taxis and offers senior discounts.

www.fairfaxredtopcab.com

Fairfax Yellow Cab**703-534-1111**

Serves Fairfax County and parts of surrounding northern Virginia; has wheelchair-accessible taxis and offers senior discounts.

www.fairfaxyellowcab.com

TRANSPORTATION

King Cab Company

703-549-3530

Serves all of Alexandria VA, airports, and the DC Metro area.

www.kingcabcompany.com/

Red Top Cabs

703-333-3333 (Fairfax)

703-522-3333 (Arlington)

Serves Fairfax and Arlington Counties and parts of surrounding Northern Virginia. Has wheelchair-accessible taxis and offers senior discounts.

www.redtopcab.com/ www.fairfaxredtopcab.com

Taxi Transportation

202-398-0500

Umbrella dispatcher to 19 local cab companies. Serves Washington, DC, and parts of northern Virginia. If reserving online, select “Wheelchair accessible Taxi” option.

www.dctaxionline.com

Yellow Cab Company of DC

202-544-1213

Serves Washington, DC. Request a wheelchair-accessible cab using “Accessible Service” selection.

www.dcyellowcab.com/

VETERANS

BENEFITS

Aid and Attendance Benefits and Housebound Allowance

800-698-2411

Home Care benefits to support Veterans who are bedridden, have limited vision, or in need of assistance with performing daily activities such as bathing, feeding, or dressing.

www.va.gov/pension/aid-attendance-housebound

U.S. Department of Veterans Affairs

800-698-2411

810 Vermont Ave., NW, Washington, DC 20420

Website provides links to Veterans Affairs regional benefit offices and other VA facilities. Provides information, resources, and guidance for Veterans to access housing, medical care, disability, education and training, careers and employment, pension, and many more benefits.

www.choose.va.gov

HOME SAFETY AND MODIFICATIONS

Veterans Administration

The Rehabilitation and Prosthetic Services' Home Improvements and Structural Alterations program provides financial assistance to qualified veterans to make medically necessary improvements and structural alterations to residences.

www.prosthetics.va.gov/HISA2.asp

HOSPICE

Veterans Affairs Medical Center

202-745-8240

50 Irving Street NW, Washington, DC 20422

Home hospice services available.

www.washingtondc.va.gov

HOUSING

Armed Forces Retirement Home 800-422-9988; 202-730-3043

3700 North Capitol Street, NW, Washington, DC 20011

Provides retirement facilities and services designed for eligible veterans.

www.afrh.gov

VETERANS

Knollwood Military

Retirement Residence

800-541-4255, 202-541-0149

6200 Oregon Avenue, NW, Washington, DC 20015

Full-service residential and Alzheimer's care community for retired military officers and family members.

www.armydistaff.org

MEDICAL

Veterans Affairs Medical Center

202-745-8000

50 Irving Street NW, Washington, DC 20422

The Geriatrics Clinic provides primary and consultative care.

Outpatient and inpatient consultations are also available in Palliative Care.

www.washingtondc.va.gov

TRICARE

877-874-2273

7700 Arlington Boulevard, Suite 5101, Falls Church, VA 22042

TRICARE health care program covers active-duty service members,

National Guard and Reserve members, retirees, their families,

survivors, certain former spouses, and others registered in the Defense

Enrollment Eligibility Reporting System (DEERS).

www.tricare.mil

Walter Reed National Military Medical Center

301-295-4810

8901 Rockville Pike, Bethesda, MD 20889

www.wrnmcc.apmed.mil

VISION

Blinded Veterans' Association

800-669-7079

PO Box 90770 Washington, DC 20090

Links veterans with services, rehabilitation training, and other benefits, and helps them find jobs. Offers scholarships to spouses and dependent children of blinded veterans.

www.bva.org

**DC Public Library Adaptive Services Department 202-727-2142
202-559-5368 (Videophone)**

901 G Street, NW, Suite 215, Washington, DC 20001

Helps the deaf community, visually impaired, older adults, veterans, and injured service people better use the library.

www.dclibrary.org/services/lbph

Veterans Affairs Medical Center 202-745-8000

50 Irving Street NW Washington, DC 20422

Offers an individualized Vision Rehabilitation Program to visually impaired (legally blind) and low-vision veterans. Services include a low-vision evaluation, followed by low-vision therapy, living skills, mobility, computer access, adjustment counseling to vision loss, and VA benefits.

www.va.gov/health-care/about-va-health-benefits/vision-care/

VILLAGES

Villages are neighborhood-based organizations that assist people to age in the community safely and comfortably. Most models are membership based with services such as transportation, computer training, and home maintenance. Often these services are provided by volunteers and vetted professional providers. Villages also may offer social and educational activities. Iona supports the efforts of the Village movement and remains committed to providing support services to local Villages and their members.

DISTRICT OF COLUMBIA

Capitol Hill Village **202-543-1778**

1355 E Street SE, Washington, DC 20003

www.capitolhillvillage.org

Cleveland and Woodley Park Village **202-615-5853**

PO Box 11231, Washington, DC 20008

www.clevelandwoodleyparkvillage.org

DC Waterfront Village **202-656-1834**

Mailing Address: PO Box 70372, Washington, DC 20024

Physical Address: 222 M Street SW, Washington, DC 20024

www.dewaterfrontvillage.org

Dupont Circle Village **202-436-5252**

2121 Decatur Place NW, Washington, DC 20008

www.dupontcirclevillage.net

East Rock Creek Village **202-656-7322**

7707 13th Street NW Washington, DC 20012

www.eastrockcreekvillage.com

Foggy Bottom West End Village **202-333-1327**

2430 K Street NW, Washington, DC 20037

www.fbwevillage.org

Georgetown Village **202-999-8988**

1680 Wisconsin Avenue NW, Suite 110, Washington, DC 20007

www.georgetown-village.org

Glover Park Village **202-436-5545**
 PO Box 32255, Washington, DC 20007
www.gloverparkvillage.org

Kingdom Care Senior Village **202-561-5594**
 814 Alabama Ave SE, Washington, DC 20032
www.kingdomcarevillage.org

Mount Pleasant Village
Neighbors Helping Neighbors Helpline **202-573-7541**
 1735 Lamont Street NW, Washington, DC 20010
www.mountpleasantvillage.org

Northwest Neighbors Village **202-935-6060**
 PO Box 39135, Washington, DC 20016
www.nnvdc.org

Palisades Village **202-244-3310**
 Mailing: PO Box 40403, Washington, DC 20016
 Physical: 5200 Cathedral Avenue NW, Washington, DC 20016
www.palisadesvillage.org

Pennsylvania Avenue Village East, Inc. **202-581-6160**
202-581-6161
 3130 Pennsylvania Avenue SE, Washington, DC 20020
www.pavillageeast.org

MARYLAND

Bannockburn Neighbors Assisting Neighbors (NAN), Inc. c/o
Bannockburn Civic Association
 6314 Bannockburn Drive, Bethesda, Maryland 20817
www.bannockburncommunity.org

Bethesda Metro Area Village **240-630-2628**
 P.O. Box 30525, Bethesda, MD 20824
www.bmavillage.org

Bradley Hills Village **240-600-1846**
 PO Box 341823, Bethesda, MD 20827
www.bhv.clubexpress.com

VILLAGES

Burning Tree Village, Inc. www.burningtreevillage.org	240-389-3829
Cheverly Village c/o 3416 Belleview Avenue, Cheverly MD 20785 www.cheverlyvillage.org/	240-770-1033
Chevy Chase At Home PO Box 15102, Chevy Chase, MD 20825 www.chevychaseathome.org	301-657-3115
Friendship Heights Neighbors c/o Constance Row 4601 North Park Avenue, Apt 1719, Chevy Chase, MD 20815 www.fhneighbors.org	240-620-3285
Greater Stonegate Village PO Box 10009, Silver Spring, MD 20914 www.greaterstonegatevillage.org	240-918-7989
Hyattsville Aging in Place P.O. Box 113, Hyattsville, MD, 20781 www.hyattsvilleaginginplace.org	301-887-3101
Little Falls Village 4701 Sangamore Road, #S-232, Bethesda, MD 20816 www.littlefallsvillage.org	301-320-3267
Manor Connections www.manorconnections.org	240-408-5507
Mill Creek Village Derwood, MD 20855 www.millcreekvillage.wordpress.com	240-686-5870
North Chevy Chase Connections PO Box 654, Kensington, MD 20895 www.northchevychaseconnections.org	240-343-2446
Olney Home for Life P.O. Box 1684, Olney, MD 20830-1684 www.olneyhomeforlife.org	301-446-2512

Potomac Community Village 240-221-1370
PO Box 59424, Potomac, MD 20859
www.potomaccommunityvillage.org

Silver Spring Village 240-833-5580
8700 Georgia Avenue, Suite 306, Silver Spring,
Maryland 20910
www.silverspringvillage.org

Somerset Helping Hand Senior Village
www.townofsomerset.com/2160/Helping-Hand

Village of Takoma Park 301-646-2109
PO Box 11420, Takoma Park, MD 20912
www.villageoftakomapark.com

Villages of Kensington 301-509-0191
P.O. Box 118, Kensington, MD 20895-0118
www.villagesofkensington.org

VIRGINIA

Arlington Neighborhood Village 703-509-8057
2666 Military Road, Arlington, VA 22207
www.arlnvil.org

At Home in Alexandria 703-231-0824
3139 Mt. Vernon Avenue, Alexandria, VA 22305
www.athomeinalexandria.org

Herndon Village Network 703-375-9439
P.O. Box 5143, Herndon, VA 20172
www.herndonvillagenetwork.org

Lake Barcroft Village, Inc. 703-354-0652
PO Box 4645, Falls Church, VA 22044
www.lakebarcroftvillage.org

VILLAGES

Mount Vernon At Home

703-303-4060

PO Box 7493, Alexandria, VA 22307

Physical Address: Sherwood Regional Library,

Second Floor 2501 Sherwood Hall Lane Alexandria, VA 22306

www.mountvernonathome.org

Reston for a Lifetime

www.restonforalifetime.org

VISION RESOURCES

(See also Government Agencies)

Iona Senior Services Low Vision Support Group **202-895-9448**
TTY: 202-895-9444

4125 Albemarle Street, NW, Washington, DC20016

Share experiences, gain support, and learn about technology and resources at this support group for older adults experiencing vision loss. Registration required.

American Academy of Ophthalmology **415-561-8500**

PO Box 7424, San Francisco, CA 94120

Ophthalmologists are medical and osteopathic physicians who provide comprehensive eye care, including medical, surgical and optical care. Offers resources on eye health (i.e., cataracts, glaucoma, macular degeneration), including assistance finding a local eye doctor.

www.geteyesmart.org

American Association of the Deaf-Blind (AADB) **301-563-9107 (VP), 301-495-4403 (Voice)**

PO Box 2831, Kensington, MD 20891

A national consumer organization of, by, and for deaf-blind Americans and their supporters.

www.aadb.org

American Foundation for the Blind **212-502-7600**

2 Penn Plaza, Suite 1102, New York, NY 10121

Provides information and resources for visually impaired individuals; does not provide clinical services.

www.afb.org

American Printing House for the Blind **800-223-1839**

1839 Frankfort Avenue, Louisville, KY 40206

Promotes independence of blind and vision impaired persons by providing specialized materials, products, and services needed for education and life. Can shop for products designed for people of all ages who are blind or visually impaired on their website.

www.aph.org

Blinded Veterans' Association

800-669-7079

PO Box 90770 Washington, DC 20090

Links veterans with services, rehabilitation training, and other benefits, and helps them find jobs. Offers scholarships to spouses and dependent children of blinded veterans.

www.bva.org

Bookshare

650-352-0198

480 South California Avenue, Suite 201, Palo Alto, CA 94306

An online library for people with print disabilities. Helps those with visual impairments, physical disabilities, and/or learning disabilities to dramatically increase the quantity and timely availability of books and newspapers in accessible formats.

www.bookshare.org

BrightFocus Foundation

800-437-2423

22512 Gateway Center Drive, Clarksburg, MD 20871

Provides educational materials, support, and referrals for people affected by or interested in brain and eye diseases (including macular degeneration and glaucoma), empowering them to take action for themselves and others.

www.brightfocus.org

Choice Magazine Listening

888-724-6423, 516-883-8280

85 Channel Drive, Port Washington, NY 11050

Free audio magazine offering the best of contemporary and unabridged magazine articles, stories, poems, and interviews chosen by experienced editors and read by professional voices. Available for play on the Library of Congress Talking Book Machines or as a DAISY digital download from their website.

www.loc.gov/nls/braille-audio-reading-materials/magazines/

www.choicemagazinelistening.org

City of Alexandria Public Library's

Talking Books Department

703-746-1760

5005 Duke Street, Alexandria, VA 22304

Serves the blind and physically challenged by providing reading machines that play specially designed, pre-recorded tapes.

www.alexlibraryva.org/

**Council of Citizens with Low Vision
International Phone****502-905-0869**

3817 Tuesday Way Louisville, KY 40219

Advocates for the visually impaired. Provides information on low-vision technology. Offers scholarships. Publishes the CCLV News.

www.cclvi.org**DC Center for Independent Living, Inc.****202-388-0033**

2600 12th Street NE, Washington, DC 20018

Provides an array of services that include ADA information and consultation, relocation by choice, benefits planning, travel training, asset management, orientation, mobility, and rehabilitation teaching for people who are blind or visually impaired, basic computer skills, housing resources, and limited transportation services. Has a satellite office at 840 Chesapeake St SE Washington, DC 20032.

www.dccil.org**DC Public Library Adaptive Services****Department 202-727-2142, 202-559-5368 (Videophone)**

901 G Street NW, Suite 215, Washington, DC 20001

Helps the deaf community, visually impaired, older adults, veterans, and injured service people better use the library.

www.dclibrary.org/services/lbph**Described and Captioned Media Program (CMP) 800-237-6213,
864-585-1778, TTY: 800-237-6819**

1447 East Main Street, Spartanburg, SC 29307

A free-loan open-captioned media program that promotes and provides equal access to communication and learning for students who are blind, visually impaired, deaf, hard of hearing, or deaf-blind.

www.dcmp.org**Eye Care America****877-887-6327**

PO Box 429098, San Francisco, CA 94142

Offers referrals for eye care for eligible individuals aged 65 and older. (Referrals conducted via website.)

www.aao.org/eyecare-america

Fairfax County Library Access Services Branch 703-324-8380

12000 Government Center Parkway, Suite 123, Fairfax, VA 22035

Provides library services for people with disabilities, including opportunities to learn about assistive technology and equipment, providing books in alternative formats to people with vision impairments, and delivering books to readers who cannot visit a local library.

www.fairfaxcounty.gov/library/branches/as

The Glaucoma Foundation (TGF) 212-285-0080

80 Maiden Lane, Suite 700, New York, NY 10038

Working to develop a cure for glaucoma through innovative research.

Website offers online support groups.

www.glaucomafoundation.org

JBI International Telephone 212-889-2525, 800-433-1531

110 East 30th Street, New York, NY 10016

(Formerly the Jewish Braille Institute.) Provides a circulating library of talking books, braille, and large print materials, and a public education program. Offers some counseling and referrals to low vision care in the U.S.

www.jbilibrary.org

Lighthouse Guild 800-284-4422

250 West 64th Street, New York, NY 10023

Provides free audio library services to individuals with visual impairments by mail (1600 titles, primarily best sellers) and a national radio reading service that broadcasts 7 days a week, 24 hours a day.

www.lighthouseguild.org/

Low Vision Center 301-951-4444

4948 St. Elmo Avenue, Suite 209, Bethesda, MD 20814

Helps people with low vision maintain their independence through information services. Has a demonstration area full of a variety of low vision aids and ideas. Also conducts a support group.

www.youreyes.org/programs/low-vision/#low-vision-learning-center

Macular Degeneration Partnership**949-824-9771**

850 Health Sciences Road, Irvine, CA 92697-4375

Dedicated to ensuring that individuals with macular degeneration and their family members have the best information and tools needed to live well.

www.amd.org**Metropolitan Washington Ear****301-681-6636**

12061 Tech Road, Silver Spring, MD 20904

Free services for blind, visually impaired, and physically disabled people who cannot effectively read print. Includes Dial In Newspaper and Magazine Services, Telephone Function Keys, Radio Reading Service, and more.

www.washear.org**Montgomery County Library****Accessibility Resources****240-777-0001**

Supports library services for people with disabilities in Montgomery County.

www.montgomerycountymd.gov/library/accessibility/index.html**National Consortium on Deaf-Blindness****(NCDB)****TTY: 800-854-7013, 541-800-0412**

141 Middle Neck Road, Sands Point, NY 11050

NCDB works with families and Federal, state, and local agencies to provide technical assistance, information, and personnel training in the area of deaf-blindness.

www.nationaldb.org

Virginia: 804-828-2052

PO Box 843020 Richmond, VA 23284-3020

Maryland/DC: 301-405-0482

University of Maryland, Dept. of Counseling, Higher Education,
& Special Education, Benjamin Building 3214 3942
Campus Drive College Park, MD 20742

National Federation of the Blind **410-659-9314**

200 East Wells Street at Jernigan Place, Baltimore, MD 21230

Membership organization of blind people with affiliates in MD, VA, and DC. Improves blind people's lives through advocacy, education, research, technology, and programs encouraging independence and self-confidence.

www.nfb.org

National Institutes of Health

National Eye Institute **301-496-5248**

31 Center Drive, MSC 2510, Bethesda, MD 20892

Website offers searchable database of resources about vision, blindness, and eye health.

www.nei.nih.gov/

**National Library Service for the
Blind and Physically Handicapped (NLS)** **888-657-7323**

Library of Congress, Washington, DC 20542

Administers a free library program of braille and audio materials circulated to eligible borrowers in the US by postage-free mail.

www.loc.gov/nls

**Prevention of Blindness Society
of Metropolitan Washington** **202-234-1010**

415 2nd Street NE, Suite 200, Washington, DC 20002

Offers vision screening programs and eyeglasses to the financially needy. Also runs the Macular Degeneration Support Group. The Low Vision Learning Center, located in Alexandria, offers a variety of programs and services including examinations, personalized rehabilitation programs, and opportunity to test the latest visual aids and low vision technology.

www.youreyes.org

Prince George's County Library Special Needs **410-230-2424**

Branch libraries and other facilities are accessible to all persons and offer a range of services for the blind and visually impaired.

www.pgcmlls.info/accessibility-services

**Seabury Senior Center
for the Blind & Visually Impaired****202-529-8701**

2900 Newton Street NE, Washington, DC 20018 Service Area: Ward 5
555 Water Street SW, Washington, DC 20024 Service Area: Ward 6
A city-wide program to enhance the quality of life and independence of older adults who have lost, or are losing, their vision.

www.seaburyresources.org/centerforblind

**U.S. Department of Education Independent Living
Services for Older Individuals Who Are Blind** **800-872-5327;**
TTY: 800-437-0833

OSERS, 400 Maryland Avenue SW, Washington, DC 20202
Provides training in skills of routine daily living, travel, communication, provision of adaptive devices, low vision services, family and peer counseling, and community integration such as outreach, information, and referral. Programs available in every state.

rsa.ed.gov/about/programs/independent-living-services-for-older-individuals-who-are-blind

Veterans Affairs Medical Center **202-745-8000**

50 Irving Street NW Washington, DC 20422

Offers an individualized Vision Rehabilitation Program to visually impaired (legally blind) and low-vision veterans. Services include a low-vision evaluation, followed by low-vision therapy, living skills, mobility, computer access, adjustment counseling to vision loss, and VA benefits.

www.va.gov/health-care/about-va-health-benefits/vision-care/

**Virginia Department
for the Blind and Vision Impaired** **800-622-2155**

397 Azalea Avenue, Richmond, VA 23227

Dedicated to providing services and resources that empower Virginians who are blind, vision-impaired, or deaf-blind to achieve their desired levels of employment, education, and personal independence.

www.vdbvi.org

VisionAware **800-232-5463**

1839 Frankfort Avenue, Louisville, KY 40206

Provides extensive self-help information on adapting everyday activities and locating helpful services and independent living resources for individuals with vision loss, family members, and others.

www.visionaware.org

The Visionary Store

1825 K Street NW, Suite 1103
Washington, DC 20006

202-454-6400

8757 Georgia Avenue, Suite 805,
Silver Spring, MD 20910

301-589-0894

Provides a comprehensive, integrated range of services including low vision care and rehabilitation, job development training, and employment for people of all ages who are visually impaired or blind, to enable them to remain independent. The Visionary Store (located in Riverdale) sells assistive technology.

www.clb.org

VOLUNTEER OPPORTUNITIES

Iona Senior Services' Volunteers

202-895-9419

4125 Albemarle Street NW, Washington, DC 20016

3303A Stanton Road SE, Washington, DC 20020

Iona has many rewarding volunteer opportunities for people of all ages, skills, and experiences. Volunteers at Iona are essential, serving in nearly every facet of our work. Direct-service volunteers help deliver groceries and produce; or provide companionship for older adults who are homebound. They also assist activity staff at our Wellness & Arts Center, Washington Home Center, and Active Wellness at St. Alban's program.

Behind-the-scenes volunteers support Iona's advocacy, event planning, communications, community outreach, reception desk, and administrative work. Iona also welcomes experienced professionals and student interns in business, counseling, nursing, social work, nutrition, administration, and more. Volunteer opportunities are available for adults, youth, and families. For more information, please call or email volunteer@iona.org.

www.iona.org

AARP DC

202-434-7700

100 M Street SE, Washington, DC 20003, Suite 650

AARP DC helps seniors to connect with peers in their community and participate in virtual and in-person volunteer opportunities, such as the AARP DC Speakers Bureau or serving as a Ward Liaison.

Ward Liaisons help fight for issues that matter to aging adults, such as nutrition access, staying in your community as you age, affordable housing, and lowering the cost of prescription drugs. Volunteers may be asked to testify before the DC Council and attend community meetings. If interested in joining AARP for an upcoming event or becoming a volunteer, please visit the website for more information.

aarp.org/dc

(See the AARP ad on page 35)

Adventist Healthcare Volunteers

240-826-6111

Volunteers help the community by serving at Adventist HealthCare locations including Shady Grove, White Oak, or Rehabilitation.

www.adventisthealthcare.com/give/volunteer

VOLUNTEER OPPORTUNITIES

Capital Caring Health

Capital Caring Health's dedicated volunteers play a key role in the care that we provide for communities. To join us, visit Hospice & Palliative Volunteers in VA, DC, MD.

www.capitalcaring.org

(See *Capital Caring* ad on page 79)

Children's National Medical Center

Volunteer Services

202-476-2062

111 Michigan Avenue NW Washington, DC 20010

Adult volunteers create a positive healing environment where children can feel comfortable, and their families supported.

www.childrensnational.org/visit/resources-for-families/child-life-and-integrative-care-services/volunteer/cn-volunteers

Columbia Lighthouse for the Blind

202-454-6400

1825 K Street NW, Suite 1103, Washington, DC 20006

Volunteers provide a range of services for people who are visually impaired or blind, to enable them to remain independent.

www.clb.org

DC Office on Aging Ambassador Program

202-724-5626

500 K Street NE, Washington, DC, 20002

Ambassadors serve as points of contacts for distributing information about the programs and services available to seniors, persons living with disabilities, and caregivers in their wards and communities.

www.dacl.dc.gov/page/dacl-ambassador-training

Executive Service Corps (ESC)

Retired businesspeople who volunteer their experience and skills to consult with nonprofit and public service agencies, and help solve management, governance, and administrative problems.

www.escus.org

Friendship Place

202-364-1419

4713 Wisconsin Avenue NW, Washington, DC 20016

Volunteers empower individuals and families experiencing or, at risk of homelessness, to rebuild their lives with the involvement of the community.

www.friendshipplace.org

George Washington University Hospital **202-715-4000**

900 23rd Street NW, Washington, DC 20037

Volunteers provide non-medical comfort and care to patients such as: making patient rounds, conducting rounds with the book cart, and assisting with pre- and post-discharge procedures. In addition, volunteers assist the staff with special projects.

www.gwhospital.com/events-programs/volunteering

Howard University Hospital **202-865-1375**

2041 Georgia Avenue NW, Washington, DC 20060

www.huhealthcare.com/volunteer

[Idealist.org](http://www.idealists.org)

Connects people, organizations, ideas, and resources. Website includes searchable listing of thousands of volunteer opportunities worldwide including remote opportunities.

www.idealists.org/en/volunteer?actionType=VOLOP&q=

Jewish Council for the Aging (JCA) **301-255-4200 (MD)****703-425-0999 (VA)**

12320 Parklawn Drive, Rockville, MD, 20852

Volunteer opportunities include: 1) serving as a mock interviewer, resume reviewer, or mentor for jobseekers over 60, 2) working with pre-K through high school students in Montgomery County to promote literacy and develop international relationships; 3) provide specialized information and referral services, 4) help provide support and programming in the day program for adults with early-stage memory loss.

www.accessjca.org/volunteer

**Mayor's Office on Volunteerism
and Partnerships (Serve DC)** **202-727-7925**

A free, online DC-specific volunteer opportunity database and search engine.

www.serve.dc.gov

VOLUNTEER OPPORTUNITIES

MedStar Georgetown University Hospital

Volunteer Services

202-444-5545

Volunteers provide physical and spiritual comfort to our patients and their families in the spirit of caring for the whole person.

www.medstarhealth.org/georgetown/Pages/Ways-to-Give/Volunteer.aspx

Montgomery County Volunteer Center

240-777-2600

12900 Middlebrook Road, Suite 1600, Germantown, MD 20874

Connects individuals and groups to ongoing service opportunities and one-time projects in the community.

www.montgomeryserves.org

Retired & Senior Volunteer Program (RSVP)

202-606-5000

1201 New York Avenue NW, Washington, DC 20525

Offers volunteer opportunities and services to people who are aged 55 and older.

www.benefits.gov/benefit/884

Seabury Resources Age-in-Place

Program

202-635-9384 ext. 105

4201 Butterworth Place NW, Washington, DC 20016

Provides basic home maintenance services, such as cleaning and yard maintenance, to older adults living in DC Wards 4, 5, and 6. Volunteer opportunities are available for groups and individuals to provide yard work and light cleaning services.

www.age-in-place.org

Service Corps Of Retired Executives (SCORE)

800-634-0245

Volunteers are dedicated to helping small businesses achieve their goals through education and mentorship.

www.score.org/volunteer

Sibley Hospital Volunteer Services

202-537-4000

5255 Loughboro Road NW, Washington, DC 20016

Offers diverse and interesting opportunities to members of our community, including retirees and students, to support the hospital staff and enhance patient care.

www.hopkinsmedicine.org/volunteer_services/sibley/index.html

UDC Senior Companion/Respite Aide Program **202-274-6697**
4200 Connecticut Avenue NW, Building 32, #203, Washington, DC
20008

Recruits and trains volunteers 55 years and older to serve other DC citizens with respite service including errands, light housekeeping, meal preparation, and many other activities so that they may age in their home.
www.udc.edu/causes/land-grant/the-center-for-nutrition-diet-and-health/institute-of-gerontology

Veterans Affairs Medical Center **202-745-8320**
50 Irving Street NW, Washington, DC 20422

Volunteers serve veterans by contributing their time and expertise at the Washington, DC Veterans Affairs Medical Center.
www.va.gov/washington-dc-health-care/work-with-us/volunteer-or-donate

Villages

Villages are neighborhood-based organizations that assist people age in the community safely and comfortably. These services are often provided by volunteers. Refer to the full listing of Villages in the Iona Resource Guide.

Volunteer Alexandria **703-836-2176**
2202 Mount Vernon Avenue, Suite 200, Alexandria, VA 22301

Allows individuals to create a volunteer profile and search for opportunities that fit schedule, interests, and skills in Alexandria, VA.
www.volunteeralexandria.org

Volunteer Fairfax **703-246-3460**
10700 Page Avenue, Suite 101, Fairfax, VA 22030

Matches the skills and interests of volunteers and donors to the needs of local nonprofit organizations. Website includes an online search engine for individuals and groups to use when searching for volunteer opportunities in Fairfax, VA.
www.volunteerfairfax.org

Volunteer Match

5424 Sunol Boulevard, Suite 10 PMB 1164; Pleasanton, CA 94566-7705
Searchable listing of volunteer opportunities in the DC area and elsewhere.
www.volunteermatch.org

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Department of Aging and Community Living

dacl.dc.gov
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